

Oldham County Youth Football  
P.O. Box 133  
3785 Jones Dr.  
Buckner, KY 40010



## Rules and Regulations

### ORGANIZATION

1. Districts will be set up as close to the Oldham County School District Boundaries as possible, with the child's permanent address being the final determination of the district the child plays. However, children of the head coach may have the options to play as above or on the team of the head coach, assuming age appropriateness. It is ultimately the responsibility of the OCYFL Board to determine where participants will play. Every child that signs up to play in the OCYFL, will be given the opportunity to do so. Teams are not guaranteed.
2. Each child will play in each game. If a child is present and does not play in a game, the head coach must submit in writing to the board of Directors immediately following the end of the game, why that child did not play. Each Player must participate in a minimum of 8 plays excluding special teams.
3. 2017 Team Names:

<u>Pee Wee</u>	<u>Junior</u>	<u>Senior</u>
Dragons	Chiefs	Bucs
Mustangs	Colts	Dolphins
Patriots	Crush	Jags
Yellow Jackets	Falcons	Jets
	Packers	
	Raiders	
	Ravens	
	Yellow Jackets	Yellow Jackets

### ELIGIBILITY

1. All participants must be residents of Oldham County. Birth Certificates are required at signups for any child that has not previously participated in the O.C.Y.F.L. and must be approved by a Board member. Any exceptions must be approved by the Board of Directors.
2. No applicant will be allowed to participate in a sanctioned practice or game until the application to play Oldham County Youth Football has been approved by a Board member. All Documentation must be approved prior to participation.

3. All late sign-ups will be required to participate in 3 non-contact practices and 3 full contact practices prior to their participation in their first game.
4. No coach will be allowed to accept applications except at official sign-up functions.
5. No coach will have the option to refuse a league assigned participant.
6. No O.C.Y.F.L Participant will be eligible if they also participate in Middle School Football or any other organized football league.

## DIVISION RULES

1. Pee Wee Tackle Division
  - a. All participants must be five (5) as of February 1st and no older than seven (7) as of August 1<sup>st</sup>.
  - b. Max Weight Limit  $\leq$  70 lbs (see MAX WEIGHT LIMIT section for details)
  - c. Punts will not be live. On fourth down, the clock will be stopped when the ball is marked ready for play, and the head coach of the offensive team will be asked if his team wants to punt or gain on fourth down. If the coach chooses to gain, the ball will be marked ready for play, and the clock will be managed depending on the result of the previous play. If the coach chooses to punt, the clock will remain stopped and 20 yards will be marked off. If the ball is outside of the 20 yard line, the ball will be mark off 20 yards. Inside the 20, the ball is marked off half the distance to the goal. The offensive coach may not change his decision to punt or gain.
  - d. Kickoffs will not be live. Each team will start its offensive possession from its own 30 yd line barring any penalty from the previous play.
  - e. All defensive linemen from tackle to tackle must be lined up in a 3 or 4 point stance. The defensive end positions are defined as the first, and only, players on the line of scrimmage, lined up beyond heads-up of the offensive tackle. Defensive ends must line up on the outside eye of the offensive end. The defensive ends must be in a two, three or four point stance. Linebackers, Cornerbacks and Safeties must be at least 3 yards off the line of scrimmage and must remain stationary until the ball is snapped. Defensive backs are allowed to move laterally to a player in motion. A Defensive Back is only allowed on the line of scrimmage to adjust to the offense splitting a receiver out.
  - f. One (1) Coach for each team will be allowed on the field during game play. After play is called and team is lined up, coach must remain 15yds back and be silent. Could result in 15yd penalty.

## 2. Junior Tackle Division

- a. All participants must be at least eight (8) and no older than nine (9) as of August 1<sup>st</sup>.
- b. Max Weight Limit  $\leq$  95 lbs (see MAX WEIGHT LIMIT section for details)
- c. Punts will not be live. On fourth down, the clock will be stopped when the ball is marked ready for play, and the head coach of the offensive team will be asked if his team wants to punt or gain on fourth down. If the coach chooses to gain, the ball will be marked ready for play, and the clock will be managed depending on the result of the previous play. If the coach chooses to punt, the clock will remain stopped and 20 yards will be marked off. . If the ball is outside of the 20 yard line, the ball will be mark off 20 yards. Inside the 20, the ball is marked off half the distance to the goal. The offensive coach may not change his decision to punt or gain.
- d. Kickoffs will not be live. Each team will start its offensive possession from its own 30 yd line barring any penalty from the previous play.

## 3. Senior Tackle Division

- a. Senior Tackle Division - All participants must be at least ten (10) or eleven (11) as of August 1<sup>st</sup>, of the playing year. If player turns twelve (12) between May 1<sup>st</sup> and August 1<sup>st</sup> and is going into the sixth grade, they are eligible to play.
- b. Max Weight Limit  $\leq$  115 lbs (see MAX WEIGHT LIMIT section for details)

## ROSTER

1. Each Head Coach will file with the league, a squad roster before the start of the season. The roster must include the following information for each team member:
  - a. NAME
  - b. JERSEY NUMBER
  - c. AGE (As of August 1<sup>st</sup> of playing year)
  - d. WEIGHT

## PRACTICE

1. A practice is considered the gathering of three (3) or more players and a coach to practice football under the rules of the KHSAA.
2. There will be no practice allowed before the official date assigned by the Board of Directors.
3. No participants will be allowed to practice unless their parent or guardian has signed an Oldham County Youth Football Application, and the Board of Directors has approved it.
4. No contact will be permitted during the first week of practice.
5. Water or other sufficient liquids must be available at all practices and games. Each player is to be provided with water and breaks will be given as needed.
6. No Practice will take place in any lightning storm or other severe weather. All KHSAA Heat regulations must be adhered to during high heat index times.
7. No Practice will be permitted after dark, except on a lighted field.
8. All teams are eligible for one practice on the game field. These practices must be approved through the Board of Directors.
9. There will be no practices allowed at the football field on picture day.
10. No Team will be allowed to scrimmage a team from outside the league without the Board of Directors approval.
11. Pre-Game Warm-ups will be limited to 45 minutes.
12. A practice week will be Monday through Sunday
13. No Practice to Exceed 2 hours per day
14. Max Four days per week before school year(Max 8 hours a week)
15. Max Three days per week during school year(Max 6 hours a week)
16. No practice past 8:00PM during school year

## SUPERVISION OF PRACTICE AND PLAY

1. Coaches will be responsible for the Team's conduct on and off the playing field during all league functions.
2. All Teams will be required to participate in all league functions. This includes clinics, parades, fundraisers and coaches meetings.
3. No sideline or field profanity will be tolerated. A 15 yard unsportsman like penalty will be enforced.
4. Any coach or player not adhering to the utmost in sportsmanship will be dealt with by a hearing before the Coaches Committee / Executive Board. League to desist.

## COACHES

1. The Coaches Committee, as a representative of the Board of Directors, will select the Head Coach, of any team. All candidates for Head Coach must submit an application and must meet with the Coaches Committee for an oral question and answer session.
2. All candidates for Head Coach and Assistant Coach must agree to a Criminal Background Check.
3. Any Head Coach, who wishes to resign, must give a written notice to the Board of Directors.
4. The Head Coach of any team may fill their staff with a maximum of five (5) adult coaches including him or herself. All coaches may be present on the sidelines during the game, as well as one appointed water boy. One Coach should be utilized to ensure that players receive the appropriate playing time.
5. The assistant coaches selected by the Head Coach must submit an application for approval by the Board of Directors by the equipment issue date.
6. The Head Coach will determine the dress code for the assistant coaches.
7. Only the Head Coach will be permitted to address officials as it relates to questioning a call or requesting clarification.
8. CASTS – The Coach is responsible for securing a Doctor's note and determining with the league Co-coordinator whether the individual is eligible to participate with the cast. The Officials will determine if the cast meets NFHS rules.

9. Coaches are responsible to have on file, all doctor release documentation for any player that misses practices and games for medical reasons. The documentation to be provided to League coordinators before the child is eligible to participate.

## GAMES

1. The Board of Directors will set the starting times, for all games, before each season.
2. A game period will be eight minutes per quarter, with an eight-minute half time.
3. Each team is allowed three (3) time-outs per half.
4. The Home team will be listed first on the schedule, and will occupy the bench area on the west side of the field (Press Box side). The Visiting team will be listed second on the schedule, and will occupy the bench area on the east side of the field.
5. The Visiting team will provide three (3) ADULT chain workers for the entire game. Chain workers are not allowed to aid the coaching staff in any way during the game. Also, Chain workers are not to discuss or dispute calls with the Officials.
6. No person(s) will be allowed on the field during game time that is Not listed on the approved squad roster.
7. Each team will provide one (1) adult spotter in the press box to assist of the names of the players during the game. These persons are not to openly cheer for the teams as they are in the press box.
8. Each team will be allowed one (1) person on the video stand for the purpose of videoing the game. These persons are not to openly cheer for their teams as such action could incite anger with the fans below in the stands.
9. If a team has twelve (12) or more players, they must play a minimum of eleven (11) players. Teams may play with less than eleven (11) players and have the option to keep one (1) substitute. The opposing team must match in numbers. With ten (10) or nine (9) players, six (6) must be on the offensive line; with eight players, five (5) must be on the offensive line. If a team cannot field at least eight players, they must forfeit. The appropriate division coordinator must be notified at least two (2) days in advance of the game is an eleven (11)-person team will not be fielded.
10. Communication Devices are permitted for use for coaches to communicate with one another.
11. No one with a communication device is permitted on the video stand or the press box. No Coach is permitted to follow behind the opposing team with a communication device as it could be utilized to determine the opposing teams' plays

12. No Rush Extra Point / Field Goal – The Ball must be snapped to the Holder. If the Holder is required to get off his knee to recover the snap or the kicker touches the ball with his hands, the play is Dead and the attempt will be ruled no good. Intent to attempt must be announced to Officials. Offense and Defense must lineup in Traditional formation until the ball is snapped, at which time the defense can jump and yell, but may not cross the Line of Scrimmage. This play will not count toward minimum plays.
13. Points after touchdowns are scored; one (1) point for a running or passing conversion. Two (2) points for a Kicked extra point.
14. Field Goals will be scored three (3) points.
15. 4<sup>th</sup> Down Options – A team can go for it or have a live punt. If punting the Defense must line up in a return formation. The defense can not line up head up or in either gap of center. Only 2 (two) players allowed deep (15 yards from line of scrimmage) at time of snap. The returner is always under the “fair catch” rule. Ball is dead where returners caught the ball or where ball stops and defense touches. If the returner fumbles the ball and defense recovers, defense takes possession.
16. Games that become lopsided in score, (one team leads by 24 points or more), the officials will institute a running clock after halftime. (Except for Time-outs or Officials Time-outs for an injured player or equipment).
17. Teams behind by 28 points or more will have the option to receive any Kickoff.
18. Overtime – If at the end of regulation, the score is tied, you must play overtime until the tie is broken. The first Overtime period the ball will be put in play on the defensive team’s 10 yard line. The second and third overtime, the ball will be put in play on the defensive team’s 5 yard line. From the 4th yard line. Overtime will continue from the 3 yard line until a winner is determined.

## MAX WEIGHT LIMIT

1. All Weigh-ins are to be conducted by a member of the Board of Directors.
2. The Weigh-In is to be done on the day equipment is issued. If a registered player has not weighed in by the last equipment makeup day then they will automatically receive and “X” in black tape on the back of their helmet.
3. All Weigh-Ins are final.
4. An unannounced weigh-in can be conducted during the season and if a participant exceeds the Division Weight Limit + 1lb per week since weigh-in they will be considered over the Division Weight Limit.
5. Any player over the Division Max Weight limit must have an “X” in black tape (minimum of 2” wide bar by 8” long) located on the back of their helmet.
6. Offense
  - a. A player with an “X”, may not line up in an Offensive position that is eligible to advance the ball. ( i.e. Tight – Ends must be covered)
  - b. A player with an “X”, may line up in the backfield for the purpose of a Kick. They are allowed to move to recover a bad snap. They cannot make a move to advance the ball or to avoid a defensive rush.
7. Defense
  - a. A player with an “X” can catch or recover a Scrimmage Kick. He may not advance.
  - b. Defensive Players with an “X”, can advance a fumble or interception. The play is not dead.
8. Anyone found to have ALTERED the “X”, placed on a helmet by a Board Representative, will be immediately removed from that game along with the Coach. The Coach will be suspended for 1 game and the player is ineligible for the remainder of the game that the infraction is observed.

## PLAYOFFS

1. A single elimination tournament will be played to decide the league champion.
2. Teams with the greatest number of seed points using OCYFL website rules will determine the regular season champion and the tournament seeding.
3. Teams that do not provide adequate concession support as scheduled, will be docked seeding positions and possible game forfeiture.

## CONCUSSIONS

1. All Head Coaches and Board Members will be required to receive concussion training. A class will be provided through the league.
2. If a player's coach, referee, or player's parent speculates that a player may be concussed, the player's helmet will be taken immediately and not given back until Board of Directors receives written document from a doctor releasing the player to play.

## RULES AND REGULATIONS

1. Penalty of violation of any above rules will be at the discretion of the Board of Directors or Executive Board to include any of the following actions:
  - a. Written Reprimand
  - b. Loss of Practice
  - c. Coaching Suspension(one or more games)
  - d. Dismissal of Coach
2. Any and all deviations from these rules and regulations may be permitted with approval by the Board of Directors or Executive Board.