



Article 1: Rules of Field Play and Playing Field for NYAA Events

A. Playing Field:

Selection of chain volunteers shall be the responsibility of the home team, but in no case may they be coaches from the home team. Chain volunteers must be 16 years of age or older.

Rules of Field Play:

- The rules of play for the NYAA are the National High School Athletic Association rules for football with the following changes and/or exceptions: Each player shall play in all of their team games a minimum of eight (8) plays. These plays may be offensive, defensive, or special team's plays. If a coach desires to keep a player from playing for disciplinary or health reasons they must first obtain approval to do so from the parents/legal guardian of the youth, or from the President of that League. We strongly encourage coaches to play each of their players more than the eight-play minimum if possible. If a coach fails to play a player/players eight (8) plays or more the coach will be investigated by the league. If there is proper proof (video) that the coach failed to follow the eight (8) play rule, the coach will be suspended for one
 - (1) game. If there is a second violation, the coach will be suspended for two
 - (2) games and if there is a third violation, the coach will be suspended indefinitely.

C. Ball placement for games shall be as follows:

- Kickoffs, 80-yard field = 30-yard line of kicking team
- Kickoffs, 100-yard field = 40-yard line of kicking team
- After a safety or touch back = 20-yard line
- After touchdowns = Offense is given choice for a 1- or 2-point conversion. If a 1-point conversion, the ball shall be placed on the 3-yard line. If a 2-point conversion, the ball shall be placed on the 5-yard line. Once the selection has been made, the team may not reverse their decision. Kicking the extra point is worth 2 points if there are goal posts
- The game shall consist of four, 10 to 15-minute quarters for all teams. Other than on time-outs, the clock shall run without stopping until the last 2 minutes of the second and fourth quarters. During the last 2 minutes of the second and fourth quarters, the game clock shall be operated according to National High School Athletics Association rules. There shall be a total of 3 time-outs allowed per half, per team. Time outs shall last no longer than 60 seconds. The game clock shall be run and managed by the head official using a wrist watch chronograph. Halftime shall be no longer than 10 minutes. Eight minutes after halftime begins, the team captains will meet with the officials on the field.

D. The rules regarding blitzing are as follows:

- All teams shall be allowed to blitz according to National High School Athletic Association rules for football.

E. The defense is not allowed to rush the punt in the 8 and 9 and under divisions. These divisions may not run fake punt plays.



NATIONAL YOUTH ATHLETIC ASSOCIATION

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2 Article 2: Rules and Regulations of Play during NYAA events

School Athletic Association (FHSAA) rules and regulations will apply to all League games. The following modifications to FHSAA special team rules will apply:

Prior to starting a game both Teams should inspect the playing conditions and agree that the conditions are safe or unsafe for playing.

Teams will avoid the opponent's bench at all times prior to and after games, including during pregame warm-ups.

Half time must be as long as a quarter.

There will be an interval of at least (5) minutes between games.

The Head Coach may be at the coin toss located (3) yards behind the player captains.

The Player Captains may refer to the coach at the 14 and under level only, for coin toss instruction. High School 14 and under will be as per high school rules.



A. Punt:

The offensive team may declare its intention to punt. The declaration must be made to the Referee, and the Referee must inform the opposing Head Coach. 'Fake Punts' are not permitted; if a team declares its intention to punt it must either punt or call a charged timeout to inform the defense and the officials that it no longer intends to punt. If the punting team has no timeouts remaining, they may not reverse the decision to punt.

Punts will be conducted as follows: Once the offense has set, the center and punter are the only offensive players permitted to move until the ball has been kicked. The center's movement is limited to a shotgun or long snap. Any illegal movement by the offense between set and kick will be treated as a false start penalty. If the snap hits the ground, or is muffed by the punter, the punter is permitted to pick the ball up and continue the punt. The ball may only be kicked once.

Once the offense is set, and until the kick is made, the defense must maintain a minimum of (8) defenders lined up within (5) yards of the Line of Scrimmage. These defenders may stand or jump with arms extended in an attempt to block the kick at the Line of Scrimmage, but may not move forward or make contact with any offensive player until after the ball is kicked. If the ball is kicked and does not move beyond the defensive linemen, or is blocked, the ball will be considered dead at the original LOS and possession will be awarded to the defense.

Any forward movement by any defensive player who was within (5) yards of the LOS when the offensive line was set will be treated as an encroachment penalty. Any direct defensive contact with the center will be treated as an Unsportsmanlike Conduct penalty.

The punting team has (8) seconds to get the punt off after the snap. If the ball is not kicked within this interval, the ball will be ruled dead at the spot where it was originally spotted.

B. PAT:

The offensive team may declare its intention to kick for the PAT conversion.

"Fake Kicks" on PAT attempts are not permitted; if a team declares its intention to attempt a kick it must either kick or call a charged timeout to inform the defense and the officials that it no longer intends to kick. If the kicking team has no timeouts remaining, they may not reverse the decision to kick.

PAT kick attempts will be conducted as follows: Once the offense has set, the center, holder and kicker are the only offensive players permitted to move until the ball is kicked. No offensive player is allowed to cross the LOS during kicking Point After conversions. The center's movement is limited to a shotgun or long snap. Any illegal movement by the offense between set and kick will be treated as a false start penalty. If the snap hits the ground, or is muffed by the holder, the holder is permitted to pick the ball up and continue the play. The ball may only be kicked once.

Once the offense is set, the defense may stand or jump with arms extended in an attempt to block the kick at the Line of Scrimmage, but may not move forward or make contact with any offensive player until after the ball is kicked.



Any forward movement by any defensive player who was within (5) yards of the LOS when the offensive line was set will be treated as an encroachment penalty.

Any direct defensive contact with the center will be treated as an Unsportsmanlike Conduct penalty. The offense may not recover and advance the ball after the kick under any circumstances. The PAT team has (10) seconds to get the kick off after the snap. If the ball is not kicked within this interval, the play will be ruled an unsuccessful PAT conversion.

The kicking team will be awarded (2) points for a successful PAT conversion.

No runbacks are permitted on PAT attempts.

C. Field Goals:

The offensive team may declare its intention to kick a Field Goal. 'Fake Field Goals' are not permitted; if a team declares its intention to attempt a Field Goal it must either kick or call a charged timeout to inform the defense and the officials that it no longer intends to kick.

Declared Field Goal attempts will be conducted in the same manner as kicking PAT attempts

D. Overtime:

If a game is tied at the end of regulation, a (4) play Over Time series will ensue. Starting from the (10) yard line, each team will have (4) downs to score.

During the regular season this will be a "one chance tie break." If no score after each team has had the ball once, the game ends in a tie and will be recorded as such.

No League Playoff games may end in a tie (except All Star games)

If no score by either team at series end the same scenario will repeat itself until a winner is declared.

E. Coaches on the Field:

The 9 and under (pee wee) and flag Divisions will be allowed to have one coach per team on the field during play. Typically this would include an offensive coach for "O" and a defensive coach for "D" Coaches must be (5) yards behind their respective teams as ball is put into play. No communication can occur once the quarterback begins to call the cadence.

The penalty for a communication infraction will be an unsportsmanlike conduct penalty.



F. Forfeiting a game:

Forfeiture of a game without cause determined by the NYAA Board will result in a recorded loss for the team and a (1) game suspension for the Head Coach.

G. Sideline Rules during play:

There will be only (6) NYAA coaches, (1) team mom/dad, (2) water persons allowed inside the lines designating the field of play, or the area for players and coaches. The team mom or dad will at no time be in the coaches' box or on the field.

At no time will players, coaches, parents, relatives or fans be within the lined area down field of the (25) yard line or within (10) yards of the end line of the end zone, except to pass from one side of the field to the other.

The Head Coach will be identified and all other Coaches, Players and staff must remain in the team box. Violation of this rule will result in an Unsportsmanlike conduct penalty against the team.

One photographer or videographer authorized by each team may be on each sideline during a game, provided that they do not interfere with play on the field, coaches or players.

Head Coaches are responsible for maintaining control of sideline crowds, known or unknown to said coach.

H. "Shotgun" or long snap:

Any snap other than hand to hand will require the defense to avoid direct contact with the snapper. (All Divisions except High School Prep)

The penalty is a personal foul.

I. Mercy Rule:

A (24) point "mercy Rule" shall be in place for all league games.

If one team is ahead by a margin of (24) points or more at the end of the second quarter, the head coach of the team that is behind may request of the referee a running clock. If, however, the differential in the score is (24) points or more at the end of the third quarter or at any point thereafter, the running clock shall become mandatory.

Once the running clock is initiated, it shall run continuously with the following exceptions:

- Any timeout taken by losing team or officials
- Injuries
- Unsporting conduct penalties
- A score by either team

During the period between quarters

No timeouts will be granted to the team that is winning if there is more than a (24) point score differential.

Once the game has entered the 4th quarter, any team with a lead of (24) or more points SHALL NOT attempt any form of forward pass.

The coaching staff will take whatever measures necessary to accomplish these tasks. If it is found that a coach has "run up the score", the NYAA Board will review the case.

A complaint found by the Board to be valid, will carry the following penalties:



- 1st infraction – Written Warning detailing penalties for 2nd offense.
- 2nd infraction – The game will be recorded as a loss for the team taking more than a 24 point lead and the head coach will be expelled for the season. If this occurs on the final game of the season, the coach will be expelled for the next season.

J. Equipment:

All safety equipment required by the FHSAA must be worn at all times during games and practices. The official League football will be the K2 (or its equivalent) for the 14 and under Divisions; the TDJ (or its equivalent) for the 12 and under Divisions; and the TDY (or its equivalent) for the 11 and under Divisions. All game balls will be new unless agreed upon by both coaches and officials.

The NYAA Board will set the football specifications.

The NYAA Board will communicate the current year's logo requirements to the Referee Liaison prior to the start of the season.

The NYAA Board shall have sole discretion in selection of team names, jersey and pant style, helmet stickers and colors. Team names and jersey colors may change from year to year without recourse.

Mandatory equipment will consist of football cleats, socks, football pants without snaps, girdle with required pads, shoulder pads, a helmet with face masks, numbered jersey front and back and mouthpiece. Mouthpieces must be colored. NO Exceptions. Clear mouthpieces make it difficult to tell if participant has required equipment in place.

Any special mouthpiece must be shown to a referee.

Molded rubber cleats and Screw-in cleats are permitted for all divisions. Screw-in types must be covered with a metal tip to prevent exposure of the post used to secure cleat.

If a player is found with illegal equipment, that player will be removed from the remainder of that game by a NYAA Representative and shall be suspended for the next game.

K. Protest:

Games may not be protested.

L. Rain Delay Policy:

In the event of a rain delay or cancellation, the league reps along with approved officials will have final say in what happens to the affected game. Every effort will be made to get that game completed in a timely manner.



M. Completed Physical from certified Physician if required by the Board.

Article 3: SAFETY

A. **Players with active bleeding, casts (hard or soft) or any type of bandage (excluding Band-Aids) on any part of their body may not practice or play in any game. This rule is for the safety of all players not just the injured player.**

B. **Executive Board of Directors Responsibility:**

Before allowing a player to resume playing, the General Manager and Vice President must receive a doctor's note releasing the player to return to normal activity. Parent's permission to resume playing is not adequate. **NO DOCTOR'S RELEASE, NO PLAY!!**