

NORTH TEXAS YOUTH FOOTBALL LEAGUE

General:

Will be governed by Board of Directors. Members and participants in league activities will adhere to all rules contained herein. All rules, rule changes, and interpretations of the rules will be passed by the Board of Directors. The Board consists of a commissioner. The Commissioner governs all activities held by the league. The Board can only change rules during the Rules Meeting (held before signups).

I. The North Texas Youth Football League consists of the following:

6U Flag

8U Tackle

10U Tackle

12U Tackle

Cheer ages 4-12

A. A child must be 12 years or younger before July 1st.

B. All players are covered by league insurance, a sports premium policy through Esports Insurance.

II. Texas Youth Football Association:

A. The league does not sponsor individual team parties.

B. Parents will not go onto field or sidelines at any time. If so, child sits out next game. (Determined on case-by-case basis).

III. Playing Time/ Workouts:

A. There is no player minimum per player. The amount of playing time is determined by player's participation in practice and coach discretion.

B. There will be no more than 10 hours of workouts per week.

IV. Conduct of Coaches:

A. Coaches will not contest judgment calls made by the referee. All calls made by referee will stand unless changed by referee.

B. Coaches will not verbally or physically harass referees. Any coach who violates this rule will be subject to action by the league.

C. Coaches will be always responsible for the conduct of all players.

D. Grievances will be heard by Board Members not directly involved in said grievance. All Board decisions are final.

V. Disciplinary Action:

A. The Board has the authority to suspend or discharge any player, coach, or fan whose conduct is in violation of said rules.

B. Person's subject to disciplinary action has the right to a hearing before the Board discipline is imposed.

C. If a player, coach, or a fan is ejected from game during the second half, they will miss the first half of next game.

VII. Games:

A. Commissioners have the authority to call any game at any point.

B. Coaches will decide cancellation of games if Commissioner is absent.

C. All games will be played on Saturday unless authorized by league.

D. Game scheduling and playoff scheduling depends on number of teams in league.

E. The league will determine the schedule of games. Any games postponed will be reset at a later date by the league.

F. Game Length:

1. 6U: 2 20 minute halves running clock.

2. 8U: 2 20 minute halves running clock aside from changes of possession and NCAA clock rules the last 2 minutes of each half

3. 10U: 1 ½ hours or 4-8 minute quarters.

4. 12U: 1 ½ hours or 4-10 minute quarters.

G. 10U and 12U will use the regular NCAA clock.

H. Home team will provide chain crew

1. No person from chain crew will be allowed to enter the huddle of either team at any time. No assistant coaches will be allowed to be apart of the chain crew.

2. Synthetic leather footballs are allowed. Each team must supply their own game ball.

I. An security officer will be hired to attend each game. That officer will eat/drink free from concession stand.

J. Tie Breakers:

1. Coin flip to determine possession.

2. NCAA overtime rules will determine ties for 10U and 12U

3. 6U and 8U game ties will be broken by one possession from the 10-yard line with one possession for each team and will be played out until one team stops the other and scores.

VIII. General Game Rules:

A. The official timekeeper shall be the head referee.

B. No team can use headsets.

C. Each team shall have 3 timeouts per half. Each time out to last one minute.

D. Any team not ready to play within ten minutes after the scheduled starting time will forfeit the game. Games begin at the scheduled time except by the commissioner's approval and coach's agreement or if game times overlap due to overtime.

E. 6U and 8U has opportunity to declare punt after 3rd down, ball will be set 20 yards from last spot.

F. 10U Punts must be declared and no rushing will be allowed before ball is punted.

G. All games will be played under NCAA rules except as noted herein.

Scoring after touchdown as follows; 1 point for running touchdown. 2 points for passing touchdown or kicking field goal.

1. No rush on extra point when field goal is kicked. No advancing of the ball on failed extra point kick. Holder must keep one knee on ground, or ball is dead.

H. 6u flag rules

1. From 20 to 10 is endzone on both ends

2. Start with ball on 30

3. 20 yd to 20 yd playing fields

4. Mid field 50

5. 3 man o line (can block 5yd up field)

6. 3 man d line (dt can go thru the a gap no contact with center)

7. WR are allowed to run off (No contact)

8. A touchdown is worth 6pts

9. 1 pt conversion will be a running play

10. 2 pt conversion will be a passing play

11. You can rush up to 4 players

12. (your 4th player must be 5 yds from the LOS)

13. If you 4th rusher if under 5yds it will be considered offsides

14. All players other than d line have to be 5yds from the ball

15. All o line & d line must be in 3 point stance

16. Only 6 eligible players can have the ball
17. No Qb sneaks
18. No punts
19. A turnover on down other team gains possession at their own 30yd line
20. A fumble is a dead ball
21. A interception is a live ball and can be returned , player is down where flag is pulled
22. Every on field player must have a guardian cap
23. 20 min halves with running clock
24. 40 second play clock 1 timeout per half (60 second timeout)
25. Safety's are 2 points & other team gets possession of ball on their 30

IX. Equipment:

A. Each player shall have a helmet with face mask, shoulder pads, mouthpiece, and jersey. Wearing of mouthpiece is required and must be fitted. Coaches/commissioners have the right to inspect all equipment and can require a change on any equipment found to be unsafe or of such poor condition as to endanger a child's welfare.

X. Weight Limits:

- A. There is one weigh in during the season.
- B. During weigh ins, players may remove shirt, shoes, and any equipment
- C. The league will provide one weighs in date. If you are not able to make the date you will automatically get a sticker. NO EXCUSES

8U:

- A. Any skilled player, (QB, RB, WR) cannot weigh more than 100 lbs.
 - B. C. No one weighing over 100lbs. may intentionally receive the ball.
- All players weighing over 100 lbs. will have a green sticker on their

helmet at all times.

D. Defense cannot line up over center

10U:

A. Any skilled player, (QB, RB, WR) cannot weigh more than 135 lbs.

B. C. No one weighing over 135 lbs. may intentionally receive the ball.

All players weighing over 135 lbs. will have an green sticker on their helmet at all times.

D. Defense can line up over center.

E. A 10-yard penalty will be assessed for violation of weight rules.

XI. Playoffs:

A. The top four seeded teams will advance to the playoffs. The two winners will advance to the championship. League seed tie breakers - 1) head to head; 2) points against; 3) total points scored

XV. Coaching Guidelines:

A. All coaches will sign an application for a background check.

B. No person previously convicted of any of the following offenses within the last 5 years, will hold any position within this league.

1. Public intoxication

2. possession, manufacturing, or selling of a controlled substance

3. If convicted of sexual misconduct, sexual misconduct of child, you will never hold any position in this league.

4. If arrested during the season for any of these offenses, you will be removed from your team.

C. All assistant coaches will attend 1 of 2 mandatory rules and guidelines meeting. Each meeting will happen before start of regular season.

Coaches Signature _____

Date _____