

NAYFL LEAGUE RULES & REGULATIONS

NEW ALBANY • BEXLEY • COLUMBUS ACADEMY • GAHANNA • WORTHINGTON • OLENTANGY • WESTERVILLE

ARTICLE 1 – GENERAL LEAGUE RULES AND REGULATIONS

A. REGISTRATION

- 1 Players may not be registers that attend a school that is represented by another league team.
 - a I.e. New Albany can not register a player that attends Gahanna public schools. However, New Albany can register a player that goes to school at Licking Heights.

B. HEAD COACHES

- 1 Will be responsible for maintaining the cleanliness of their sideline as well as upholding the code of conduct for their players, parents and other spectators.
- 2 Must report score after game regardless of Win or Loss.
- 3 Must read, understand and abide by the rules in this document.

C. PLAYER SELECTION / DRAFT

- 1 Each league will be allowed to assign players to teams in the manner that best suits their board.
 - a The preferred method is a player draft where players are evaluated and drafted by coaches.
- 2 Each league shall make best efforts to ensure that teams have equal talent maintaining parity across the league.
- 3 Keeper leagues are prohibited.
 - a This is a system where players stay with the same team each year.

D. ROSTER SIZE

- 1 A team may not be formed with less than 16 players and no more than 30 players

E. HEAD COACHES

- 1 The Head Coach is responsible for their sideline regarding to its cleanliness and upholding the code of conduct of their players, coaches, parents and spectators.
- 2 The Head Coach is required to read, understand and abide by the league's rules.
- 3 Must report score after game regardless of Win or Loss
- 4 Must submit weigh-in results

F. PLAYER ELIGIBILITY

- 1 Junior Division - Players must be in the 3rd or 4th grade with NO age restrictions
- 2 Senior Division - Players must be in the 5th or 6th grade with NO age restrictions

G. WEIGHT

- 1 Each division will have a maximum ball carrying weight where as a player will not be allowed to carry the ball on offense if they are above the designated weight for their division. Likewise, they will also not be allowed to play in a ball carrying position such: QB, RB, WB, WR and TE
- 2 Junior Division
 - a Ball carrying weight limit will be 100 lbs.
- 3 Senior Division
 - a Ball carrying weight limit will be 125 lbs.
- 4 Striper
 - a The striper is defined as player that is not eligible to carry the ball based on their weight. Any player that is above the ball advancement weight **MUST** wear a red stripe across their helmet making it clear to players and coaches and officials that they are above the ball carrying weight
 - b Stripers must lineup as an interior lineman on the line of scrimmage in a three-point or four-point stance
 - c Offensive Lineman
 - 1 Interior lineman shall be defined as those that lineup as a Tackle, Guard or Center
 - 2 Unbalanced lines with three or more striper on one side of the ball is permitted as long as the last striper on the line is covered by a ball carrying eligible player with normal splits.
 - 3 A striper is not permitted on the end of the short side of the unbalanced line. This position is defined as an end.
 - 4 A Striper may pull but must stay inside of the tackles

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d Defensive Linemen

- 1 Interior Defensive Linemen must line up on the line in a 3 or 4-point stance
- 2 They must line up directly (Head to Head) across from an Offensive Lineman
- 3 They cannot line up outside of the Offensive Tackle
- 4 They may stunt but must stay between the Offensive Tackles
- 5 Stripers can return an interception or fumble

H. WEIGH-INS

- 1 Weigh-ins will be held on the day of the 1st and 4th game of the season
- 2 They will take place within the hour prior to the start of the game
- 3 Both head coaches for each team must be present during the weigh-ins
- 4 Game #1 weigh-in
 - a All players for each team will be required to weigh-in.
 - b The names, number and weight of each player is to be recorded and submitted to the league as an official record
- 5 Game #4 weigh-in
 - a Only players that are not stripers will be required to weigh-in
 - b Stripers may weigh in if they feel there is a chance that they could make ball advancement weight
 - c This will be the final weigh-in for the season which will count toward all post season play.

I. CONFERENCES

- 1 Divisions with more than 8 teams will be split into two conferences
- 2 The conference teams will be determined by a blind draw
- 3 Best efforts will be made to schedule teams from the same league against each other during the season

J. TEAM EVENTS

- 1 A team event shall be defined as a practice, scrimmage or game.
 - a There shall be no more than 4 team events per week
 - b No team events should be scheduled during a league school's high school football game.
- 2 Before the school year starts no practice shall last longer than 2 hours
- 3 After the school year starts no practice can last longer than 1.5 hours

K. GAME FIELD PREP & MAINTENANCE

- 1 Each league will be responsible to prep their game fields prior to the start of each of their home games
 - a Fields must be clearly lined with yard markers and pylons
 - b 10-yard chain and down markers must be available and will be the responsibility of the home team to operate
- 2 Both teams will be responsible for cleaning up their sidelines after each game.

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ARTICLE 2 – GAME RULES

A GENERAL GAME RULES

- 1 All games shall be played under Ohio High School Athletic Association rules unless otherwise specified by NAYFL football rules.
- 2 Game Times
 - a Quarter is 10 minutes
 - b Halftime is 8 minutes
 - c Play Clock is **30** seconds
 - d 3 timeouts per half
- 3 Football sizes
 - a Junior Division – Wilson K2
 - 1 This is listed as a Pee-Wee ball
 - 2 Junior Division balls should not be smaller than the Wilson K2
 - b Senior Division – Wilson TDJ
 - 1 This is listed as a Junior ball
 - 2 It is 10.5" long, 6" tall and 18.5" round
 - 3 You may use other brands of footballs, but the size should be comparable to the Wilson TDJ.
 - 4 Senior Division balls should not be smaller than the Wilson TDJ
 - c The ball size will be strictly enforced.
- 4 Fields must be 100 yards long.
- 5 The offense will start on their own 35-yard line at the beginning of each half and after all scores.
- 6 After a Safety, the ball will be spotted on the offenses 45-yard.
- 7 In the Junior Division the Center may grip the ball and adjust the long axis parallel to the line of scrimmage.
- 8 There are NO live kickoffs

B PLAYER ROTATION / PLAYING TIME

- 1 10 play minimum
 - a 5 before half
 - b 5 after half
- 2 The player must play in both halves of the game. If they have not met their requirements in the first half, they must play starting the second half till they meet the requirement.
- 3 Each Player must have all plays complete before the fourth quarter

C FIELD GOALS

- 1 Senior Division Only
- 2 They are live
- 3 There is no rush in the "A" gaps
- 4 Kicks can be faked.
 - a There are no fakes in the "A" gaps
- 5 Field goal attempt can be returned if caught in the air outside of the endzone.
- 6 Penalties
 - a If a kick is attempted and contact is made to the kicker or placeholder by the defense, then the points attempted will be awarded to the offensive team.
 - 1 If the kick is blocked prior to contact, then there will be no penalty.
 - b "A" gap violation
 - 1 Defense – Rushing the "A" gap will result in a 5-yard penalty and automatic first down for offense.
 - 2 Offense – Running through the "A" gap on a fake will result in 5-yard penalty and loss of down against the offense.

D POINT AFTER TOUCHDOWN (PAT)

- 1 All PAT attempts will take place immediately after a touchdown and will be spotted on the 2-yard line.
- 2 PAT Options
 - a Run = 1 point

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- b Pass = 2 points (Pass must be caught past the line of scrimmage.)
- c Kick = 2 points

E PUNTS

- 1 All punts are “Walk-off Punts” and will NOT be live.
- 2 Walk off punts can only be declared by the Head Coach
- 3 The ball will be placed 35 yards from the line of scrimmage
- 4 The ball cannot exceed the opponents 5-yard line.
- 5 The game clock shall be stopped when the walk off punt is declared and resume when the referee spots the ball.
- 6 There is no time runoff.
- 7 The offense can choose to allow the game clock to run out, take the penalty. This is time management and part of football.

F MERCY RULE

- 1 Once a team is leading by 25 a running game clock will be started.
- 2 The running game clock will only stop if:
 - a Time out is called
 - b Player injury
 - c Change of Possession
 - d A Score
 - e PAT attempt
 - f End of Half or Quarter
 - g Referee Discretion
- 3 The game clock will resume to normal when the losing team scores bring the lead to less than 25.

G OVERTIME RULE

- 1 Each team will have an offensive possession starting on the opponent's 10-yard line.
- 2 Beginning with the 3rd Overtime period, a team must attempt a 2-point conversion via passing or kicking if a touchdown is scored.
- 3 Any situations not specifically addressed in this section shall be governed under the Ohio High School Athletic Association game rules.

H DEFENSE

- 1 Linebackers must line up 3 yards off the line of scrimmage and are not permitted to line up in the “A” gap (gaps between the offensive center and guard)
 - a *All defensive players within 3 yards of the line of scrimmage and inside the offensive Tackles must line up in a 3-point stance.*
- 2 Defensive lineman may lineup in the “A” gap but cannot make contact with the center until they have made a football move.

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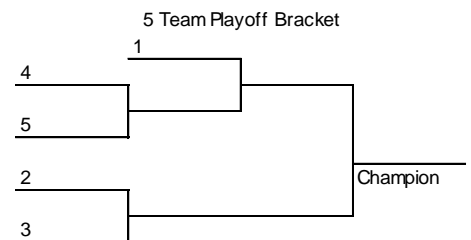
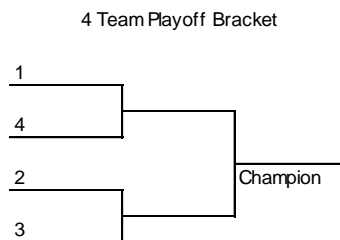
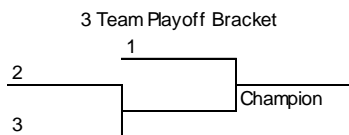
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ARTICLE 3 – PLAYOFF RULES

SECTION 1 – GENERAL PLAYOFF RULES

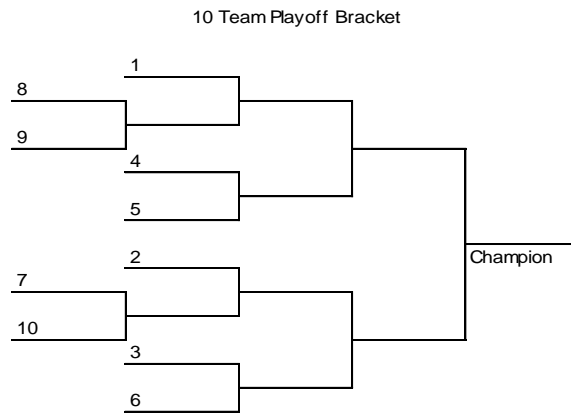
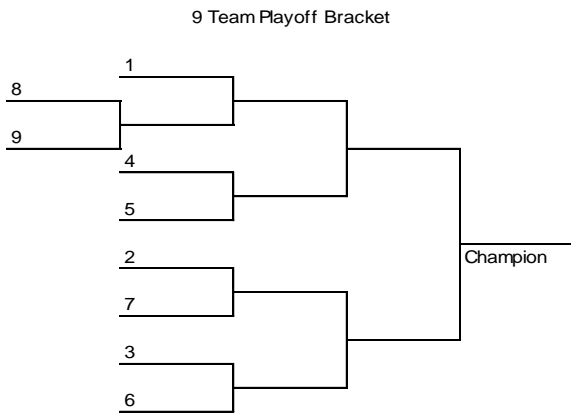
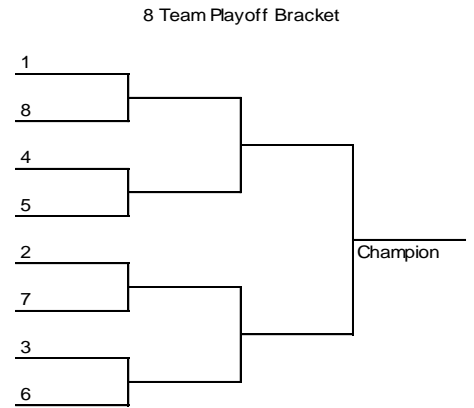
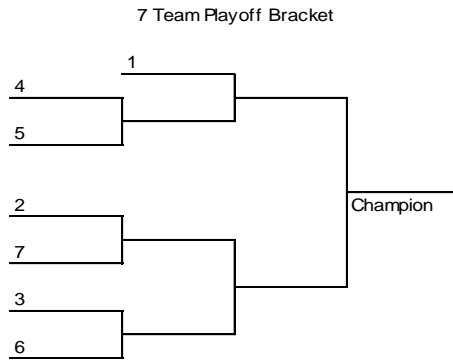
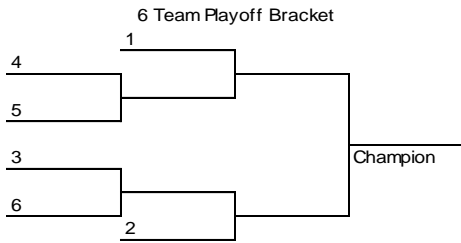
- A All teams will make the playoffs.
- B Playoff and championship games will be determined by the Board of Trustees based on the number of teams using the playoff brackets below.
- C **Ranking**
 - 1 Teams will be ranked based on games played against all opponents within the league.
 - 2 All teams will be ranked from 1st to last regardless of conference. This will be like the NCAA rankings.
 - 3 This may result in more teams from one conference getting into the Gold Bracket.
- D **Tie Breaker**
 - 1 If, at the end of the regular season, two or more teams finish with identical records, the following steps will be taken until the tie is broken.
 - a Best Head-to-Head Record between the tied teams
 - b Combined Rank of PA & PF
 - c Fewest Points Allowed
 - d Most Points Scored
 - e Coin Toss
- E The higher seeded team shall be the home team throughout the playoffs
- F Play-off brackets will be single elimination
- G **Brackets for team sizes of 9, 10 & 11 will require weekday games to maintain a 3week playoff schedule. These games must be played on a Wednesday with a start time of 6:00pm and will consist of 8-minute quarters and an 8-minute halftime.**
- H **Split Playoff Brackets**
 - 1 When there are 12 or more teams in a division, the playoff bracket will be split into two separate playoffs.
 - 2 The bracket champions will not play each other.
 - 3

SECTION 2 - PLAYOFF BRACKET & SEEDING

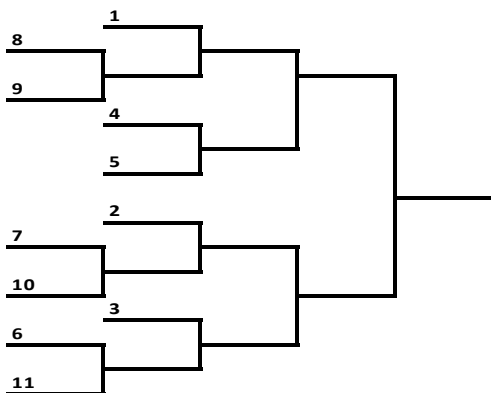


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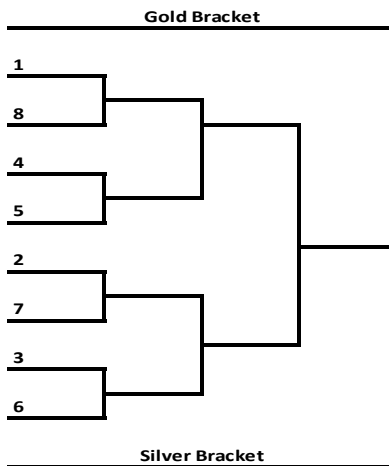
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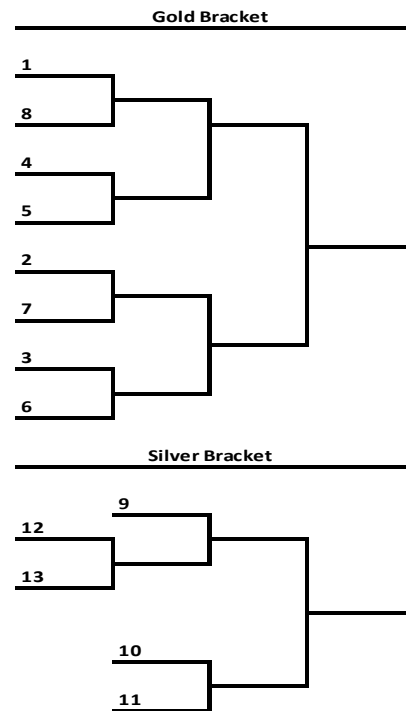
11 Team Playoff Bracket



12 Team Playoff Bracket



13 Team Playoff Bracket



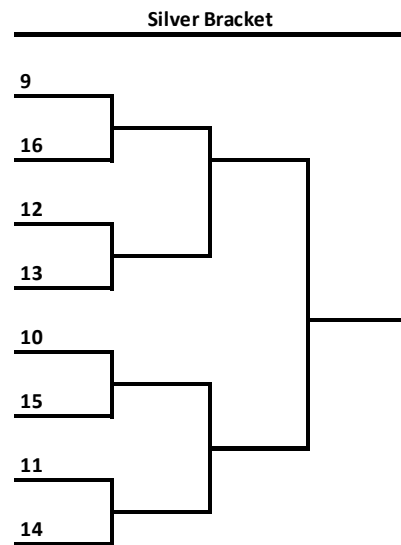
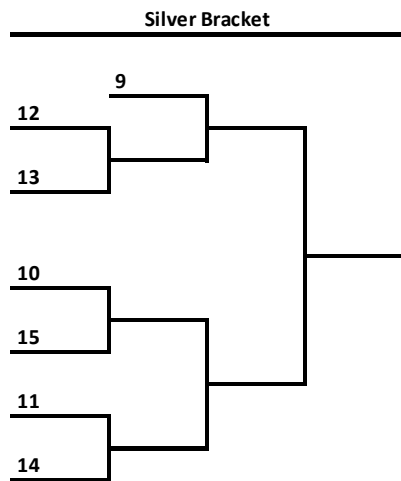
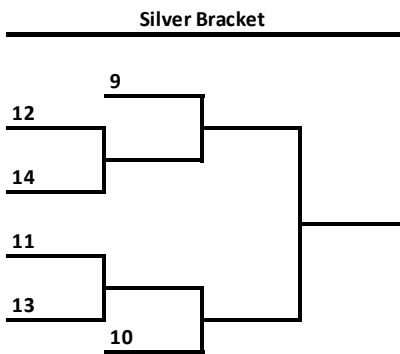
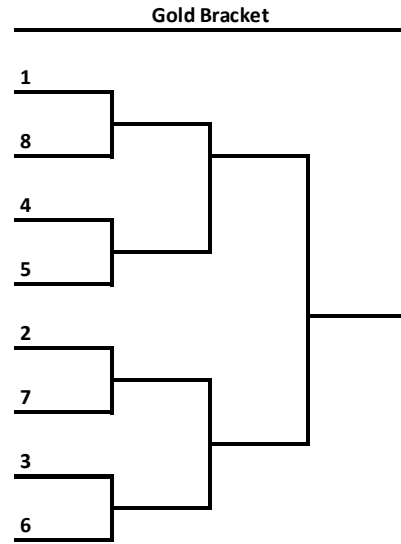
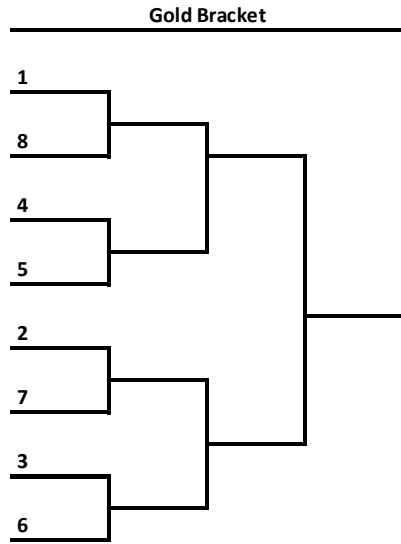
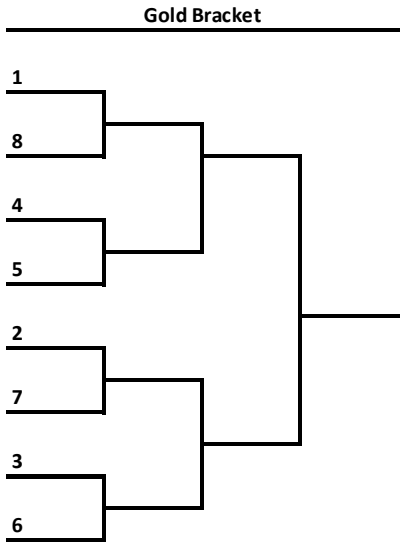
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14 Team Playoff Bracket

15 Team Playoff Bracket

16 Team Playoff Bracket



SECTION 4 - AWARDS

- A. Each league will be required to provide 1st or 2nd place awards for their leagues team if they win. The NAYFL will be responsible for New Albany, Bexley and Columbus Academy teams.
- B. All efforts should be made to have awards available at the conclusion of the championship game.

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ARTICLE 4 – CODE OF CONDUCT

SECTION 1 – CODE OF CONDUCT

- A. All commissioners, coaches, players, parents, and spectators will conduct themselves in a distinguished, well-mannered character. The Code of Conduct expects displaying fairness, respect, consideration of others, moral character ethical behavior, and good sportsmanship.
- B. If a player or coach is removed from a game because of his/her behavior, the game officials shall notify the league President or a Board of Trustee member. Both coaches will submit an oral or written report of their knowledge of events leading to the expulsion and submit it to the league President with 24 hours. Appropriate action will be taken as outline in Section 3.
- C. If a parent or spectator is asked to leave the playing area, a report shall be submitted to the Board of Trustees for appropriate action. If the parent or spectator can be identified with a team and refuses to leave the playing area, the coaches of said team will be told that the parent or spectator's refusal to leave the playing area will result in a forfeiture of the game. If he/she does not leave, the game will be forfeited.

SECTION 2 – CODE OF ETHICS

- A. Coaches are to place the emotional and physical wellbeing of players ahead of personal desires.
- B. Coaches will lead by example, demonstrating fair play and good sportsmanship.
- C. Coaches will provide a safe and healthy playing environment. This means a drug free, tobacco free, and alcohol-free environment.
- D. Coaches will treat all others with respect regardless of age, sex, race, religion, or abilities.
- E. Coaches will not use profanity, abusive language, derogatory statement, and/or gestures.
- F. **Filming**
 - a. **Filming practices, scrimmages and games is prohibited by individuals that have no direct association with the team that they are filming unless.**
 - b. **Filming practices, scrimmages and games must take place off the field of play.**

SECTION 3 — SPORTSMANSHIP

The New Albany Youth Football League regards sportsmanship as its highest priority. Participation in the New Albany Youth Football League is considered a privilege. While the league encourages competition, our ultimate purpose is to provide instruction and set a positive example for all participants. To that end, the league will not tolerate poor sportsmanship from any participant. All participants in the New Albany Youth Football including players, coaches, parents, cheerleaders and spectators are always expected to adhere to principles of good sportsmanship and ethical conduct. Any failure to uphold this standard will be addressed by the league's Procedures to Address Misconduct.

- A. All coaches and players are expected to understand and abide by the rules of the league.
- B. Coaches should ensure parents understand the rules of the league by distributing the league's constitution and bylaws at the team's first practice.
- C. Failing to abide by the rules of the league as specified by the league's constitution and bylaws is a form of misconduct.
- D. All participants shall always abstain from the following actions:
 - 1. Foul, obscene or abusive language
 - 2. Indecent gestures
 - 3. Fighting (Physical contact of any type)
 - 4. Abuse of any kind toward officials
 - 5. Substance abuse (including alcohol)
 - 6. Object throwing
 - 7. Arguing with opposing team coaches or parents
 - 8. Harassing of own or opposing team's players, coaches or parents
 - 9. Violating written division rules or safety rules

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10. Other actions that might be considered disrespectful or contrary to generally accepted standards of good sportsmanship

SECTION 4 —PROCEDURES TO ADDRESS MISCONDUCT

- A. All coaches, and parents must sign a code of conduct and are held strictly accountable to Sportsmanship rules of sportsmanship
- B. Most first-time minor violations to the "Code of Conduct" and "Sportsmanship" should be resolved between individuals or within the team.
- C. Serious violations to the "Code of Conduct" should be immediately reported to the appropriate spotter, commissioner or league official.
- D. Conflicts that cannot be resolved between individuals or within the team should be directed to a member of The Board of Directors who in turn will notify an officer of the Board.
- E. In cases turned over to the Board for resolution, the Board will conduct a thorough review of the situation and may call a special board meeting address serious violation. Such meetings can be called subject to the discretion of the president or by a consensus of the members of the board.

SECTION 5 –PENALTIES

- A. The Board of Directors will make the final determination of which actions, if any, may be appropriate to the circumstances when misconduct occurs.
- B. If disciplinary actions are necessary for coaches or players for on-field conduct, Ohio High School Athletic Association (OHAA) rules are applied first.
- C. If an egregious violation occurs (including repeat violations), the board of the New Albany Youth Football League reserves the right to apply additional penalties above and beyond OHSAA rules. The determination of an egregious violation shall occur after an investigation and due process.
- D. Penalties must be approved by no less than two thirds of the board of directors of the New Albany Youth Football League. Votes may be made in person or by proxy. In such cases, penalties may include:
 - 1. Players: restriction of play, asked to leave team.
 - 2. Parents: asked to not attend games, barred from games.
 - 3. Coaches: restriction from coaching, barred from coaching (expulsion).
 - 4. Board Members: Relieved of Board Member duties, removal from Board.
- E. The board shall make a written summary of the investigation as well as the penalties approved and provide a copy of the documentation to the violator. The Board Secretary shall retain a copy of this documentation as part of the league's records.

Coach / Parent Team Name _____

Coach / Parent Name _____

Coach/ Parent Signature _____ Date _____

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