

Ayden/Winterville Football Rules

Age Eligibility:

A player's age as of September 1st the current year will determine the age group they participate in:

10U League: ages 8-10

13U League: ages 11 -13

Purpose:

The purpose of the Ayden /Winterville Youth Football Program is to provide a wholesome recreational activity for boys/girls ages 8-13 that will help them to build self-esteem and teach them the basic fundamentals of football.

The program is designed for the following purpose:

- To help players learn the basic skills of football.
- To help players develop self-discipline and build positive attributes such as teamwork, respect for authority and good sportsmanship.

Fields Rules and Sportsmanship:

- No alcoholic beverages are allowed on recreation property. This is a state law. If necessary, proper legal action will be taken to enforce this rule.
- A coach, player, or spectator with alcohol on their breath will be asked to leave the recreation area.
- No tobacco products—smoking, chewing, dipping, etc. are allowed on the field or spectator area.
- No profanity
- No negative cheering
- Children not participating must be under supervision by a parent/adult at all times. No children may be unattended at any time in any facility.

General Players Rule:

- No jewelry, watches or any accessory of hard materials may be worn during games.
- Shoes - Tennis shoes or molded sole shoes with multiple cleats are acceptable.
 - Cleats: Molded multiple cleats, studs or bars less than ½ inch in diameter or width that does not extend more than ½ of an inch from the sole and are not of an extreme conical design is permissible. Detachable fiberglass or steel-tipped cleats are not legal
- Mouthpieces are required.
 - All players must have their mouthpiece attached and hanging from their facemask at all times. ALL MOUTHPIECES MUST BE OF COLOR (NOT CLEAR). Clear mouthpieces designed for braces will be allowed.
- Players must wear their team uniform for all games.

General League Rules:

Ayden/Winterville Recreation Department will utilize the North Carolina High School Athletic Association rules except as modified within:

- **OFFICIAL BALL:** League shall utilize the Wilson TDJ for all tackle football games.
- **FIELD DIMENSIONS:** The field will be 80 yards in length by 40 yards in width. First Downs will be 10 yards and penalties will be 5 and 10 yards. Hash marks will be painted 1 yard outside of the goal posts.
- **EXTRA POINTS:** Run—1 point, and Kick—2 points. Field Goal-3 points
- **TIEBREAKERS:** High school rules will be followed in the event of a tie. Each team will have four downs to score from the 10-yard line.
- **TIMEOUTS:** are awarded according to high school rules. 3 timeouts per half
- **GAME CLOCK:** All games will be played in four ten (10) minute running quarters, except during the last two (2) minutes of each half when regular timing rules will apply. The clock will also stop on official timeouts for injuries, charged timeouts, and after touchdowns. Halftime will be five (5) minutes. If a team is winning by 21 points or more the clock will continuously run except for timeouts and injuries.
- **PLAY CLOCK:** The league will utilize a 25-second play clock. First (1st) play clock violation will result in a warning. All subsequent play clock violations will result in a five (5) yard penalty.
- During last 2 minutes of each half (2nd & 4th quarters), play clock will begin on snap following delay of game penalty.
- **PRESEASON MEETINGS:** A coaches/staff/officials meeting will be held prior to the season to discuss rule changes and to avoid controversy.
- **HOME TEAM:** The Home team will be responsible for providing a chain crew. The Home side is the side closest to the concession stand.
- **GRACE PERIOD:** There shall be a ten (10) minute grace period for teams to obtain the minimum number of players required to start a game. Game will begin at any time, between scheduled start and end of grace period, if a team has the minimum number of players required. If grace period expires and a team lacks the minimum players required, said team shall forfeit game.
- **ROSTERS:** After two (2) weeks of the regular season, all rosters will be frozen. No more players will be allowed to be added, unless special circumstances arise.

- **COACH:** Four coaches per team will be allowed on the sideline.
- **WEIGHT LIMIT:** A **minimum** weight of 50 lbs. will be required for age's 8-13. Please refer to table below for position weight requirements. Players required to play offensive and defensive line will wear a black "X" on the back of the helmet. Players required to play offensive line only will wear an orange "X" on the back of the helmet. Any player with an "X" must play interior line (tackle to tackle).

	8-10 yr. olds	11-13 yr. olds	Notes
Skill Position	Max 115 lbs	Max 140 lbs	
O & D Line	116-135 lbs	141-155 lbs	Players shall display black "X" on helmet at all times
O Line Only	136+	156+	Players shall display orange/red "X" on helmet at all times
Minimum weight for 8-13 yr. olds is 50lbs			

Note:

Weigh-Ins: All players shall be weighed in at the time they receive equipment. Players will be weighed again the Thursday of practice prior to week of first games. At this time, if a player is within 5 pounds of a position class, shall be permitted one additional weigh-in. This final weigh-in will be Friday of the second week of games. All weigh-ins include shirt and shorts.

- **PARTICIPATION TIME:** Every player must play at least 6 downs per half for a total of 12 plays per game. 2 special teams' plays (only) will count towards the total number of plays. If a player does not play enough downs in a game because of some oversight, and the Recreation staff gets a complaint, someone (staff) will be assigned to count the number of downs that the player is involved with in the next game. If a coach does not let the player in on 12 downs in the next game, then that team will have a forfeit of the game.
- **EJECTIONS:** Any player or coach removed from a game for any penalty will have to sit out the rest of the game and complete next game. The player must be present and on the team bench at the next game before he can play in another game. The coach will not be allowed on (Ayden or Winterville) Recreation property until suspension is lifted.
- **CONTACT PRACTICE:** Once the game season begins, a team may not conduct practice involving player to player contact (i.e. hitting), one calendar after respective team's game day(s). This does not preclude teams from practicing, only prevents hitting.
- **PLAYOFF:** A playoff will be held directly after the regular season. Playoff brackets will depend on the number of teams participating. All regular season rules will apply during the playoffs. Playoff will be single elimination unless otherwise stated. Seating for the playoff will be determined by the regular season standings. If two teams have the same season recorded head to head play will determine the seeds. If head to head play is equal, then a flip coin will determine the seeds.

Division Rules

10U TACKLE FOOTBALL

8 - 10 years old: This league is to teach the fundamentals, skills, and team building.

Game Rules:

- Minimum Players: The game is played with 11 offensive and 11 defensive players
 - The game must start with Nine (9) eligible players on each team.
 - No game may be played if a team cannot field Nine (9) eligible players at game time.
 - It is not a requirement that the opponent play with Nine players to compliment their opposition
- Kick-Offs: No kickoff for 8-10 Division. Team on offense will start play with ball at 20-yard Line
- Punts- There will be no punts utilized. If you declare to “punt” then the ball will be marked off 25 yards from the line of scrimmage. No “punts” can be declared past midfield.
- Field goal/extra point: No rushing will be allowed. A miss handled snap by the holder will result in a dead ball and a team will take over possession. The holder must be on one knee in a proper holding stance. No fake Field Goals. Field Goal must be declared to official on 4th down and extra point attempt.

Note: If you are kicking a field goal or extra point you may use your black and red “X” players

- Defensive Line: A 6-man or less defensive line may be employed (does not include defensive ends outside of the offensive line). The defensive line includes down lineman within the tight ends. An 8-man line can only be used inside the 10-yard line. Interior lineman must be in a three or four point stance before and at the snap of the football.
- Offensive Line: Offensive linemen (including but not limited to guards) may not pull from the line of scrimmage to block in an area outside of their position.
- Linebackers: Linebackers who line up between offensive tackles must be a minimum of 2 yards off the defensive linemen. Outside of the tackles, linebackers may come up to the line of scrimmage in a standing position. Linebackers cannot be moving forward within 2 yards of the line of scrimmage when the ball is snapped. (PENALTY: 1st offense: warning; 2nd offense: 5 yards; 3rd offense: 10 yards)
- Nose Guard: The position of nose guard will not be utilized and is illegal.

- 4th and 15 Rule: In the fourth quarter (down by 10 points or less) teams can choose to regain possession of the ball after a scoring drive. The team losing by 10 or less points may choose to have a 4th and 15 from their own 20-yard line. If a team successfully completes the 4th and 15, which is snapped at its own 20-yard line, it gets possession from wherever the ball ends up at the conclusion of the play. If the attempt fails, the opposing team will get the ball at their own 35-yard line.
- **THIS RULE CAN ONLY COME IN TO PLACE DURING THE 4TH QUARTER WHEN A TEAM IS TRAILING BY 10 OR LESS!!!**

13U TACKLE FOOTBALL

11-13 years old: This league develops gross motor skill fundamentals and competitive play.

Game Rules:

- Minimum Players: The game is played with 11 offensive and 11 defensive players
 - The game must start with Nine (9) eligible players on each team.
 - No game may be played if a team cannot field Nine (9) eligible players at game time.
 - It is not a requirement that the opponent play with Nine players to compliment their opposition
- Kick-Offs: No kickoff for 11-13 Division. Team on offense will start play with ball at 20-yard Line
- Punts- There will be no punts utilized. If you declare to “punt” then the ball will be marked off 25 yards from the line of scrimmage. No “punts” can be declared past midfield.
- Field goal/extra point: No rushing will be allowed. A miss handled snap by the holder will result in a dead ball and a team will take over possession. The holder must be on one knee in a proper holding stance. No fake Field Goals. Field Goal must be declared to official on 4th down and extra point attempt.

Note: If you are kicking a field goal or extra point you may use your black and red “X” players

- Defensive Line: A 6-man or less defensive line may be employed (does not include defensive ends outside of the offensive line). The defensive line includes down lineman within the tight ends. An 8-man line can only be used inside the 10-yard line. Interior lineman must be in a three or four point stance before and at the snap of the football.
- Linebackers: Linebackers who line up between offensive tackles must be a minimum of 2 yards off the defensive linemen. Linebackers cannot be moving forward within 2 yards of the line of scrimmage when the ball is snapped. (PENALTY: 1st offense: warning; 2nd offense: 5 yards; 3rd offense: 10 yards)
- 4th and 15 Rule: In the fourth quarter (down by 10 points or less) teams can choose to regain possession of the ball after a scoring drive. The team losing by 10 or less points may choose to have a 4th and 15 from their own 20-yard line. If a team successfully completes the 4th and 15, which is snapped at its own 20-yard line, it gets possession from wherever the ball ends up at the conclusion of the play. If the attempt fails, the opposing team will get the ball at their own 35-yard line.
- **THIS RULE CAN ONLY COME IN TO PLACE DURING THE 4TH QUARTER WHEN A TEAM IS TRAILING BY 10 OR LESS!!!**

Revise October 1, 2024