



Tri-County Youth Football League

Rules and Regulations

Version 2016

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Members~

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- I. Mission Statement:** To provide an opportunity for the youth of member cities to participate in an organized football program for moral, emotional and academic growth.

Governing Issues: To furnish the youth of designed age and weight limitation who are not members of other organized squads, i.e., junior high CYO, ect. The opportunity to play football under proper supervision and safety precautions. Each community should name two (2) representatives but only have one (1) vote per community. Both members must be assigned to the board before Jan. 1st of the year playing. A commitment must be presented to the committee at the first scheduling meeting from each community to declare intent to play in the league and designation of Committee members. One representative needs to be at every meeting. Each community that does not represent itself at the meeting, will lose votes on present issues and next month's issues. All issues need a quorum of 2/3 members present to pass. If there is not a quorum of 2/3 present members no issues can be voted on and passed. The Tri-County League President have right to executive order in emergency.



II. Age and Weight Limitations: A. Jr. Varsity team members cannot be 10 years old on or before August 1st. Varsity team members will consist of 10, 11, and 12 year olds. They cannot be 13 years old on or before August 1st. NO 7TH GRADERS NO EXCEPTIONS* (see letter B for exceptions).

B. If a community has a certain situation with a child (such as weight, mental or physical disabilities) they may bring it to the governing board as an exception, which will be voted on accordingly.

C. Varsity team players must not weight more than 130 pounds equipped in full game gear, (dressed to play in the game, helmet, shoulder pads, game pants, game shoes, game jersey and any extra safety equipment). Varsity players weighting 130 pounds or less are eligible to run the ball. Any player who weighs more than 130.1 pounds but less than or equal to 175 pounds to play in the following down positions: (Offensive guard, tackle, center, and defensive guard and tackle), these players are not eligible to receive passes or run the ball from the line of scrimmage, these players are not allowed to pull. These players will be designated with an orange sticker (2" wide by 3" long). If a player drops below 130.0 pounds, with full game gear on, (by the next game), this player can remove designation sticker and be eligible to play any position. If a community has multiple teams, the orange sticker (2" wide by 3" long), must be equally divided amongst the teams. You must also designate your 4 green stickered (2" wide by 3" long) players prior to the game. 3 out of 4 green sticker players **MUST** play in the backfield at all times of the game. Unless injured, sick, or ejected from the game or otherwise dictated. These are your starting backs (**QB must be green stickered (2" wide by 3" long)**). Any player weighting over 175 pounds in full game gear, on the Varsity level will be designated with a yellow sticker (2" wide by 3" long). These players will only be able to play in the offensive and defensive line as guards, tackle and center only. *NO DEFENSIVE END, MUST PLAY AS IN A DOWN POSITION (3 OR 4 POINT STANCE) COVERED BY AN END, MUST BE ON THE INSIDE OF THE LAST DOWN OFFENSIVE LINE MEN (TIGHT END OR OFFENSIVE TACKLE) AND NO PULLING OF THE INTERIOR LINE.



D. Jr. Varsity team players must not weigh more than 110 pounds equipped in full game gear, (dressed to play in the game, helmet, shoulder pads, game pants, game shoes, game jersey and any extra safety equipment). JV players weighing 110 pounds or less are eligible to run the ball. Any player who weighs more than 110.1 pounds in full game gear but less than or equal to 145 pounds in full game gear, to play in the following down positions. (Offensive guard, tackle, center, and defensive guard and tackle, **NO PULLING ALLOWED**), these players are not eligible to receive passes or run the ball from the line of scrimmage. These players will be designated with an orange sticker (2" wide by 3" long). If a player drops below the 110 pound in full game gear mark (by the next game), this player can remove designation sticker and be eligible to play any position. If a community has multiple teams, the orange sticker (2" wide by 3" long) player must be equally divided amongst the teams. You must also designate your 4 green stickered players (**QB must be green stickered (2" wide by 3" long)**) prior to game. . 3 out of 4 green sticker players **MUST** play in the backfield at all times of the game. Unless injured, sick, or ejected from the game or otherwise dictated. Any player weighing 145.1 and above must move up to the Varsity team to play.

E. The maximum weight will stand throughout the season and weight variance per game will not be permitted. Violations of this rule will result in both teams forfeiting that game and both head coaches will be suspended for the next scheduled game.

F. A digital scale will be furnished by the "home" team. All scales used for weigh-ins must be certified before season starts. Proof of certification must be presented to the league at the roster meeting prior to first game.



G. All players must be weighed prior to each game. Players will be weighed in, in full game gear, (helmet, shoulder pads, game pants, game shoes, game jersey, and any extra safety equipment). **NO METAL CLEATS OR METAL TIPPED CLEATS ARE ALLOWED. EVERY PLAYER NEEDS TO BE WEIGHED.**

H. Player weigh-ins will be conducted 10 minutes prior to game time. For succeeding games the weigh-ins will occur at the 5 minute mark of the fourth quarter. At the conclusion of the weigh-in each team will immediately proceed to their respective sidelines to await the start of the game.

I. Any player missing scheduled weigh-ins will be ineligible to play the first half. With proper stretching, warm up and making weight the player would be eligible to play the second half if the player head coaches' wishes to call a timeout to have both teams witness the weigh-in. This time out will be charged against the player's team. Once the third quarter starts no player missing weigh-in will be allowed to participate in the game. Any player not making weight at first weigh-ins will not be able to weigh in again. Once a player is deemed eligible, he/she must meet the play count rule.

J. Weigh-ins will be conducted by **ONLY** the head coach and or the commissioner or **ONE** assistant coach from each team.

K. If a player on a team is deemed ineligible due to age limitation it will be up to the governing board to decide whether or not the team will forfeit any games. If a team is found to be in violation of this rule it will result in immediate suspension of the head coach and if the league commissioner or commissioners were aware of said violation they will also result in an immediate suspension. This suspension will carry over to the following season applicable.



L. Players are only eligible to play for the school district or community in which they reside unless the community or school district does not have a football program available to them or if they are opened enrolled in that district. If there is a team that has fourteen or less players in an age division, they may go to an adjoining school district or community and may get enough players to make a 20 man roster. Teams cannot turn any player in their school district or community away as to take more players from adjoining school districts or community. Teams may not take players from an adjoining school district or community that is part of the Tri-County Youth Football League. If a player is used in violation of this rule, each game the player was in violation will be forfeited.

III ROSTERS : A. Prior to each game the coaches will be required to submit their team roster to the opposing coach. Rosters must be completely filled out with the game jersey listed in numerical order followed by the player's age, weight and date of birth. The Governing Board will provide a master form to all communities to use.

B. Players may be added to the rosters after four non-contact practice sessions with the team up until the first game. Exceptions to the rule must be reviewed and approved by the Governing Board.

C. Master Team roster will be required in writing to the Governing Board at the announced league meeting held prior to the first game; jersey color and number, as well as head coaches name and phone numbers must be on the master roster. Number changes are not permitted unless approved by the Governing Board. Failure to submit a legal roster at this meeting will result in forfeiture of games and no games will be played until the Governing Board approves legal roster.

D. Team rosters are unlimited rosters with numbers set by each community. All players listed on the roster are required to participate unless the player is injured, has quit the team or is benched for disciplinary actions.

1. Each city may admit as many teams per age division as needed with approval of the Governing Board.



2. Each community will be required to get proof of age (birth certificate) at sign ups. Copies of the documents must be presented at roster/birth certificate meeting. If copies of birth certificates are not presented at said meeting then that player does not play. This documentation will also include a copy of player's report card if applicable.

3. Team jerseys: No double numbers permitted on the same team.

4. A copy of each team's roster from every team must be presented to all communities at the roster/birth certificate meeting.

E. If a community has more than one team in a division. That community must draft players equally on each team. If your teams are not within 3 wins of each other they are not eligible for play-offs. If a community violates this rule their season will be forfeited and said commissioners will be up for review.

F. Player can move up to make 12 players on a roster, player is limited to 6 quarters per week. (ie. A Mighty Mites player(s) can play their Mighty Mite game and move up to play on the JV team if the JV team has less than 12 players for a game, but can only play a total of 6 quarters per weekend).

IV Practices: A. **Pre-Season:** Practice may commence 4 weeks ahead of the first game weekend giving 4 weeks of practice before the 1st game. Coaches are expected to exercise prudent discretion in scheduling practice before school starts. The first four practice shall be non-contact. All practices shall be limited to one session per day, no more than 2 hours in length and shall be limited to a maximum to five practices per week. Each city is allowed to hold one camp with both their players and coaches prior to the start of the regular practice schedule. This cannot be longer than 4 days long.

B. **After School Starts:** Practices shall be limited to a maximum to three sessions per week including scrimmages and chalk talks and shall be limited to a maximum length of two hours per sessions. It is recommended that no practice extend past 8:00p.m.

C. **Pre-Practice stretching and Post-Practice conditioning:** Shall be included in every practice; 15 minutes before and 15 minutes post practice.

D. Each community may host a camp for no longer that 4 days prior to the first practice. This camp can be ran by the coaches.



V. General Procedures: A. No player will be permitted to practice or play who has not been properly registered with the TCYFL.

B. Each community is to report the results of their home game(s) to the designated person by 10:00p.m. Sunday evening.

C. In the event that the score is tied at the end of regulation, overtime will immediately commence. Time outs remaining from regulation play will not be carried over to the overtime periods. Each team is awarded one time out per overtime period. Up to three overtime periods can be played, where each period consists of a full set of downs (1st and goal situation) for each team. The winner of a coin flip can decide if they want to start on offense or defense for the 1st overtime period. (The loser of the coin flip will get to pick for the 2nd OT period, and the winner will pick for the 3rd OT period (if applicable)). Each team will have a set of plays, each starting at the 10 yard line. The team ahead at the end of the period is declared the winner. If it is still tied, the format is repeated for up to three periods (3 sets of downs). If after three periods the score remains tied, the game will be considered a tie. In a playoff situation the same four rules applies except that if the score remains tied after three periods, the ball will be moved to the 5 yard line to begin the sequence again. The game will continue until a winner is declared.

D. Jr. Varsity Teams: One coach per team is allowed on the field of play and must be at least ten yards behind the deepest player. Coaches on the field both offensive and defensive, are not allowed to have physical contact or give verbal communication once the play begins. Instruction given to players during the play will result in a 5-yard penalty. Play begins when the offensive team breaks the huddle.

E. To insure the safety of non-football personnel, the home communities must establish and enforce a “safety zone” along the sidelines. Communities have the option to determine which method will suit their community best. Only coaches and league commissioners, designated by TCYFL badges will be permitted in the bench area inside the “safety zone” and along the sidelines. All other personnel must remain behind this “safety zone” during the game. Referees will reserve the right to remove anyone from the sidelines that does not have a TCYFL badge.

F. SCOUTING OF ANY KIND WILL BE STRICTLY PROHIBITED!!!



VI COACHES: A. Only coaches listed on the official roster submitted to the TCYFL and properly identified by league provided badges are allowed on the sidelines.

B. Coaches also need to sign the Coaches Code of Conduct, stating they understand all rules and they understand the Code of Conduct is their first and only warning for the TCYFL rules and the Code of Conduct.

C. Any profanity OR pushing, shoving, manhandling a player by a member of either coaching staff is forbidden and may result in a suspension after being addressed by the Governing Board. This rule applies to all coaches in Mighty Mites, JV and Varsity. See Coaches Code of Conduct for details.

VII Player's Equipment: A. All players must wear full legal equipment. It is strongly recommended that each player wear an athletic supporter and cup.

B. Each community is responsible for supplying their team with a first aid kit for all practices and games. All kits need an HIV (Zorbizide) clean-up kit and change of uniform.

C. All helmets must display "warning" sticker prior to each game as per OHSAA rules.

VIII Game Procedures: A. All player's dressed to play in the game that has met the weigh-in criteria must play at least 8 plays. Any child not showing up until after halftime and has been weighed in must play at least 4 plays in the 2nd half.
PUNT AND PUNTING RECEIVING DOWNS WILL NOT COUNT AS A PLAY.

B. The 8 play rule will be enforced through the review of each team's 8 play stat sheet and each team will be spotted occasionally.

C. Violations of this rule will result in an automatic one year warning to the city, an automatic next game suspension and forfeit that game. The Governing Board will handle additional infractions of this rule.



D. Quarters will be 9 minutes in length with a 30 second huddle clock for both divisions.

E. On 4th down the game clock will continue to run, unless the offensive team declares a punt. At which time the game clock will stop for a non-timed punt.

F. The clock will stop as in an official game, i.e., out of bounds, incomplete passes and after a touch down etc. Three timeouts per team will be permitted in each half.

G. There will be a 10 minute “halftime” period. The teams will warm-up the players with 3 minutes left in the halftime period.

H. To ensure fair competition and to avoid “running” up the score: teams leading by 12 or more points must remove their starting backfield. The procedure is as follows:

1. The four starting backfield players (green stickers) must be circled on the team’s roster at weigh-ins. The starting backfield will be required to wear a green sticker (2” wide by 3” long) on the back of the helmet.

2. These can be changed from player to player each game, however once weigh-in is complete, changing the stickers to another player is **NOT ALLOWED**. Three players designated as the starting backfield must start the game and will play the game with **LIMITED SUBSTITUTION**. At all times there out of the four starting backfield must be in the game, unless there is an injury; additional substitutions will be allowed for injuries or safety concerns. It is the goal of the league to advise the teams to not run up the score or in the case of a lopsided game change the play that are executed. For example if your team is a good running team that hardly passes, start to throw the ball and vice versa. A non-designated starting back cannot run or throw the ball for two consecutive plays (this does not apply if the spread is 12 or more points and the starting backfield has been removed nor does it apply for an injury substitute).

3. During postseason playoff games, the point spread for removing green sticker players is 18 points.

4. Once the score reaches 18 or more point spread, the entire starting backfield must be removed from those positions. (The trailing team also has the option to remove their backfield, as free substitution will apply to them for their backfield). The starting backfield will be allowed to remain in the game to attempt



the extra point (after the score that made the spread 18 points or more), but must be removed on the next offensive possession. At this point, they are allowed, however, to assume the position of offensive lineman (tight-end included). They cannot catch, throw, or handle the ball on offense, unless they become the center. They can play on defense (interceptions and fumble recoveries allowed), catch punts and punt the ball. Once the point spread is cut back to fewer than 18 points the starting backfield (for both teams) is allowed to resume their starting positions. If there is a violation of this rule the offensive team will be assessed a 15-yard unsportsmanlike conduct penalty.

5. Once the score reaches a 24 or more point spread, the team leading must remove all green sticker players from the game. If a team does not have enough players to continue, the head coach of the trailing team can select which orange sticker players may remain in the game. Once the point spread is cut back to fewer than 24 points the green sticker players may return to the game as per paragraph VIII H 4 above. If there is a violation of this rule the offending team will be assessed a 15 yard unsportsmanlike conduct penalty. NO Green sticker player can advance the ball (except for interception and fumble recovery).

6. After the completion of the 3rd quarter if a team is up by 24 or more points and both coaches agree, the clock will run continuously. All orange stickered players must be completely off the field at this time. The clock will stop only for punts and timeouts.

7. If a member of the Governing Board detects a violation, corrective action will immediately take place and the penalty will be assessed.

8. The Governing Board will review suspected violations of these rules. If a violation is confirmed the head coach will be suspended for one game for the first offense, second offense head coach will be suspended for one year.

9. **Ejection Rule:** After one ejection from a game in a single season, the Governing Board will make a ruling on what disciplinary action will be taken based on the severity of that individual's actions that brought on the ejection. After 2nd ejection in the same season, the individual is suspended for the remainder of the season. At the end of the season, all communities will review and vote on whether you are able to return the next season. Following an ejection from a game,



the commissioner or head coach must get a referee to fill out an incident report on what brought on the ejection.

I. If a coach questions the official's interpretation of a call and not the judgment of the call, the coach will receive the attention of the official. If the interpretation is not correct, the correct action will be made. Only the city commissioner or the head coach may approach an official at any time with a concern or question.

J. The game will start from scrimmage on the offensive teams own 35 yard line. After a safety the scoring team will start play from the 50 yard line. There are not kick offs.

K. Extra Points: Extra points may be attempted by run or pass. A successful conversion by a run is one point; a successful conversion by a forward pass (even if the forward pass is caught behind the line of scrimmage) is two points.

L. Coaches and substitutes must confine themselves to area between the 25 yard lines. (Jr. Varsity will allow one coach on the field of play; additional coaches must follow the above rule and confine themselves between the 25 yard lines).

M. **Punting:** After 3rd down, the clock continues to run. The team with possession has 29 seconds from the time the ball is set to make decision to run a play or declare a punt. If the team declares a punt, the clock stops and they must punt the ball at this point. If they decide to run a play, they have to get the play off in 29 seconds or call a time out. If they do not get the play off in 29 seconds, they will be charged with a delay of game. At this point, they can still punt, but they will have to give up a timeout or take the delay of game. If a punt is declared by the offensive team the game clock will remain stopped until the next offensive play is ran. There will be no rushing of the punter. No offensive players are allowed down field during the punt. There will be NO CONTACT by either team during the punt attempt. Once the offensive team declares a punt, a punt must occur. A run or pass play will result in the defensive team receiving the ball where the offensive team's line of scrimmage was. A punt may be "long" or "short" snapped. A maximum of 3 players is allowed off the line of scrimmage during the punt attempt. There will be no "run back", however catching the ball on the fly will result in a 5 yard advance of the ball from the spot of the catch. Untouched, muffed and fumbled punts will be spotted where the ball is downed unless it goes forward (after being touched), in which case it is down where it is first touched.



The punt must occur behind the line of scrimmage and within the limits of the offensive line.

N. All teams are required to have all defensive linemen stationed in a down stance on the line. The teams are allowed to have one standing player on each side of the line (defensive ends). All defensive ends that are in standing position must play “head-up” or outside of the last offensive linemen that is in a down position. A minimum of 3 players (including defensive ends) must be on the line, with the defensive backfield at least one and one half yards off the line of scrimmage until the ball is snapped. If a standing player enters this “neutral zone” at any time prior to the snap a 5 yard offside penalty will be assessed on the defense.

O. An attempted blitz before the snap of the ball will result in a 15 yard penalty assessment against the defense. Players must be 3 yards behind the line of scrimmage, only moving horizontally, players cannot move forward.

P. Footballs: MIKASA (youth), NIKE (youth), WILSON TDY (youth), or WILSON TDJ (junior) ball will be used for varsity teams. MIKASA (junior), NIKE (junior), WILSON TDJ (junior), or K2 will be used for junior varsity. K2 ball will be used by the Mighty Mites. These are the chosen brands and their numbering version may vary from year to year. The offensive team will make the ball type choice. The home team must provide two playable balls for each game.

Q. A minimum of two card carrying officials will be required to officiate the game. The “home team” will be responsible for paying the officials. It is preferred to have three officials at all games, with a minimum of two officials at all games.

R. All fumbles and muffs will be considered a “LIVE” ball which can be advanced by either team.

S. No field goals or extra-point kicks are allowed.

T. All coaches and commissioners will be required to wear badge identifying them as league personal. These badges will be provided by the league at the fall scheduling meeting.

U. A minimum of three card carrying officials will be required to officiate the playoff and championship games. It is preferred to have four officials at all playoff and championship games, with a minimum of three officials at these games.



V. Tie breakers are determined as follows: Head to Head, Strength of Schedule, and Points allowed.

W. Clear mouth guards are not permitted and all mouth guards must be attached to the face mask of the helmet.

X. Any rule pertaining to the game of football not covered within these rules will be covered by the OHSAA rules.

IX Playoffs and Championship Games:

- A. TBA playoff and championship games during season.
- B. All championship games are played on a neutral field.

X League Expansion: A. Any new community wishing to join our league must attend a meeting and present to us the following:

1. What their program is about.
2. Why they are leaving their current league, if they have an existing program.
3. What they expect from our league.
4. They will not have a voting right until after the completion of their first season then they will receive 100% voting rights.
5. After the completion of their presentation, the Governing Board will vote on whether to admit or deny them participation in our league.

XI Mighty Mites Rules:

This is an instructional league, where proper fundamentals should be stressed, the league is made up of 6 and 7 year olds, however; 5 year olds are allowed to play at the discretion of the community the child resides in. Players may not be by 8 years old August 1st, unless the community is seeking an exception which will have to be proposed to the Governing Board, and will be ruled on. A birth certificate for each



player must be present at the roster/birth certificate meeting along with a roster for each team.

1. There must be 11 players on the field for each team. If a team cannot field 11 players then the opposing team will play with the same number of players.
2. Only 2 coaches from each team will be allowed to be on the field either on offense or defense, as well as a minimum of one card carrying official. The Referee will manage game clock, huddle clock, and ball spot. The Referee will only be responsible for play side penalties as no backside penalties will be assessed, as backside penalties should be used as a coaching tool and discussed with individual teams players, no player is to be addressed by opposing teams coaching staff. A spot adjustment is at the discretion of the Referee, a fumbled ball will be spotted at the spot of fumble. Not back at 35 yard line. Please keep in mind the following holding and off sides will most likely occur. As the referee must remain liberal in order to give both teams the most amount of playing time. Play side penalties that are assessed will be assess per OHSSA guidelines.
3. There will be four 9 minute quarters with a 10 minute halftime. The team will play, with normal game clock situation, each team will only get two timeouts per half. It will be at home team's discretion within reason, to run a continuous clock at the 1 ½ hour mark, as to not encroach on the 2 hour time limit. (Keep clock running, stop only for touch downs, injuries, or timeouts). There will be a 45 second huddle clock if the ball is not snapped at the 45 second mark, 1 warning will be issued. After the 1 warning issued, a 5 yard penalty will be assessed, thereafter. The offense does not have to wait for the defense to have players in place, and set.
4. Scoring will be kept. A touchdown is 6 points, a running conversion is 1 point and a passing conversion is 2 points.
5. Overtime will result in coin flip for possession, possession will start on the 10 yard line, facing goal, and the team winning the coin flip will get 4 plays to convert for a touchdown. If a touchdown is converted, the opposing team will have the same opportunity to convert. If opposing team does not score, the game will be declared a tie.



6. The defense will line up, heads up, the defensive line is not allowed to line up in any gap between offensive linemen and should always be lined up directly across the offensive linemen, although you cannot line up over the center. Defensive linemen must be in a down 3 or 4 point stance from inside tackle to inside tackle. **NO HITTING THE CENTER.**
7. Linebackers must line up at least 3 yards off the line of scrimmage and must remain set until ball is snapped, with no blitzing motion.
8. Defensive Ends or Outside Linebackers can line up 1 yard by 1 yard off outside tackles. (Crashing Outside Linebackers or Defensive Ends from that set position is **NOT BLITZING**).
9. Ball will be spotted on 35 yard line using both end zones to start each possession.
10. Players must play a minimum of 8 plays. A coach from each team is required to keep track of the amount of plays each player play.
11. There will be no rule changes between coach's or gentlemen's agreements.
12. Any profanity **OR** pushing, shoving, manhandling a player by a member of either coaching staff is forbidden and may result in a suspension after being addressed by the Governing Board. This rules applies to all coaches in Mighty Mites, JV and Varsity. See Coaches Code of Conduct for details.