

Central U.P. Youth Football League, Inc.
Football Program Rules
(Revised February 8th, 2017)

ARTICLE I
PLAYER REQUIREMENTS

Section A. Registration Period

Player registration absolutely closes on the date published on the informational flyer and published on the web site, 14 days after registration opens. This close of registration date is absolute. The **only** exception made to this rule will be for any player who has re-located to one of the 9 areas represented in our league from an area outside of our league. This exception will only be honored prior to the first game of the season, as the player will have conditioning time to make before he/she can play. After the first game of the season has been played, no registration will be accepted under any circumstances.

Section B. Registration Fee

Registration must be paid in full or other arrangements made with the League.

Section C. Consent to Play

Submission of a signed statement from a parent or legal guardian consenting to participate in this League is required.

Section D. Medical Certification

Submission of a signed statement from a physician stating that a player is physically fit to play and that there is no observable conditions which would prevent participation.

Section E. Age Certification

Each Player must provide a copy of their birth certificate to the league. The league will keep this copy on file for as long as the player is active in the program. In order to comply with the MHSAA age restriction no player reaching the age listed below prior to September 1st can participate within that age group. However he or she may elect to participate in the next higher age group.

15 years of age prior to September 1st for 8th grade age group

14 years of age prior to September 1st for 7th grade age group

13 years of age prior to September 1st for 6th grade age group

12 years of age prior to September 1st for 5th grade age group

Section F. Player Weighing

Weighing of all players will be conducted at the time of equipment fitting. A Player will be weighed on two (2) separate scales and verified by two (2) Board Members from different areas. The two (2) Board members will sign the registration form verifying the weight. This will be the final weight for the player and used for the duration of the season.

Section G. Parent and Athlete Concussion Acknowledgement Form

The organizing entity must provide educational materials on the signs/symptoms and consequences of concussions to each youth athlete and their parents/guardians and obtain a signed statement acknowledging receipt of the information for the organizing entity to keep on record.

Note: No player will be assigned to a team or equipment issued until all of the above have been met.

ARTICLE II PLAYING SEASON

Section A. The season shall be from August 1st until December 31st of each year.

Section B. Season Schedule

1. The goal of this League is to create a 7 game season. To accomplish this some teams may play each other twice.
2. All games will be scheduled to be played on Saturdays, except for games to be played at the Superior Dome or re-scheduled games. Games may be scheduled for Friday Night provided the President of the League is notified and both areas have sufficient notice.
3. All teams will have a minimum of 48 hours between games, except for those games being held in the Superior Dome.

ARTICLE III PRACTICES

Section A. Start Date

No Team shall practice prior to August 1st, and shall comply with league calendar.

Section B. Definition of a Practice

Practices are defined as skill sessions, film viewing, conditioning, scrimmaging, and any gathering by the team for any football purpose.

Section C. Length of Practices

1. Prior to the beginning of the school's academic school year practices will be limited to no more than five (5) days and ten (10) hours of practice per week.
2. After the start of the Academic school year Practices will be limited to no more than three (3) days and six (6) hours per week.
3. Actual practice time will be organized not to exceed two (2) hours in length. During practices, for each hour of activity, it is mandatory for the coach to give one ten (10) minute break.

Section D. Required Conditioning

1. Each player must participate in, and the Head Coach must document, six (6) hours of Helmet and Mouth Guard only practice prior to practicing with full pads on.
2. Each player must participate in and the head Coach must document, four (4) hours of Full Pads Conditioning only practice prior to Contact. A player may contact Blocking Bags during this period of conditioning. For Example: Helmet and Mouth Guard conditioning practice on Monday, Tuesday, Wednesday, Conduct Draft if applicable, Thursday and Friday Full Pads conditioning practice.
3. No player may have live contact with another player until the ten (10) hours of conditioning has been met.
4. All players, regardless of when they join the team, must meet the requirements of this section.
5. A credit of one (1) hour of Helmet and Mouth Guard only practice may be granted if practice is missed to actively participate in an organized soccer game.

Section E. Coach's responsibility at practice

At least one coach must be present during every practice and must remain until all players have been picked up after practice.

Section F. Out of Class practices

There will be no "out of class" practices between Youth Junior Teams and Youth Senior Teams.

Section G. Player Combines for Split Teams

Teams that split will be allowed to do player evaluation sessions on Thursday and or Friday the week prior to the start of regular season practice. This time will not be counted toward the 10 hours of conditioning. The Player Draft must be completed by the end of day the following Monday.

ARTICLE IV
COACHES

To players, coaches are living heroes. To Parents and fans, coaches represent the best in football and a leader and role model for their children. A coach's conduct is always under scrutiny. His actions affect his players, parents and fans. To this end, Central U.P. Youth Football League, Inc. requires this standard of conduct from all of its coaches.

Section A. Coach's Standard of Conduct

1. A coach will always keep the health and welfare of players foremost and remove from a game any injured player.
2. A coach will always strive to set the example for his players on and off the field.
3. A coach will not use any Tobacco product on the practice field or on the sidelines during games.
4. A coach will not berate a player in front of teammates, parents or fans.
5. A coach will not berate or criticize game officials and will accept their decisions as fair.
6. A coach will not run up the score on a weaker opponent.
7. A coach will not incite fans or spectators into actions unbecoming to the game of football.
8. A coach will not use alcohol on the practice and game fields and will not be under the effects of alcohol while actively coaching.
9. A coach will encourage scholastics on and off the field.
10. A coach will follow the parameters of the Anti-Substance Abuse Rule and see that it's carried out faithfully and that all players understand its importance.
11. A coach will not use ineligible players and will take responsibility for having proper and legal documents on each player.
12. A coach will make sure that all players play the required number of plays under the All Play Rule.
13. A coach will follow the rules and regulations of this League.
14. All Coaches report directly to their Area Vice-President and must respect the authority of the Area Vice-President.
15. All Coaches must sign the League's Coaches Contract.
16. All Head Coaches must attend a Coaching Clinic prior to the beginning of the season. No Team may practice until this requirement is met.
17. **Per Michigan State Law no coach may participate in any League activities unless a Concussion Training Certificate is on file with the League Secretary.**

Section B. Selection of Coaches

1. All Head Coaches of this League must be a minimum of twenty-one (21) years of age. An Assistant Coach shall be a minimum of eighteen (18) years of age. A Mentor Coach shall be a minimum of sixteen (16) of age.
2. A signed application must be submitted by each applicant, regardless of prior participation or experience as a coach in this league or any other sports program.
3. All Coaching applications will be submitted to the Area Vice-President, and with the help of the Executive Board a candidate for Head Coach will be chosen. The Head Coach will then request which assistants he or she would like to be assigned to the team.
4. All Coaches must submit to a background check.
5. No person will be permitted to become a Head Coach, Assistant Coach, or a Mentor Coach in this League if that person has been convicted of any crime of child neglect, endangerment, or abuse. False or misleading information provided in the application will be grounds for immediate termination and dissociation from the league.
6. If a Draft is necessary, each Head Coach may have only one (1) designated assistants. Following the Draft, or if no Draft is necessary, a team may have as many assistants as the Head Coach deems necessary, provided they have an application on file.
7. The following factors will be used in determining who is Head Coach if more that one person is applying:
 - a. Number of prior years coaching for the league.
 - b. Prior disciplinary problems that have been filed with the league.
 - c. First Right of Refusal if coached last season in that division.

ARTICLE V TEAM ROSTERS

Section A. Divisions

1. Each Area being represented will be divided into two (2) Divisions. There will be no weight restriction for players, except for Striper designated players. See Article VIII for Striper Player restrictions.
 - a. Youth Junior Division will be those players who are currently enrolled in grades 5th and 6th.
 - b. Youth Senior Division will be those players who are currently enrolled in grades 7th and 8th.

Section B. Teams

1. Teams with 34 or more players must split and will conduct a draft in accordance with our Draft appendix to equally divide the talent. Teams with 30 to 33 registered players may appeal to the Board of Directors and request not to split with a compelling reason. Teams may split with less than 30 players provided both coaches, the Area Vice-President and Executive Board approve the split. The Area Vice-President will conduct the Draft after the 3rd Conditioning Practice and prior to Monday of the second week of practice. The President or Designated Representative will supervise this Draft.
2. A two (2) week extension in registration will be offered to teams that were forced to split.

ARTICLE VI ALL PLAY RULE

Section A. Teams with more than 22 players at game time:

1. Each player will be guaranteed a minimum of 12 plays per game, 3 plays in each quarter.
2. Each player must start either on an offensive series, a defensive series or on special teams provided they have met the conditions of Section C below.

Section B. Teams with 22 or less players at game time:

1. Each player will be guaranteed a minimum of 12 plays per game, 3 plays in each quarter.
2. Each player must start either on offense or defense series provided they have met the conditions of Section C below.

Section C. Exceptions to the All Play Rule

The amount of game playing time is directly related to the number of practices attended and the active participation in practice during the preceding week's practice. If a player is absent from a practice, and notifies the coach prior to practice, with a reasonable excuse he or she will not be penalized. Unexcused absences, goofing off during a practice or a fear of playing will not guarantee the player the amount of plays listed in this Article. The Head Coach must document this reduction and notify the parent prior to the game.

ARTICLE VII GAME OFFICIALS

Section A. Game Official's Policy

1. All refereeing will be per the National Federation of State High School Association 5-Official Mechanics Manual.
2. A maximum of five (5) Game Officials will be utilized and compensated per game.
3. All Game Officials will be compensated at the conclusion of the season.
4. The Referee must keep track of those players scoring touchdowns during a game.
5. The Area Vice-President is responsible for scheduling the Game Officials for each home game. If they are unable to schedule a referee at least 7 days prior to a game, the Area Vice-President must call the Coaches, Refs and Rules Committee Chairperson for assistance.

Section B. Head Referee (White Cap)

1. The Head Referees must be certified by the MHSAA, WIAA or have Area Vice-President Approval prior to refereeing a game.
2. The Head Referee must attend a Referee Clinic, sponsored by the League, in order to be compensated.
3. The Head Referee will be compensated \$35 per game.

Section C. Game Officials

1. A Game Official can be anyone who has a working knowledge of football.
2. Game Officials will be compensated \$15 per regular season game and \$20 per Dome Game.

Section D. Chain Gang

1. The Area Vice-President is responsible for obtaining persons to be the Chain Gang.

- Any volunteer may be used on the Chain Gang.
2. The League does not compensate the Chain Gang.

ARTICLE VIII STRIPER PLAYERS

Section A. Striper Designated Players

1. Youth Junior Division- All players weighing more than 120 lbs will be designated as a Striper Player.
2. Youth Senior Division - All players weighing more than 150 lbs will be designated as a Striper Player.
3. Striper players will have a black piece of tape placed on each side of their helmet for designation. This designation will be verified by the Area Rep prior to the start of the game.

Section B. Rules for Striper Players

Rule 1: A Striper player may not advance the ball on any offensive series. For example he or she may not run, throw, or catch the ball.

Rule 2: A Striper Player may not advance the football during kickoffs, punt returns, or handle the ball during the return. If the ball is kicked to them they may fall on it.

Rule 3: A Striper Player may not advance the ball on a turnover. If a Striper Player intercepts a pass or recovers a fumble, the Defensive Team will obtain possession of the ball at the spot of the recovery.

Rule 4: A Striper Player will not be penalized for an instinctive reaction to recovering the football. The play will be blown dead and the ball spotted at the point of recovery.

Rule 5: If a team violates these Striper Player rules, the referee will call the play dead and a 15 yard penalty will be enforced.

Rule 6: All stripers must be on the line of scrimmage at the snap of the ball. This includes offensive and defensive positions. No Striper may line up in the backfield except to kick extra points and field goals. Stripers are still restricted from advancing the ball, fakes are not allowed and the play is called dead if there is a bad snap with the striper in the back field.

ARTICLE IX RULES OF THE GAMES

Section A. General Game Rules

Rule 1: All Teams must field eleven (11) players at the start of every game or the game will be forfeited.

Rule 2: All games will be played under National Federation of State High School Athletic Association (NFHS) Rules with the following exceptions:

1. Extra Points will be scored one (1) point for run or pass and two (2) points or a successful kick.

2. The Free-Blocking Zone will be defined as follows:

- a. Blocking below the waist is permitted in the free-blocking zone when the following conditions are met:

1. All players involved in the blocking are on the line of scrimmage and in the zone at the snap

2. The contact is in the zone.
 - b. Clipping is not permitted in the free-blocking zone.
 - c. Blocking in the back is permitted in the free-blocking zone when the following conditions are met:
 1. by offensive linemen who are on the line of scrimmage and in the zone at the snap.
 2. against defensive players who are on the line of scrimmage and in the zone at the snap.
 3. The contact is in the zone.

Rule 3: Games will consist of four (4) quarters. Each quarter will be 10 minutes, with a 10 minute Half-Time.

Rule 4: Games will be controlled by a minimum of three (3) or a maximum of five (5) officials. Official time will be kept on the playing field unless an electronic scoreboard has been approved by the Head referee.

Rule 5: CONTINUOUS RUNNING CLOCK RULE: When a team leads by Thirty Five (35) or more points, during the **second half** of a game, the game clock shall run continuously until the end of the game or until the score difference drops below Thirty Five (35) Points. The clock will only stop for timeouts, injuries, scores, intermission and penalties.

Rule 6: When the score difference is 35 points or higher the score will not be displayed.

Rule 7: Overtime Procedures

1. When the score is tied at the end of the fourth period, the referee will instruct both teams to return to their respective team sideline boxes.
2. A coin toss in the center of the field will be conducted, with the visiting team choosing "heads" or "tails". The winner of the toss will be given the choice of defense or offense first, or of which end of the field to put the ball in play. The loser will have the remaining option.
3. Each team will have 1 timeout per overtime period. Timeouts do not carry over from regulation.
4. Each team will be given a series of 4 downs in the overtime period, 1 offensive and 1 defensive.
5. The ball will be placed on the 10 yard line, 1st and goal from the 10 yard line. The offensive team cannot gain a first down other than through a penalty.
6. A series shall be terminated for a team with an offensive score, after 4 downs or the defense gains possession of the ball.
7. The defense cannot score. If the defense gains possession the ball becomes dead immediately.
8. The team scoring the greater number of points at the conclusion of the overtime period shall be declared the winner.
9. If the score remains tied after the first overtime period, another overtime period will be conducted. The loser of the coin toss will now be given first choice of offense or defense. The ball remains at the same end of the field. Each team gets 1 timeout. This process will continue until a winner is determined.

Rule 8: All playing shoes will be either rubber cleats or tennis shoes. No metal cleats.

Rule 9: During Punts or Extra Point attempts, No Defensive player shall line up over the Center and shall not make contact with the Center until the ball is kicked or advanced.

Rule 10: No player may tackle an opponent at the neckline or above, or any tackle which takes control of the opponent's head. A 15 yard penalty will be enforced. This rule does not apply if the ball carrier lowers his head just before or during the tackle.

Rule 11: When a team leads by 25 or more points any offensive player that scored 2 touchdowns may not intentionally handle the ball, except at the center position. If an offensive player, that has scored 2 touchdowns, handles the ball on offense while the score difference is 25 or more points, the penalty will be a 15 yard, Unsportsmanship Conduct Foul. The Foul will be assessed from the original line of scrimmage and the down will be replayed. The spirit of this rule is to get other kids involved in the offense when the lead is 25 or more points and not to run up the score.

Rule 12: In a Shotgun formation the Center is not offered protection as a long snapper. The Center must have his head up and be ready for contact at the snap. The coaching staff must ensure that the Center has been properly trained on the Shotgun Snap. If the Center snaps the ball in the Shotgun formation with his head down the offense will be penalized 5 yards from the previous spot for illegal procedure.

Rule 13: No more than 4 coaches on the sidelines during a game.

Section B. Scrimmage Kick/Punt Rules

Rule: Scrimmage Kicks/Punts:

Youth Senior Division: Current National Federation of State High School Association (NFHS) rules are in effect. No Stripers may punt or line up in the back field.

Youth Junior Division: The punt is a Dead Ball Kick.

1. There is no weight restriction for the punter, since this is a Dead Ball Kick.
2. The punt is considered a dead ball play and a team must notify the White Hat Official of their intention to punt. Youth Junior teams cannot fake a punt.
3. The referee will notify the opposing team and coach of their intention to punt on the next play. The official shall then give the defensive team time to get into formation prior to putting the ball in play.
4. The ball will be long snapped from the center.
5. The offensive or defensive players are not allowed to cross the line of scrimmage during the punt.
6. The Defensive team can only four players back to receive the punt. The other 7 players must be within 3 yards of the line scrimmage.
7. Undeclared punts made by the offensive team will be returned to the original line of scrimmage and will be penalized 5 yards.
8. The ball will be declared dead at the point at which the receiving team has gained control of the ball. There are no returns of Punts.
9. If the receiver muffs the ball forward or the receiving team blocks the punt forward, the ball is declared dead at the point where it was first touched.

Section C. Point After Touchdown Kick (PAT)

Rule: PAT's PROCEDURES: (Point-After-Touchdown)

Youth Senior Division: Current NFHS rules are in effect with the following exceptions:

1. Conversions may be made by passing or running plays from scrimmage and will count 1 point.
2. Kicking of extra points will count 2 points.
3. Stripers are permitted to be kickers but are still restricted from advancing the ball. Fakes

are not allowed and the play is called dead if there is a bad snap with the striper in the back field.

Youth Junior Division: Kicking PAT's are Dead Ball Kicks and are mandatory. PAT's will count as 1 points and must follow these restrictions:

1. No weight restriction for the kicker and holder since this is a Dead Ball Kick.
2. Youth Junior teams cannot fake a PAT Kick.
3. The official shall then give the defensive team time to get into formation prior to kicking the ball.
4. The ball will be long snapped from the center.
5. The ball must be kicked within 5 seconds from the time of the snap.
6. The offensive or defensive players are not allowed to cross the line of scrimmage during the kick attempt.
7. The Defensive Team players may stand with their hands in the air or jump in an attempt to block the kick, but at no time shall they cross the line of scrimmage.
8. If the holder has to leave his or her normal position due to a fumbled snap or to chase a snap, the attempt is over and no points are awarded. Rising to catch a high snap is considered a normal position.

Section D. Field Goals

Rule: Field Goal Procedures

Youth Senior Division: Current NFHS rules are in effect and will count for 3 points. Stripers are permitted to be kickers but are still restricted from advancing the ball. Fakes are not allowed and the play is called dead if there is a bad snap with the striper in the back field.

Youth Junior Division: Field goals will count for 3 points. Current NFHS rules are in effect with the following exceptions:

1. No weight restriction for the kicker and holder since this is a dead ball kick.
2. The field goal kick attempt is considered a dead ball play and a team must notify the White Hat Official of their field goal attempt. Youth Junior teams cannot fake a field goal kick.
3. The official shall then give the defensive team time to get into formation prior to kicking the ball.
4. The ball will be long snapped from the center.
5. The ball must be kicked within 5 seconds from the time of the snap.
6. The offensive or defensive players are not allowed to cross the line of scrimmage during the kick attempt.
7. The Defensive Team players may stand with their hands in the air or jump in an attempt to block the kick, but at no time shall they cross the line of scrimmage.
8. If the holder has to leave his or her normal position due to a fumbled snap or to chase a snap, the attempt is over and no points are awarded. Rising to catch a high snap is considered a normal position.
9. If the field goal attempt ball breaks the plane of the goal line but does not pass through the goal post uprights the ball will change possession and be placed on the

20 yard line. If the field goal attempt ball does not cross the plane of the goal line the ball will change possession and be placed at the spot of the defense taking possession.

ARTICLE X ANTI-SUBSTANCE ABUSE RULE

Section A. A Substance Abuse lecture will be presented to each team. The lecture will be presented during the first week of practice.

Section B. The lecture must be given by a member of the coaching staff or an adult volunteer designated for that purpose.

ARTICLE XI ADVERSE WEATHER POLICY

Practices or Games will not be conducted during adverse weather condition which include.

1. No practices shall be conducted if the Heat Index, as advertised on the Weather Channel, exceeds 90°. Heat Index is a combination of Temperature and Humidity.
2. If lightning can be seen from the field, practice or games must be suspended and shelter found for all players. In order for the activity to resume a period of 15 minutes must elapse free of lightning. The maximum duration from the initial sighting of lightning is 30 minutes to resume the activity.
3. The Area Vice-President will make the determination of resuming the activity at that time. In the event the Area Vice-President is not present, it will then be then determined by the coach(s) present.

ARTICLE XII League Disciplinary Actions

Section 1 - Coaches

Part 1: Failing to observe the "All Play Rule."

First offense: Probation, affected players given double playing time in next game.

Second offense: Suspension for one game.

Third offense: Suspension for remainder of season.

Part 2: Cheating: Permanent suspension.

Part 3: Playing ineligible players: Suspension for the rest of the season.

Part 4: Badgering of game officials with threats and inciting fans to display poor sportsmanship:

First offense: Suspension for two games.

Second offense: Permanent suspension.

Part 5: Fighting of any kind: Permanent suspension.

Part 6: Teaching players dirty tactics:

First offense: Suspension for one game.
Second offense: Permanent suspension.

Part 7: Failure to keep the health, safety and welfare of players through conscientious coaching:

First offense: Suspension for one game.
Second offense: Permanent suspension.

Section 2 - Players

Part 1: Fighting

First offense: Removal from the game.
Second offense: Suspended from the team.

Part 2: Disrespect for coaches, game and team officials:

First offense: Removal from the game.
Second offense: Suspended for one game.
Third offense: Suspended for the rest of the season.

Part 3: Badgering opponents by word of mouth with the purpose of intimidation:

First offense: Removal from the game.
Second offense: Suspended for one game.
Third offense: Suspended for the rest of the season.

Note: Players are not eligible for refunds if suspended from the league for any of the above reasons.

Section 3 - Parents and Fans

Part 1: Badgering of coaches, game officials or league officials. Also to include inciting other fans to display poor sportsmanship:

First offense: The Area Vice-President will give a verbal warning to stop the activity.
Second offense: The Area Vice-President will instruct the Head Referee to penalize the team which the parent or fan is representing with a personal foul of 15 yards.
Third offense: The Parent or fan will be asked to leave the playing area. If need be the local law enforcement agency will be called.

Part 2: If the Area Vice-President was forced to resort to the Second or Third offense criteria a written report must be made to the League President within 48 hours of the incident.