

## SECTION 4 - FOOTBALL RULES

### General

All League games and activities shall be governed by the current edition of the Football Rules Book as published by the National Federation of State High School Athletic Associations (NFHS), except where otherwise specifically provided for in this Section. If there is a conflict between any provisions set forth in the NFHS Football Rules Book and any provisions set forth in this Section, the provision set forth in this Section shall prevail.

All teams must provide a League Representative to monitor their game. The League Rep will remain on the field during the entire game. League Reps will be identifiable by wearing an RCYFL shirt, hat, and/or visor approved by the League. Failure of an association to provide a League Rep during this time is subject to a one hundred dollar (\$100.00) fine by the Chairman. All League Reps must be certified by the League and required to attend a preseason meeting.

Game cancellations due to weather or other event shall be determined by the Chairman and League Football Director. Every effort will be made to notify teams by 7am on game day.

Homecoming activities are limited to one (1) fifteen (15) minute period. Notification shall be made to all teams one (1) week prior to the game regarding any Homecoming activities during the day.

Once players are rostered, the player may not participate on another team without permission of the League Football Director.

### Equipment Rules

1. The Associations shall take the responsibility for helmet re-certifications and shall submit the Helmet Responsibility Form to the League on Roster Night.
2. Butt, hip, thigh, and knee pads for pants are required during practices, scrimmages, and games.
3. Shoulder pads are required during practices, scrimmages, and games.
4. A mouthpiece is required during practices, scrimmages, and games.
5. Players must wear cleats. Metal cleats are not allowed.
6. Acceptable footballs include the following:
  - a. Freshman and Sophomores Divisions shall use Wilson K2, Wilson GST-K2, Rawlings R5 PW, Baden FC500PW, Nike Spiral Tech Peewee, Nike Vapor Strike Peewee, and Under Armour 495 GRIPSKIN Pee Wee Football.
  - b. Juniors Division shall use Wilson TDJ, Wilson GST-TDJ, Rawlings PRO JR, Baden FC500JR, Nike Tactician Junior, Nike Spiral Tech Junior, Nike Vapor Strike Junior and Under Armour 495 GRIPSKIN Junior Football.

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- c. Seniors Division shall use Wilson TDY, Wilson GST-TDY, Rawlings R5Y, Baden FC500Y, Nike Tactician Youth, Nike Spiral Tech Youth, Nike Vapor Strike Youth, and Under Armour 495 GRIPSKIN Youth Football.

Teams are allowed to use a sanctioned ball of their choice during offense.

7. A team's uniform shall consist of a jersey, football pants, and team socks. The uniforms for all Participants on a Team must be matching and contain the team's logo and colors. Socks must be worn inside the cleats. The game jersey must be tucked in.

### Game Rules

1. All game fields shall be regulation width and shall be one hundred (100) yards in length.
2. All fields shall be marked in accordance with the National Federation of State High School Athletic Associations (NFHS) Rule Book and all sides roped off the entire area of the field.
3. There will be a minimum of three (3) Virginia High School approved officials on hand to officiate before any League game can be played.
4. Chain crew and clock operator must be responsible and must be in place before the coin toss. Clock Operators must be certified or trained by a white hat official. The chain crew will be placed on the VISITOR side of the field. The visiting team will be responsible for providing the chain crew personnel. The exception to this rule is provided when the home team uses the visitor's side of the field. The chain crew will NOT coach or cheer from the sideline.
5. Each game shall consist of four (4) eight (8) minute quarters and an eight (8) minute halftime.
6. In each game, each football player shall play a minimum of four (4) plays in addition to kickoff and punt teams.
7. Offensive players not wearing eligible numbers do not need to report to the game officials upon entering a game.
8. The ball shall be placed on the two (2) yard line for extra point attempts and shall count as one (1) point for a run and two (2) points for a pass. Extra points and field goals may be scored by kicking method, if goalposts are installed at the field location, and shall count as two (2) points for an extra point and three (3) points for a field goal.
9. Any games with a tie score at the end of regulation shall proceed into overtime. Regular season games shall not go beyond three (3) overtime periods. All playoff games will be played until a winner is determined.
10. Kickoffs – There will be no kickoffs in the Freshmen Division. In lieu of kickoffs, at the start of the game, the second half, and after a score, the ball will be put into play by the

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team in possession from their own 35-yard line. Kickoffs for the Sophomores, Juniors, and Seniors Divisions will play live.

11. Punting - There will be no punting in the Freshmen Division. In lieu of punting, the offensive team may choose to have the referee step off 25 yards for Freshmen or half the distance to the goal, if on the opposing side of the field. Free punts will be allowed for the Sophomores Division. The offensive team shall inform the referee of the punt. All players will remain in formation until the ball is snapped and the punt is away. No fake punts are allowed in the Sophomores Division. The play will become live once the ball leaves the punter's foot. If the punted ball does not cross the line of scrimmage, the ball will be ruled dead and the possession will turnover. Punting for the Juniors and Seniors Divisions will be played live.
12. Sportsmanship Rule - If at any time in the game the point differential is 18 points or more, the winning team will remove their four (4) starting / impact skilled players from the offense, as designated on the Sportsmanship sheet, until such time as the point differential is below 18 points. Skilled players are defined as QB, RBs, and WRs. If the number of players checked in for a game is less than 15 players, the team will designate three (3) starting / impact players for that game. The skilled players may be moved to down linemen or tight end positions on offense. If the skilled player is moved to the tight end position, it will be as a blocker only. They are not eligible to advance or handle the football.

In addition, if at any time in the second half of the game, the point differential is 24 points or more, the game clock will become a running clock stopped only for injuries, penalties, and timeouts.

In the Rookies Division, the winning team will remove their three (3) starting/Impact players from the offense.

Failure of the Head Coach to adhere to this rule may result in the suspension of the Head Coach as determined by the Sportsmanship Committee.