

2020-2021  
National Youth Sports Nevada  
AYF Nevada



Official Tackle Football Rules  
and Regulations

Updated July 15, 2020



Your Fundraising Home for Officially Licensed Merchandise



# Mission Statement

NYS Nevada was founded in 1999 by National Youth Sports based in Peoria, AZ. Since then it has grown to the largest football league in Nevada. The Nevada Franchise of NYS was purchased by Nevada-based Oracle Athletics LLC in June of 2012. Oracle Athletics has the dedicated man-power, resources, and dedication to make sure that NYS Nevada will continue to be the #1 youth sports organization in Nevada. NYS Nevada was granted the American Youth Football charter for the state of Nevada in June of 2016 and with AYF will continue to work to provide a safe, fun, and fair environment for all athletes, volunteers, and parents.

American Youth Football, Inc, established in 1996, is a support services organization, dedicated to giving back to communities by encouraging the positive development of youth athletes through their association with adult leaders in the sport of American football and cheer. Guidelines are established to ensure that players play in an atmosphere of learning with a competitive balance between teams.

## Section 1 – Definition of League Age

- Each player’s league age will be determined as of July 31st of the year the Fall Season is set to begin. For example, July 31st, 2020 will be used for the Fall 2020 and Spring 2021 seasons. No age exceptions will be made for any divisions. As an example of League Age, a child born on 7/31/10 would be League Age 10. A child born on 8/1/10 would be League Age 9.

## Section 2 – Divisions

<b>Weighted Divisions</b>			
<b>7U Weighted Division</b>	<b>Max Lbs</b>	<b>13U Weighted Division</b>	<b>Max Lbs</b>
League Age 5	Unlimited	League Age 11	169 lbs
League Age 6	Unlimited	League Age 12	169 lbs
League Age 7	Max 120 lbs	League Age 13	149 lbs
<b>Unweighted Divisions</b>			
<b>8U Unweighted Division</b>		<b>9U Unweighted Division</b>	
10U Unweighted Division		11U Unweighted Division	
12U Unweighted Division		13U Unweighted Division - 8th Grade Max	
14U Unweighted Division - 8th Grade Max			

- All Weighted Division players must weigh-in prior to each game. Weigh-ins will be done as an entire team. Teams should weigh in 30 minutes prior to their scheduled game time.
- Players must weigh in with a minimum of gym shorts and a T-Shirt as minimum clothing
- Players will be given only ONE opportunity to weigh-in. There are no second attempts. Once a weight is recorded, that weight stands for the entire game day.
- If for some reason a scale is not available, the teams will simply check in for that contest.

## Section 3 – Player Registration and Certification

- All players must be registered with National Youth Sports Nevada and paid in full prior to participating in any game.

- Player Certification is done 100% through National Sports Ids (NSID). All documents must be approved through this site & the player must be “Certified” & on the team roster. All documents will go through this site. [www.nationalsportsid.com](http://www.nationalsportsid.com)
- Once a player is fully certified, they will automatically be added to the team’s digital player ID card file. That file will be used to check in players at every game.

## Section 4 – Player Equipment

- Each participating player must wear the following pieces of equipment, which cannot be altered. Any attempt to alter the required player protection will result in a penalty or possible suspension.
  - o A standard helmet and facemask is required. The helmet must be properly secured with a four snap chin strap.
  - o A seven-piece pant pad set consisting of hip pads, thigh pads, knee pads, and a tailbone protector.
  - o Football pants that cover all pant pads & cover the kneecaps.
  - o Enclosed shoes comprised of rubber cleats or regular tennis shoes.
  - o Shoulder pads that are fully covered by the player’s jersey.
  - o A mouthpiece that is not clear or white.
  - o Any player that wears a visor must make sure the equipment is clear and does not tint at any point. Tinted glasses are allowed.
  - o No jewelry.
- The head coach is responsible for confirming with the game official that all players are properly equipped.
- If a player is missing equipment or participating with illegal equipment, the player must make the proper correction before participating any further in the game.
- An unsportsmanlike conduct penalty of 15 yards will be enforced for player’s wearing improper equipment during a play.

## Section 5 – Game Field & Game Day

- The game field will be played on a field 120 yards long (One hundred yards of playing field with two ten-yard end-zones). The field will be 50 yards wide.
- Each field will be marked with yard markers.
- A soft, flexible pylon will mark the four inside corners of both end zones.
- The league will provide a down indicator and a first down chain set (10-yard). The visiting team is responsible in providing volunteers to run the down indicator and first down chains during the game.
- The game officials will operate the game clock on the field if scoreboard is unavailable or not functioning.
- The field will be for players and certified coaches only. Non-coaches will be required to remain in the stands.

## Section 6 – Uniform & Game Equipment

- Teams are required to wear matching uniforms with numbers visible on both the front and back of the uniform.
- No two players will be allowed to play with the same jersey number.
- While positional jersey numbers are not a requirement, teams should attempt to utilize football standard numbering where they can.
- All uniforms are required to have the NYS Patch and the AYF Patch on the shoulders and visible for all games. Players without the proper patch will not be allowed to participate in games.

Teams that are not in proper uniforms are subject to a fine for each game they are unable to have proper uniforms. During the Fall 2020 season, this rule may be waived due to Covid-19 issues.

- The Wilson Football is the official football of NYS Nevada Tackle Football. While other footballs will be accepted for gamedays, the football size will be predicated off the Wilson Football.
- The 7U Weighted, 8U, 9U, & 10U Divisions will use a Wilson K-2 Ball or one of equal size.
- The 11U & 12U Unweighted Division will use a Wilson TDJ Ball or one of equal size.
- The 13U Weighted (Jr. Midget), 13U, & 14U Middle School Division will use a Wilson TDY Ball or of equal size.
- Each team will supply their own game football and present it to the official prior to the start of the game. Each team will only be allowed 1 football that will be used when their team is on offense.
- A team can choose to use a football larger than the size allotted for their division but cannot use a smaller football.

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## Section 7 – Player Pregame Check

- All players once properly certified will have a digital Nation Sports ID Card. That ID Card will be present on a team set on a tablet with the site officials that will be at each field.
- 30 minutes prior to kickoff each team is required to check in and complete their pre-game certification.
- Players will line up in alphabetical order so NYS Site Directors can check to make sure each player matches the ID Card, the players jersey number is correct, and to make sure non-registered players do not participate in the game.
- It is at this time that players will weigh in prior to each contest if the division is a weighted division. Players must weigh in wearing a minimum of SHORTS & JERSEY.
- In weighted divisions, players get one attempt to weigh in and make weight. If a player is overweight by 1 pound or more, they are ineligible for that game and must leave their helmet and shoulder pads with the NYS Site Director until the end of the game.
- If a player does not show up prior to kickoff, he is ineligible for that contest.
- Players must check in for a minimum of 4 regular season games to be eligible for the playoffs. If a player is injured, he can still check in for a game under the designation of IR. However, he must be present at team check in to earn that designation. This rule can be adjusted for the Fall 2020 Season to adjust for Covid-19 restrictions.

## Section 8 – Coaching

- All coaches are required to have passed a background check with NYS Nevada. That can be done by going to [bgcheck.nysnevada.com](http://bgcheck.nysnevada.com). This is required of all volunteers that expect to be on the sideline during games. The background checks are \$15 and must be taken prior to taking the field.
- All coaches are also required to be either AYF Coaching Certified or USA Football Certified. This certification must be present. The AYF Certification can be done at [smarterfootball.org](http://smarterfootball.org) while the USA Football Certification can be done at [usafootball.com](http://usafootball.com).
- Once completed, each coaches certificate needs to be emailed into the league office.
- Coaches must also be listed on the teams final coaching roster 2 weeks prior to the first game of the season. Coaches will only be eligible to remain on the sidelines during the games/divisions that they are listed on the coaching staff form.
- Teams will be allowed a maximum of 8 Coaches per sideline. This includes the Head Coach, Assistant Coaches, Team Parents, & EMT. This does not include the chain crew or the 2 maximum water personnel who must be under age 18.

## Section 9 – Coaching Field Rules

- All Coach ejections will be treated in the most serious of manners. Coaches ejected from games will now also be subject to a \$75 fine. All monies collected from the fine will go to the AYF players travel fund.
- While it is the responsibility of a Head Coach to control his Assistant Coaches, the ejection of an Assistant Coach or a similar sideline personnel does not require the ejection of the Head Coach. It is the responsibility of the Head Coach to help remove the offending ejected Assistant Coach so the game can continue. If the Head Coach cannot gain control of his sideline at this point, the game will be called and result in a mercy loss for the offending team.
- Electronic communication devices are prohibited when it comes to players communicating with coaches. Coaches may use communication devices with one another, if these instruments do not effect play or involve communication with players and are restricted to sideline use only from each team's own side of the field.
- ONE coach is allowed on the field in the 7U Weighted Division. Prior to the snap both the offensive and defensive coaches must be 20 yards from the line of scrimmage. The on-field

coach must not interfere with the play of game. Once the quarterback goes under center, both on field coaches must remain silent until the ball is snapped. Interfering with the play will result in a 15-yard penalty.

### Section 10 – EMT, HitCheck, & Player Safety

- Each team must have at least one volunteer staff that is first aid certified at all practices, games, and team events. NYS will issue the team's EMT a NYS EMT photo identification card. The individual must present a valid First Aid/CPR certification card or certificate to obtain the NYS EMT Card.
- All teams must have a first aid kit at all practices, games, and team functions.
- If a major injury occurs during the game, the volunteer medical personnel for the game and NYS staff will make a discretionary call as to whether the game is to continue.
- Each Team & Player must complete a baseline "HitCheck" for their entire roster. This should be taken care of by the EMT or the Team Manager for each team. Each organization or team can set up their own account and MUST have all their players set prior to their first action to ensure player safety.
- If a player suffers a head injury during a game, he can only return to action by completing a "Green" HitCheck test. Any player that receives a "Red" test result must present a doctor note to return to play.

### Section 11 – Roster Regulations

- Each Team is required to have a minimum of 16 players and a maximum of 36 players on their roster to be considered a team and be placed on the schedule.
- During NYS Nevada League play there are no play minimums in effect for any division.
- During AYP Regional and National Play the AYP standard minimum play will be in effect.
- Teams may begin a game with a minimum of 10 players. If a team drops below 9 players for more than 2 plays, the game will be recorded as a forfeit. The game can continue at the discretion of the teams however as a scrimmage to provide the players a chance to receive the ability to participate. If this occurs, the referees will not continue to run the game and the game must be run by the remaining coaches.
- Rosters close 1 week prior to opening day. In all subsequent week's rosters close on Wednesday at 5 PM.
- Rosters go final prior to the 4<sup>th</sup> game of the regular season.
- To be eligible for the playoffs, a player must be checked in for a minimum of 4 regular season games.
- The players transfer date is September 23<sup>rd</sup> at 5 PM for the Spring 2020 Season. Players must declare their decision to transfer prior to this time. A player can transfer to any team in his division unless he is transferring to a team this his team has already played against. In this situation, the player must receive a written release from his Head Coach.
- Players can register for more than one division. They must however pay for that 2<sup>nd</sup> divisions registration. However, a player must compete with the same organization if they are registering for more than one division.

### Section 12 – Forfeitures, Mercy Rule, and Playoff Tie Breakers

- All forfeited games will result in a 35-0 final score. If a team forfeits a game for any reason, they are subject to a fine to cover the field and referee costs.

- Mercy Rule: Once a team has a lead by 35 points the score is officially frozen. At the losing teams' discretion, the game can be continued as a scrimmage game without further score being kept. We ENCOURAGE all teams to utilize this time to include players that may not get ample playing time to help train and further develop skills.
- Mercy Rule #2: Once a game goes into mercy scoring, we will no longer do kickoffs. Teams will simply take possession at their own 30-yard line.
- The following will be the playoff tie breaker system:
  - o The first tie breaker will be head to head results.
  - o The second tie breaker will be points allowed.
  - o The third tie breaker will be a coin toss.
  - o Special note. If there is no clear winner of a tie breaker in the case of a multi way tie, points allowed will be the tie breaker.

**Unless otherwise amended below, the current year's NFHS (National Federation of State High School Association) Laws of the Game shall apply. NFHS Laws of the Game and other resources are available at [www.nfhs.com](http://www.nfhs.com).**

### Section 13 – In Game Timing Rules

- All Division games will run with a 10-minute quarter. NFHS rules regarding the stopping of the clock will apply throughout the game.
- The only exception to the stop clock will be in a game where the mercy rule has come into effect. At this point, the clock will run except for time outs and injuries until the game is over.
- During the playoffs, any game that has gone into the mercy rule will be over at that time.
- There will be a one-minute intermission between the first and second quarter, as well as, the third and fourth quarter.
- There will be a 5-minute halftime between the second and third quarters. NYS Staff & Referees may change the length of halftime based on the day's game schedule.
- Each team will receive 3-time outs per game. All time outs will be 30 seconds. Unused timeouts do not carry over.
- The offense is given thirty seconds from the spotting of the ball to the time they must snap the ball to begin the next play.

### Section 14 – Pregame & Kickoffs

- There will be no pregame "faceoff" or other intimidating gestures by teams allowed. Any attempt to do so will result in a minimum of personal foul penalties and a maximum of a forfeiture of the game.
- No team may have more than four captains and only one player shall be designated as the team spokesperson.
- Each half of the game will be started by a kickoff. The Game Officials, in the presence of both teams' field captains, will toss a coin to determine possession at the start of the game. The visiting team will call "heads" or "tails." The winning team must select to kick, receive, or defer.
- **FOR THE 7U DIVISION ONLY:** There are no kickoffs. Following a score or at the beginning of a half, possession will begin at the team's 30-yard line.
- Onside kicks are allowed in all divisions where kickoffs occur.
- All kickoffs will take place from the 40-yard line unless a penalty has been assessed.
- Free kicks after a safety will take place from the 20-yard line.

## Section 15 – Punts, Field Goals, & Extra Points

- **FOR THE 7U DIVISION ONLY:** There are no punts in this division. If a team declares a punt, they will earn a 30-yard walk-off from the spot of the ball. This can only be done on 4<sup>th</sup> down.
- **FOR THE 8U AND 9U DIVISIONS ONLY:** Punts & field goals in this division will be declared. Teams must declare for a punt on 4<sup>th</sup> down only. During the punt or field goal, there will be no rush allowed by the defense. Once the kick is away, the play returns to live action.
- Punts and field goals in all other divisions will apply standard NFHS rules as live plays with the center being protected.
- All extra points will be attempted from the 3-yard line. A kick will be worth 2-points while a running or passing play will be worth 1-point.

## Section 16 – In Game Rules

- Blocking below the waste will coincide with NFHS rules to teach the players how they will be blocking once they start High School Football the proper way.
- Players can be substituted only on a dead ball. Substituted players must leave the field at the sideline from which his or her team occupies
- Interceptions and fumbles are live in all divisions.
- If anything, other than a hand or foot of the ball carrier touches the ground the player is down, whether touched by a player or not.
- The offense must have at least seven players lined up on the line of scrimmage for every play. Five offensive linemen are ineligible receivers. The defense does not have a minimum number of players required to be on the line of scrimmage.
- **FOR THE 7U DIVISION ONLY:** No individual player may be lined up directly over the center on defense; the center cannot be hit directly from the front (to allow snap exchange and center time to raise head). Both gaps to either side may be rushed.
- There will be no ties. In the event regulation play (4 quarters) ends in a tie, the game will go into overtime. Overtime will follow NFHS rules with each team getting a possession at their opponents 10-yard line. First possession will be determined by coin toss (Visitor calls). The winner will choose offense or defense while the other team will choose the end at which the play will occur. Fumbles and interceptions cannot be returned for defensive points. Teams will continue to play under overtime rules until a winner is determined.

## Section 17 – Disciplinary Issues

- Any Issues with a coach, parent, staff, contractor, or league policy must be made to the league coordinator in writing.
- All participants, parents, guardians, and coaches are required to abide by the league's code of ethics. Any violation of the codes of conduct may result in suspension or removal from the league.
- The league coordinators will review all written issues and determine a resolution
- The league will have final judgement in all rulings. NYS Nevada has the authority to suspend or permanently expel any individuals without a refund to uphold the standards and expectations of the league.
- Field coordinators are an extension of the league office. Their decisions will be treated as such and they will be treated with respect.



- Field coordinators can issue a penalty on teams for unsportsmanlike conduct due to the actions of any parent, spectator, or coach who does not comply with league and facility rules and regulations.
- Fighting by a player, coach, or spectator will result in an automatic ejection. Fighting will also result in a minimum one-week suspension. This includes striking, kicking, or kneeling any player or spectator, and intentional contact with an official.
- Two un-sportsmanlike fouls by a player or spectator (Referee may eject a player, coach, and spectator for one unsportsmanlike conduct depending on severity of action).
- Any other act that is unruly, rough, and/or flagrant
- A spectator violating the parent line or cautioned parent area. This includes violating the rules of the facility the game is taking place at.

### **Covid-19 Addendum**

Before taking part in activities, players and coaches should follow the below rules:

- Be symptom free for at least 14 days prior to any activity.
- Stay home if you are sick or do not feel well.
- Be aware of and disclose any potential contact with affected individuals.
- Wash & sanitize your hands often.
- Ensure all equipment (Cleats, ball, pads, practice dummies, etc.) are sanitized before and after practices and games.
- Do not touch your face, eyes, or mouth with unclean hands.
- Practice social distancing regularly
- Wear a face mask to reduce exposure to air born particles.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Parents and coaches should assess level of risk based on individual players on the team who may be at a higher risk for severe illness, such as children who may have asthma, diabetes, or other health problems.
- Teams are encouraged to conduct a daily temperature check of the player for low grade fever (>100.4°F) before playing.
- If a coach or player has tested positive for Covid-19, written confirmation of a Covid-19 negative status and clearance from a physician must be provided to the Coach and director to return to full participation and activity.

**NATIONAL YOUTH SPORTS  
PLAYER'S CODE OF CONDUCT**

**We pledge to follow the National Youth Sports Player's Code of Conduct:**

I will remember that games are played for **fun!**

I will display good sportsmanship ahead of my own personal desire to win.

I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parents and coaches.

I will show respect to all game officials, coaches, players, and parents and never act in a manner that would be disrespectful toward them.

I will not use drugs, tobacco or alcohol at any National Youth Sports practice or game and will remind others on my team not to do so.

I will shake hands with the other team at the conclusion of all games.

I will shake hands with the officials at the conclusion of all games.

**I understand that I will be suspended from the league for violation of this Player's Code of Conduct.**

**NATIONAL YOUTH SPORTS  
PARENT'S CODE OF CONDUCT**

**We pledge to follow the National Youth Sports Parent's Code of Conduct:**

I will remember that youth sports are played for **fun!**

I will be a role model for my team demonstrating how to treat other players, parents, officials and coaches with respect at all times.

I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parents and coaches.

I will show respect to all referees, officials, or umpires and never act in a manner that would be disrespectful toward them.

I will be an encouragement to all players on all teams regardless of the score.

I will place my child's emotional and physical well-being ahead of my own personal desire to win.

I will volunteer to help my child's team by coaching, officiating, planning team parties, team pictures, and team trophy orders, phone calls and/or other needs.

I will not use drugs, tobacco, or alcohol at any National Youth Sports practices or games and will remind other parents not to do so. **ANY USE WILL RESULT IN AN EJECTION FROM THE FACILITY AND MAY FORCE THE LEAGUE TO REMOVE THE PLAYER FROM THE LEAGUE.**

**I will remember that the game is played for the youth and not for the adults.**

I will encourage my child to shake hands with the other team at the conclusion of all games.

I will encourage my child to shake hands with the officials at the conclusion of all games.

**I understand that myself, and possibly my child, will be suspended without warning from the league for any violation of this Parent's Code of Conduct.**

## DISCIPLINARY PROCEDURES AND PENALTIES

1. **The players, head coach, and assistant coaches can be in the coach's box on the sidelines. The coach's box is between the twenty-five-yard lines. These individuals must have proper identification to be on the playing side of the parent line. Failure to comply with this rule will result in a fifteen-yard unsportsmanlike conduct. All other parents, friends, and/or relatives must stay in the designated area, even if you are filming. Ladders are prohibited at each site to protect the children, fans, and staff.**
2. **Profanity and arguing with any game official, NYS staff, or opposing parent/coach is not allowed, ZERO TOLERANCE. This will be strictly enforced. Failure to comply will be handled as follows:**

**Coach will be ejected from the game and suspended by the league for up to three games. Coaches can only be reinstated at the league coordinator's discretion.**

**Parent(s)/Guardian(s) will be ejected from the game and suspended for the following week's game. If the problem persists then the child of the parent/guardian may be suspended for one game.**

**Players will be ejected from the game and suspended for the following week's game. If the problem persists then the child may be suspended for the season and banned from future participation in the league. All Suspensions remain at the discretion of the league commissioner.**

3. **In addition, any individual who is ejected from a game for any reason is subject to banishment from the league. NO REFUNDS WILL BE GIVEN FOR THOSE IN VIOLATION.**
4. **NYS considers the code of conduct sheet enclosed in this packet as the first warning to all individuals participating in the league.**
5. **Any parents found engaging in verbal or physical violence with other parents, coaches, referees, or NYS staff will be suspended indefinitely from the league.**
6. **Any player, coach, or parent that is ejected from a game is automatically suspended for the next game played by their team. This suspension is mandatory and cannot be reduced or removed, though it can be lengthened at league discretion.**
7. **There is no smoking, smokeless tobacco, or alcohol of any kind permitted at any NYS Field. Any parent breaking this rule will automatically be ejected from the league.**