



Whatcom County Youth Football League Rules 2016

General League Rules

Official High School Rules will be observed with the following exceptions:

- Time:**
- Four **10** minute quarters.
 - Clock will run after punts once the chains are set unless stopped otherwise by the referee.
 - Teams should be prepared to start the game as early as 15 minutes before the scheduled start time or as soon as the previous game is over.
 - If a team has a 24 point or more lead at any point during the second half, the clock will only stop for injuries and timeouts unless requested by the losing coach to continue regular timing **and** the next game is on schedule.
 - Each team is allowed 3 timeouts per half. Timeouts do not carry over to the second half or overtime.
- Playing Time:**
- Each player is required to play a minimum of 6 plays per half (no more than 3 may be special teams). This is just a minimum and coaches are encouraged to play kids as evenly as possible.
 - Play minimums are not enforced if there is a disciplinary reason (unsportsmanlike conduct, missing practice, etc.) or health reasons.
 - Parents are encouraged to talk with the coach about playing time issues prior to going to their area director.
- P.A.T.'s:**
- One point if it is a run or pass from the 3 yard line; two points for a successful kick.
 - Teams may go for two points from the 5 yard line **only** at game sites without goal posts.
 - Teams may rush the PAT.
- Overtime:**
- One overtime will be played if the game is tied at the end of regulation. Games will end in a tie if the score is the same after one overtime.
 - The referee will again have a coin flip. Teams will get the ball on the 10 yard line and have 4 downs to score. A PAT will follow each score if necessary.
 - Playoff games that require a winner for seeding or advancement may go additional overtimes.
 - Both teams will attempt to score on the same end of the field.
 - One timeout per overtime.
- Large Leads:**
- Teams down by 21 points or more begin possession at the 50 yard line.
 - Offensive teams ahead by 21 points or more are instructed to NOT use trick play (plays with multiple handoffs, etc.)
 - Gentlemen's agreement to allow non-starting players an opportunity to play skill positions and still use option, pass, etc.
 - Teams continuing to run up the score are subject to forfeit/coach suspension.
 - Scores may stop being kept on the scoreboard if field supervisor feels it necessary.
- Kick Offs/Punts:**
- Kickoffs have been eliminated from the game. Teams will begin possession at their own 30 yard line.
 - Both teams will remain on their own side of the line of scrimmage for punts until the football is kicked.
 - Both sides must have 7 players on the line of scrimmage and the punter must kick the ball between the tackles.
 - There is no rush allowed on punts.
 - There is no kickoff following a safety. Offensive play will begin at the 50 yard line.**
- Player Eligibility:**
- Players must have 1. Birth Certificate, 2. Parent Consent Form, 3. New Membership Form and Concussion Law Paper (back of membership) all signed and turned in prior to practicing.
 - Certain Player Eligibility issues may be reviewed by the Boys & Girls Club Athletics Departments.
 - No refunds will be given to parents registering an ineligible player.
- Video Tape/ Communication:**
- Teams are not allowed to videotape games other than their own. Coaches on the sideline may not communicate with anyone via headset, radio, telephone, or any other device during the game. **Teams may use handheld or GoPro style cameras on the field by the coach, but these videos can't be used for "in-game" analysis. Teams are not permitted to share video with other teams.**
- End zone:**
- Certain facilities may enforce no cheering areas in the back of end zones. Only supervisors and photographers should be standing or sitting in the end zone.**

General League Rules Continued

- Official Complaints:** -Official Complaints against a coach, player, teams, or anyone else must be made using the form on the B&GC website. Follow all specific instructions.
- Sportsmanship:** -Offer praise and encouraging words for all athletes, including your child's opponents. Never openly berate, tease, or demean any child athlete, coach, or referee while attending a B&GC sporting event.
-The B&GC will not hesitate to act if the standards of the B&GC are compromised.
- Field Conduct:** -Good citizenship at the school fields is crucial to the success of the program. Please pick-up all your garbage and no tobacco or alcohol is allowed at any program site. We are extremely grateful to the school districts, principals, athletic directors, and football coaches for allowing us to use the fields.
- Schedule/ Results:** -The schedules and results from each week will be posted on the website at www.whatcomclubs.org. **The first schedule will not be posted until after the jamboree.**
- Chain Crew:** -Home team is required to provide a chain crew.
-Chain crew is not allowed to coach or yell at officials and must remain quiet.
- Officials:** -There will be 2-3 officials for each game. Please understand that youth football is difficult to officiate and not everything will be seen and/or called. Thank you for always supporting them.
- Games:** -Teams will play the jamboree and a maximum of 8 regular season games (teams may have a bye and/or double header/scrimmage (teams were drawn randomly prior to the season)).
- Mandatory Coaches Training:** -Any coach leading a practice must pass the USA Football Heads Up certified prior to the first practice and complete the concussion training on the WIAA website.

Junior Division

- Grade:** -4th and 5th grade in fall of 2016. Birth Certificate is required at time of signup.
-3rd graders are not eligible to play tackle football.
- Weight Restrictions:** -Weight Restrictions are with pads. Each player will be officially weighed in at the jamboree (B&GC scale only).
-Players not making weight or not at the jamboree may weigh in at the next game they attend.
-**Players will be required to make weight multiple times to be eligible for the season. (Jamboree, Week 2, 5 and 8)**
-Skill position players (quarterback, running backs, TE, and receivers) may not weigh more than 120 lbs. and any player over 120 lbs. is required to play on the line (no DE, LB or TE) regardless of age. **Players weighing more than 120 lbs. will be marked with an X on their helmet for identification.**
-5th graders not making skill position weight may move to a senior team if there is room **and they want to play a skill position.**
- Coaches:** -**Coaches caught playing ineligible players will be subject to suspension.**
-Each junior team is allowed one offensive and defensive coach on the field of play. Once the ball is snapped the coaches are no longer allowed to assist their team verbally or physically in any way.
-Coaches that are on the field should be at least 10 yards from their last player and continue to back up in order to avoid interfering with play.
-Coaches may get one warning before a 15 yard penalty will be assessed for interfering or assisting their team.
- Ball Size:** -Junior size ball will be used for games. Each team will provide their own game ball. Junior size ball must be same dimensions as the Under Armour Junior Football.

Senior Division

- Grade:** -6th grade in fall of 2016. Birth Certificate is required at time of signup.
-7th graders are **NOT** eligible. There is a Middle School football program through the Bellingham Branch and County Schools.
- Weight Restrictions:** -Weight Restrictions are with pads. Each player will be officially weighed in at the jamboree (B&GC scale only).
-Players not making weight or not at the jamboree may weigh in at the next game they attend.
-**Players will be required to make weight multiple times to be eligible for the season. (Jamboree, Week 2, 5 and 8)**
-Skill position players (quarterback, running backs, TE, and receivers) may not weigh more than 145 lbs. and any player over 145 lbs. is required to play on the line (no DE, LB or TE) regardless of age. **Players weighing more than 145 lbs. will be marked with an X on their helmet for identification.**
- Coaches:** -**Coaches caught playing ineligible players will be subject to suspension.**
- Ball Size:** -Youth/Intermediate size ball will be used for games. Each team will provide their own game ball. Youth size ball must be same dimensions as the Under Armour Youth Football.