

# LCLYF

## Licking County League Youth Football



## 2023 League Rules

Revision K



# Record of Changes

Revision	Description of Change	Date
A	Original Release	2002 Season
B	Change to overtime rule	2010 Season
C	Format change and rule clarifications	7-18-2011
D	See Summary of Changes below	6-24-2012
E	2-point conversion pass and playoffs	8-22-2014
F	Addition of Limited Contact Rule	8-1-2015
G	Amended Roster and Weigh-in Form	8-1-2015
H	Added clarification re: visors and taking a knee	8-1-2016
I	Commissioners reviewed and approved without revision	7-11-2021
J	See Summary of Changes below	6-26-2022
K	See Summary of Changes below	7-30-2023

## Summary of Changes

Revision D

Page and Section	Changes
p. 2. Section 1.4	Clarification to those teams that have a bye. Rule changed to specify the League's first schedule game, regardless of whether your team has a bye or not
p. 3. Section 1.7.2	Updated league team ranking system eliminating old tie breaker system with new Points Ranking System
p. 7. Section 2.3	Rules updated to clarify "Game Day" rosters. The roster size is based on the size of the roster the day of game day. See example provide in rule clarification
p. 8. Section 2.6.1	Updated section to clarify that normal splits are arms-length
p. 10. Section 2.7.1	Added section to clarify rules for Blue Striped Players. Requires submission of petition and LCL Board and Commissioning formal approval
p. 12. Section 4.2.2	Removed wording (4 downs of play) as it may be more or less
p. 13. Section 4.2.7	Update section on punting including highlighting section on bad snaps cannot be advanced. Added clarification on snaps that go out of end zone or out of bounds
p. 16. Section 4.3.2	Added new defensive alignment rule for Mini Division only to protect the center.
p. 14. Section 4.2.8	Amended 2-point conversion pass
p. 4. Section 1.7.3	Amended wording to clarify the 8-team playoff bracket process.
p. 2. Section 1.4.3	Added Limited Contact Rule to restrict player contact in full pads
p. Appendix 5.1	Amended Roster and Weigh-in Form: Replacing D.O.B. with current grade in school (1 <sup>st</sup> – 6 <sup>th</sup> ).
p. 15. Game Policies	Added clarification for use of visors on helmets; Added section addressing decorum for both teams when offensive team declares it is 'taking a knee.

## Summary of Changes

Revision J

Page and Section	Changes
Game Ball Standards	Junior (Wilson K2 or equivalent size and weight)
p. 3. Section 1.7.2	Updated league team ranking system eliminating old tie breaker system with new Points Ranking System

p. 7. Section 2.5.1	Added section to discuss penalty to home team if they do not provide a scale prior to the game
p. 11. Section 4.2.3	Added statement that game will have a running clock any time one team is winning by 30 or more points
p. 16. Section 4.4.1	Added section stating coaches will receive a warning and then a suspension if rosters are not available pre-game

## Summary of Changes

### Revision K

Page and Section	Changes
p. 3. Section 1.7	An eight (8) team playoff will take place in the minis, junior and senior divisions. Times and sites are TBA. A B-flight tournament will be held in the senior and junior division for the remaining teams (every team will get one playoff game.)
p. 4. Section 1.7.4	<b>1.7.4 Championship Game Location</b> The championship game location will be selected at the league meeting in the spring. The team who last hosted the championship game will have the first right of refusal to host. We will sequentially work through the entire league roster, last hosted to most recent, until a site is selected. The minimum criteria for hosting the championship game: <ul style="list-style-type: none"> <li>• Games must be played in a high school stadium.</li> <li>• Restrooms (with plumbing) and water must be accessible.</li> <li>• Concession stand must be open.</li> <li>• TURF IS NOT MANDATORY</li> </ul>
p. 4. Section 1.8	Addition: at the league level. Items such as playing time, coach decisions, fundraising issues, equipment issues are individual league issues
p. 6. Section 2.4	To ensure player participation, in the spirit of the rules above the following represent the team size rules: <ul style="list-style-type: none"> <li>• 40 registrants = two equal teams.</li> <li>• 60 registrants = three equal teams</li> <li>• 80 registrants = four equal teams</li> <li>• 100 registrants = five equal teams.</li> </ul>
p. 7. Section 2.4.1	At the end of the 3 <sup>rd</sup> quarter both team's statisticians (assistant coach tracking player participation) will meet with the referees at midfield to discuss player participation. Head Coaches can also meet if there are any discrepancies.
p. 7. Section 2.4.3	Not adhering to the player participation rule in a game will have penalties of: <b>1st violation:</b> Team will forfeit that game and the Head Coach will be suspended for the next game. <b>2nd violation:</b> Head Coach will be removed from the league.

p. 7. Section 2.6.1	The stripe must be a distinct marking with a different color than the team's helmet.
Section 2.7.4	Removal
p. 12. Section 4.2.7	Senior Division Punt: Will be measured 35-yards from the previous line of scrimmage. No punt can be placed deeper than the receiving team's 10-yard line.
p. 13. Section 4.2.9	Senior Division Safety: Football is spotted at the Defenses 45-yard line

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# 1. League Overview

The Licking County League Youth Football (LCLYF) is made up of individual Leagues from various Licking County communities with the following general guidelines:

- a. Each league is independently operated in association with LCLYF schedule and rules only.
- b. Each league is responsible for their Insurance, Equipment, Footballs, etc
- c. No league will charge admission to their games.
- d. Each league must furnish a Concession Stand when playing at their field.
- e. Each league is responsible for Yard Chains.
- f. Each league must furnish Coaches with coaches' shirts to identify them on the field.
- g. The official birth date for eligibility is August 1
- h. Each league must hold open registration for each age group as outlined below.

## 1.1 League Divisions

The league will be divided into four (4) divisions as follows:

Division	Description	Age Eligibility
Mini	Kindergarten <sup>1</sup> , 1st and 2 <sup>nd</sup> grade.	Not 9 before 8/1
Junior	3 <sup>rd</sup> and 4 <sup>th</sup> grade	Not 11 before 8/1
Senior	5 <sup>th</sup> and 6 <sup>th</sup> grade	Not 13 before 8/1

Note 1: Not all leagues have Kindergarten participation in the Mini Division. Kindergarten participants are at the discretion of the individual league.

## 1.2 Game Balls

**Each team** shall furnish their own official game ball meeting the League standards. Each team is responsible for placing the ball in play without delay to the game.

### 1.2.1 Game Ball Standards

Game balls shall meet the following size specifications based upon the Weight Class:

Division	Football Size
Mini	Pee Wee (Wilson K2 or equivalent size and weight)
Junior	Pee Wee (Wilson K2 or equivalent size and weight)
Senior	Junior (Wilson TDJ or equivalent size and weight)

## 1.3 Drafting

The draft will proceed by drafting all players from one grade before starting another, i.e. minis will draft all players in kindergarten before moving to first grade and second grade; juniors all thirds then fourth and seniors all fifth then sixth graders.

## 1.4 Practice Rules

Youth League football practices are not allowed to begin any earlier than four (4) weeks before the LCLYF first scheduled game. (i.e. If first scheduled game is the 4<sup>th</sup> Sat. in August, practices can begin twenty-eight (28) calendar days prior to that Saturday).

Note: Leagues with other local community obligations (i.e. fairs) are allowed to begin practice one (1) week earlier, but is only allowed to practice three (3) additional weeks prior to the first game and must skip one week.

#### **1.4.1 Summer Practices (Before 1st Season Game)**

Teams are allowed to practice a maximum of four (4) times per week prior to the start of the first game of the season. LCLYF considers a week to begin on Sunday and end on Saturday. No physical contact will be allowed for any Player during their first three (3) days of practice. Each Player must have at least three (3) practice periods of conditioning and training before engaging in any contact drills or scrimmages. This means Helmets, cleats, t-shirts and shorts only (no shoulder pads or leg pads) during this conditioning period.

#### **1.4.2 Season Practices (After 1<sup>st</sup> Season Game)**

After the first game of the season, teams are allowed to practice a maximum of three (3) times per week, two (2) with full contact and one (1) NO CONTACT team meeting or walk-thru at the teams discretion. NO CONTACT means helmets only.

Note: Practices are based on when the first game of the season is played. Each school district in the Licking County League returns to school on different dates. By basing it around first game of season, it provides uniformity for the league.

#### **1.4.3 Limited Contact Rule**

There is to be **NO CONTACT** on consecutive days. Contact is defined as practice, scrimmaging, or games that include players contacting each other in full pads. After a day of 'contact' the team can't engage in contact (drills or otherwise) without having a day free of 'contact'. The use of blocking sleds, tackling dummies or blocking shields are **NOT** considered to be 'contact'.

Example: If you have a game on Sunday, there'll be no contact until Tuesday. If you scrimmage, inner-squad or another team on Tuesday, there'll be no contact until Thursday.

### **1.5 Weather**

Once the game has started the game officials will have total control over whether play is suspended due to weather. Prior to the start of the game, it will be up to the host league commissioner to decide if weather is too severe. Rain is not a reason to cancel a game, however a thunderstorm is. A game that is suspended will be picked up from the point at which it was suspended. Use common sense and think of the kids safety first.

### **1.6 Reporting Scores**

The Field Sponsor (Host League) shall be responsible for recording all of the game scores, game winners, officials, ejections and other relevant information concerning each game. All information and scores shall be reported to the LCLYF Commissioner no later than 5:00pm Monday evening.

Scores can be reported by calling the Commissioner or by listing them in the Forum section on the league website. ([www.leaguelineup.com/lclyf](http://www.leaguelineup.com/lclyf))

## 1.7 Playoffs

An eight (8) team playoff will take place in the minis, junior and senior divisions. Times and sites are TBA. A B-flight tournament will be held in the senior and junior division for the remaining teams (every team will get one playoff game.)

### 1.7.1 LCL League Team Rankings Point System

The LCL team rankings point system is a formula based system used to determine team rankings within division and to break tie breakers in the event that teams finish with the same records within their division. Previously, a team's ranking was based on their record with the first tie breaker being based on Points Against (PA).

The point system is only based on the win and wins of your opponents. **The final score of the game is not relevant.** This encourages more playing time on defense for other players that normally would not play due to the previous ranking based on Points Against.

### 1.7.2 Points Ranking System

Level 1 Points: Teams are awarded **5** points for every win.  
Level 2 Points: Teams are awarded **1** point when a team they've beaten wins a game.  
Level 3 Points: Teams are awarded **.5** (1/2) point when those same opponents opponent wins a game.

**Example: Team A finished 6-0 this season**

Level 1 Points: **30** points for winning six games.  
(6 wins x 5 points = 30 points)  
Level 2 Points: **13** points because the six teams they beat combined for 13 wins. (13 opponents wins x 1 point=13 points)  
Level 3 Points: **8.5** points because their opponent's opponents combined for 17 wins. (17 opponent's/opponents wins x .5 point=8.5)

Total Points: **51.5** points.

Team	Level 1 Points	Level 2 Points	Level 3 Points	Total
Team A	30	13	8.5	51.5
Team B	30	11	9.5	50.5
Team C	30	8	6	44.0
Team E	25	16	2	43.0
Team D	30	8	3.5	41.5

### 1.7.3 Playoff Format

The higher ranked team in each game is considered home team.

**Note: Seeding remains the same and does not change during playoffs.**

Round	Games
Quarterfinals	Game 1: #1 Seed vs. #8 Seed Game 2: #4 Seed vs. #5 Seed Game 3: #2 Seed vs. #7 Seed Game 4: #3 Seed vs. #6 Seed
Semifinals	Winner Game 1 vs. Winner Game 2 Winner Game 3 vs. Winner Game 4
Championship	Winners of Semifinals

#### 1.7.4 Championship Game Location

The championship game location will be selected at the league meeting in the spring. The team who last hosted the championship game will have the first right of refusal to host. We will sequentially work through the entire league roster, last hosted to most recent, until a site is selected. The minimum criteria for hosting the championship game:

- Games must be played in a high school stadium.
- Restrooms (with plumbing) and water must be accessible
- Concession stand must be open
- TURF IS NOT MANDATORY

### 1.8 Grievance Process

The Licking County League Youth Football (LCLYF) grievance process is to provide parents or coaches a forum to submit a complaint about an umpire, coach or parent, at the league level. Items such as playing time, coach decisions, fundraising issues, equipment issues are individual league issues. **Note: All grievances should have been previously attempted to be resolved directly with your individual league prior to submission to LCLYF.**

#### 1.8.1 Grievance Submission Process

All complaints must be submitted in accordance with the grievance process before they will be reviewed by LCLYF. All grievances are to be submitted in writing using the Grievance Form available for download on the LCLYF website.

All grievances must be submitted within **seven (7) days** of the event giving rise to the complaint. The grievance committee will review the complaint, conduct an appropriate investigation if warranted and make an appropriate response to the complaint.

1. All complaints must be submitted in writing using the Grievance Form found on the LCLYF web site. Incomplete grievance submissions will not be accepted and may be discarded or returned for additional information. The complainant will have an additional seven (7) days to complete the requested information.
2. Completed Grievance Forms must be submitted to the LCLYF or emailed to the contact name on the LCLYF web site
3. The LCLYF will review the grievance and determine whether the submitted complaint falls within the guidelines established by the policies and procedures of LCLYF including, but not limited to:

- a. Appropriateness of the complaint.
  - b. All information outlined on the Grievance Form is completed. Incomplete grievance submissions will be returned with a request for the missing required information (Refer to step 2).
4. Accepted grievances will be investigated by LCLYF and a formal response will be provided to the complainant.
5. After the appropriate investigation, if the LCLYF finds that it is a valid grievance, the information will be presented to the Board who will review the findings.
6. LCLYF reserves the rights to determine what actions are to be taken.
7. The complainant will be notified of the LCLYF decision and ruling regarding the grievance.

## **2. Player Policies**

### **2.1 Player Residence Rule**

A player shall play for the organization in which they attend school, unless said organization fails to offer a team(s) for that player's age. In order for a player to play for an organization other than one in which they attend school (assuming a team within that organization is available for said player), a written explanation for a cross-district transfer request must be submitted by the players parent(s). Any such transfer must be signed by: player's parent(s), president from organization player is transferring from and president of organization that player is transferring to. Such an agreement shall last for only one year and will be re-evaluated annually by the three parties involved

### **2.2 Player Eligibility**

Each individual league is responsible for validation of a player's age during their official sign-up or weigh-in. The league should validate each player's grade and age using the player's Birth Certificate or grade card. No players can be added to the roster after the first game of the season.

Each coach is required to carry to each game:

1. Two (2) copies of a completed Roster. (including player's name, jersey no., DOB, age and weight). Use the Roster and Weigh-in Form provided in the Appendix.
2. One (1) copy of the game day substitution sheet with names and any disciplinary actions being applied to players.

If coach wishes to challenge a player's grade or age, they must file an official protest using the grievance process in accordance with **Section 0**. If a player is found to be ineligible based on grade or age, the LCLYF will handle the disciplinary action which may include suspension of the player for that year, forfeit of the game in which the ineligible player played and suspension of the coach.

#### **2.2.1 Ineligible Players**

Ineligible player(s) are players who:

- a. Play for another league
- b. Play for a school
- c. Does not meet the birth date eligibility

- d. Is added to the roster before the 1st game \*\*\*
- e. Is not on the official roster

**Note: If a player moves into a school district at such a time that he isn't able to register prior to the beginning of the season. He may be declared eligible upon notification and proof of such circumstances to the LCLYF commissioner. Decisions will be rendered immediately upon presentation of proof and the decision rendered will be final.**

### 2.3 Player Roster and Weigh-In Form

Each Coach is responsible to have a final roster of all team players completed and submitted to the LCLYF **no later than two (2) weeks prior to the first scheduled League game**. Use the Roster and Weigh-in Form provided in the Appendix.

Thirty (30) minutes prior to the start of each game, each head coach is responsible for providing one "Game Day" roster to the League Coordinator at the game and another to the opposing team's Head Coach. Rosters must include player's name, jersey number, DOB, Age and official weigh-in (official weight at beginning of season). All official game day weigh-ins will be in accordance with Section 0.

"Game Day" roster should indicate the total number of players that are present for that days game. This is the official player count that will determine player participation. i.e. Official team roster has 22 players, but two players are not present for the days game. The game day roster is 20 players which will determine "Player Participation".

### 2.4 Player Participation

For teams with 20 and fewer players, each player must play a minimum of ten (10) plays per game. For teams with 21 and more players, each player must play a minimum of eight (8) plays per game. It is the intent that each coach provides as much playing time as possible for each participant. It is up to each League and each Head Coach to enforce this rule.

Each team shall use a Substitution Sheet for tracking player participation with all players and jersey numbers. Refer to Appendix for **League Substitution Sheet**. A player's participation (minimum plays) may be affected by disciplinary measures handed out by a head coach only. Any such situations should be indicated on the Substitution Sheet and pointed out to the opposing coach thirty (30) minutes before the start of a game.

Players shall receive 100% of their plays by the end of the third quarter, or they shall enter the game at the start of the fourth quarter, and remain in the game until they have received their required number of plays.

To ensure player participation, in the spirit of the rules above the following represent the team size rules:

- 40 registrants = two equal teams.
- 60 registrants = three equal teams
- 80 registrants = four equal teams
- 100 registrants = five equal teams.

### 2.4.1 Player Participation Challenge

At the end of the 3<sup>rd</sup> quarter both team's statisticians (assistant coach tracking player participation) will meet with the referees at midfield to discuss player participation. Head Coaches can also meet if there are any discrepancies.

### 2.4.2 Player Participation Protest

If a team wishes to protest a game based on player participation discrepancies, they should request a copy of the opposing team's substitution sheet (or take a picture of their sheet) and follow the grievance process in accordance with **Section 0**.

### 2.4.3 Player Participation Team Violation

The LCLYF will review the validity of the grievance and determine applicable disciplinary actions to enforce on a team as follows:

- 1st violation**      Team will forfeit that game and the Head Coach will be suspended for the next game.
- 2nd violation**      Head Coach will be removed from the league.

## 2.5 Player Weight Limits

The following weight limits will apply to players that are allowed to carry the football.

Division	Weight Limit to Carry The Ball
Mini	75 pounds
Junior	100 pounds
Senior	130 pounds

### 2.5.1 Weekly Weigh-ins

There will be weekly weigh-ins that will be handled as follows: Both coaches and all players on both teams roster must meet ½ hour prior to game time. At that time all players will step on a scale and their weight will be recorded if they are an ounce over the weight limit they will be striped for that game (75.2, 100.2 or 130.2 is over the limit). A player may be striped one week and not the next depending on his weight each week. There is NO reason for missing the weigh-in, NONE AT ALL, if a player is not present he is a striper that week regardless of what his actual weight may be.

If the home team does not provide a scale for the game, the away team's head coach is allowed the opportunity to "stripe" any player on the home team's roster that is within five pounds of the weight limit based on the roster provided to the league at the beginning of the season. All players for the away team that were initially listed under the weight limit on the roster provided to the league will be allowed to carry the ball.

## 2.6 Striped Players

Players above the weight limits will have their helmets marked with a taped stripe placed from the front (facemask area) to the back (neck area) of that player's helmet (think of the Penn State stripe) contrasting the color of the helmet. The stripe must be a distinct marking with a different color than the team's helmet.

## 2.6.1 Defensive Players over limit

**Note:** Any defensive player, regardless of weight, will be allowed to advance a fumble or interception.

Defensive players over the weight-limit will play a lineman position on defense. A striped defensive end (over the weight limit) CANNOT line up further than the outside shoulder of the last interior offensive lineman, to include the tight-end when using a normal splits (arm's length) from the offensive tackle on the offensive line. Said defensive end may be in a 2-point, 3-point or 4-point stance. Any interior defensive lineman (defensive tackles and nose guards) must be in a three or four-point stance before the snap regardless of weight.

## 2.6.2 Offensive Players over limit

Any offensive players over the weight-limit will play a lineman position on offense. The striped offensive lineman must play in a normal split (TE,T,G,N,G,T,TE) and CANNOT line up outside the last interior offensive lineman (i.e. in a slot or wide out position). All offensive linemen (tight ends, tackles, guards or centers) must be in a three or four-point stance before the snap regardless of weight. A two-point stance may be used, but the offensive lineman must have both hands on their thighs and be set before the snap of the ball.

**Note:** The intent of this rule is to eliminate the quick snap in which offensive lineman are standing up, moving and not set, and then the quarterback receives a quick snap and runs the play. This play is to fool the defensive team into thinking the offense is not ready to snap the ball.

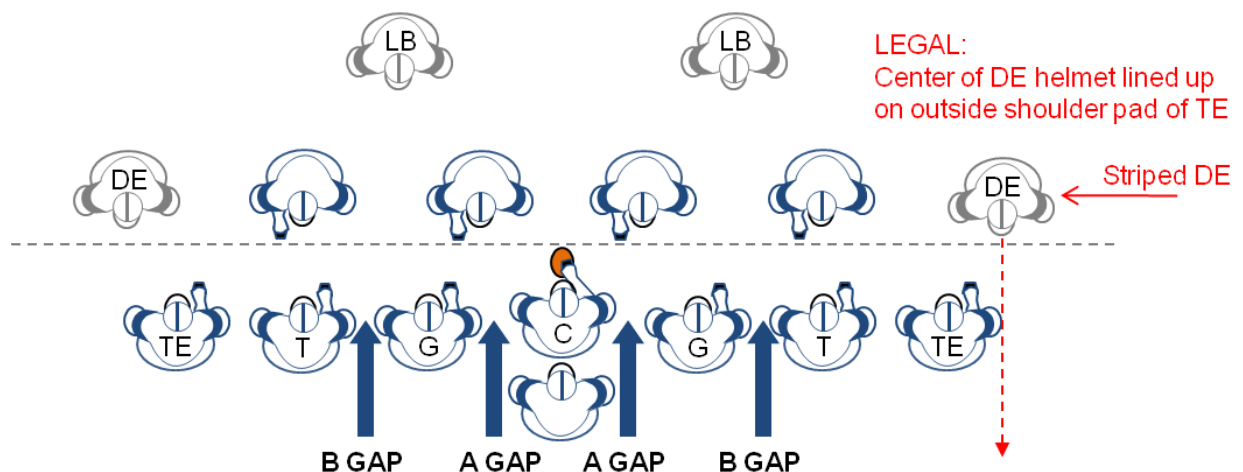
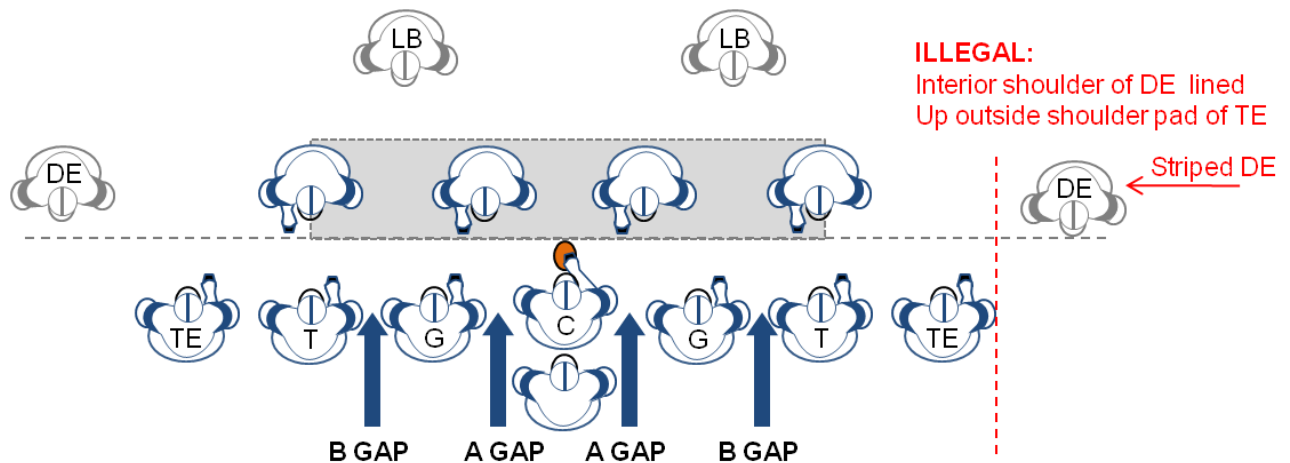


Figure 2-1: Striped Defensive End: Legal Alignment





**Figure 2-2: Striped Defensive End: Illegal Alignment**

## 2.7 House Bill 143 – Ohio’s Return to Play Law

Pursuant to the law that was passed in the state of Ohio on March 27<sup>th</sup>, 2013 the LCLYF, the league commissioner, its coaches, league directors and game officials will adhere strictly to all requirements put forth in the bill

### 2.7.1 Removal from practice or competition

Under the act, an individual exhibiting signs, symptoms or behaviors consistent with having sustained a concussion or head injury while practicing or competing in an athletic event organized by a youth sports organization must be removed from the practice or game by specified individuals.

### 2.7.2 Specified Individuals

In the case of youth sports organizations, an individual must be removed by the individual’s coach during that practice or competition, an individual serving as a referee during that practice or competition, or an official of the sports organization who is supervising that practice or competition. After removal from practice or competition, the coach, referee or official who removed the individual is prohibited from allowing the individual, on the same day that individual is removed, to return to that practice or competition or to participate in any other practice or competition for which the coach, referee or official is responsible.

### 2.7.3 Assessment and clearance to return

The coach, referee or official who removed the individual from practice or competition is prohibited from allowing the individual to return to that practice or competition, or to participate in any other practice or competition for which the coach, referee or official is responsible until both of the following conditions are satisfied:

1. The individual’s condition is assessed by either of the following:
  - a. A Physician authorized to practice medicine and surgery or osteopathic medicine and surgery; or
  - b. Any other licensed health care provider the youth sports organization authorizes to assess the individual who has been removed from practice or competition; and
2. The individual receives written clearance that it is safe to return to practice or competition from a physician or authorized health care provider.

### 3. Coaching Policies

To follow are the rules for in field coaching and coaches allowed on the field sidelines during the game.

#### 3.1 Number of On Field Coaches

Division	Coaches Allowed on Field
Mini	Two (2) coaches allowed on the field on Offense and Defense
Junior	One (1) coach allowed on the field on Offense. No coaches on Defense
Senior	No coaches on field for both Offense and Defense

#### 3.2 On Field Coaching

All on field coaches must be at least 10 yards behind the line of scrimmage during live play. All on field coaching **MUST** stop at the break of the offensive huddle, there will be nothing said by any coach on the field at that point.

This will be enforced by on field officials as follows:

- 1st violation** Will result in a coaches warning
- 2nd violation** Will result in a 15-yard unsportsmanlike conduct penalty
- 3rd violation** May result in the removal of that coach from the playing field the rest of the game. The removed coach may be replaced by a different coach, but any further violations will result in coach removal.

#### 3.3 Sideline Coaches and Assistants

There will be no more than one (1) head coach, four (4) assistant coaches and one (1) person tracking the number of plays each player plays on the sideline during a game. All coaches **MUST** be wearing a coaching shirt issued by their respective organization. If coaches do not have an official coach's shirt, you will be asked to leave the field sideline and become spectator that day. **NO EXCEPTIONS!!!**

#### 3.4 Coach Conduct

If a coach or player is ejected from a game, for any reason, they will not participate in that team's next game. A second ejection will result in a two-game suspension for a player, while a coach will be removed from the sidelines for the balance of the season. A third ejection by a player will result in a four-game suspension and they must appear before an appointed LCLYF board to apply for re-instatement.

#### 3.5 Electronic Devices

There will be no use of electronic communication devices from the press box to the field, i.e. walkie-talkies, headsets, Nextel phones, etc.

#### 3.6 Scouting and Video Taping

Scouting games is allowed. However, the use of any device (camera, video camera, Flip camera, cell phone etc.) to record an opponent's game, one in which your own team is **NOT** playing, is strictly prohibited. Any violation of this rule will result in the immediate dismissal of the coach and forfeiture of his team's next game plus any subsequent game that his team may play against a

'videotaped' opponent. The coach will also be banned from coaching in the LCLYF for the entire next season as well.

For their own games, each team is allowed one camera to record the game. Drones are not allowed to film games.

No coaches, assistants or team parents will video record or observe another team's practice at any time.

## **4. Game Policies**

### **4.1 Governing Rules**

Ohio High School Athletic Association (OHSA) rules are the government rules that apply to all scheduled league games unless amended by these official League Rules. Any questions not covered by the Official League Rules, official interpretation thereof, or any conflict not subject to protest shall be decided by the LCLYF Executive Committee.

### **4.2 LCLYF Rules**

To follow are specific LCLYF rules:

#### **4.2.1 Timeouts**

Each team will have three (3) timeouts per half and only one (1) timeout per overtime. Timeouts cannot be carried over.

#### **4.2.2 Overtime**

All overtimes will start from the 10-yard line, first and goal. Each team will have one possession per overtime. Upon scoring a touchdown that team can go for a one-point (run) or two-point (pass) conversion in any overtime period.

#### **4.2.3 Game Clock**

<b>Division</b>	<b>Game Clock</b>
Mini	Seven minute (7:00) high school clock for all four quarters.
Junior	Eight minute (8:00) high school clock for all four quarters.
Senior	Eight minute (8:00) high school clock for all four quarters.

#### **Running Clock**

At any point during the game, if one team is winning by 30 points or more, there will be a continuous, "running" clock until the losing team has made the difference in score less than 30 points.

#### **4.2.4 Play Clock**

<b>Division</b>	<b>Game Clock</b>	<b>Huddle Time</b>
Mini	35 second play clock	Once the Referee has spotted the ball, coaches have 35 seconds to have their team out of the

		huddle, onto the line and the snap of the ball completed
Junior	25 second play clock	Once the Referee has spotted the ball, coaches have 25 seconds to have their team out of the huddle, onto the line and the snap of the ball completed
Senior	25 second play clock	Once the Referee has spotted the ball, coaches have 25 seconds to have their team out of the huddle, onto the line and the snap of the ball completed

#### 4.2.5 Play Clock Violation

Play clock violations will be enforced as follows:

**1st violation** Will result in a coaches warning

**Subsequent violations** Will result in a 5-yard delay of game penalty

Note: At the Mini level the referees may decide to allow some lenience during the first couple weeks of the season. Both head coaches must agree whether or not they want the play clock strictly enforced. The play clock should be enforced for every game at the Junior and Senior level.

#### 4.2.6 Kicking Game

There will be no kickoffs, extra points or field goal attempts at any level. 'Kick offs' will be put in play from the 35-yard line in all divisions.

#### 4.2.7 Punting Game

Division	Punts
Mini	Will be measured 25-yards from the previous line of scrimmage. No punt can be placed deeper than the receiving team's 10-yard line.
Junior	Will be measured 25-yards from the previous line of scrimmage. No punt can be placed deeper than the receiving team's 10-yard line.
Senior	Will be measured 35-yards from the previous line of scrimmage. No punt can be placed deeper than the receiving team's 10-yard line.

#### PUNT SCENARIO

Third-down and whatever for a first down. Play is run and the distance is short of first down mark. The referee will ask the coach "are you punting coach?" if the referee gets no immediate response he is to spot the ball and run the clock as if the offensive team is going for it. The only way the offense can stop the clock at that point is to call timeout or take the delay of game penalty.

#### 4.2.8 Scoring

Score	Points
Touchdown	Six (6) points
Extra Point Run	One (1) point
Extra Point Forward Pass <sup>(Note 1)</sup>	Two (2) points

Safety	Two (2) points
--------	----------------

Note 1: The pass shall be a forward pass that is across the line of scrimmage, or forward pass outside the tackle box. If the official deems that the reception is inside the tackle box, or to be a lateral, 1 pt. will be awarded.

#### 4.2.9 Free Kick after Safety

Division	Points
Mini	Football is spotted at the Defenses 45-yard line
Junior	Football is spotted at the Defenses 45-yard line
Senior	Football is spotted at the Defenses 45-yard line

#### 4.2.10 Equipment

Mouthpieces: Must be worn at ALL TIMES. Each team gets **one (1)** warning. After that a 5 Yard, Delay of Game Penalty will be assessed.

Pants: All players must be properly equipped with tailbone, hip, thigh and knee pads. The girdle pad-set can be worn under game pants but all required padding **MUST** be in place.

Visors: Visors may be worn, but will be clear. No smoked, tinted or colored visors will be allowed. The exception will occur if the player can present a doctor's note prescribing something other than a clear visor. That team will then be obliged to provide any necessary tools to remove the prescribed visor in the event that player is injured to the point the visor will need removed.

#### 4.2.11 Taking a knee

If the team on offense declares they are taking a knee, which should be done pre-snap, there will be NO CONTACT initiated from either side of the ball (offensive or defensive interior lines). That is to say that both the offensive and defensive lines will not 'fire out' on the snap of the ball. They will simply stay on their side of the ball for the duration of time that the offensive team declares that it is taking a knee.

#### 4.3 Player Safe Zone

All divisions include a special defensive alignment rules to increase player safety and create improved conditions for the center and quarterback exchange. All Coaches are expected to abide with both the spirit and intent of these alignment rules.

The "Safe Zone" is defined from the center of the Right Tackle to the center of the Left Tackle from the Line of Scrimmage to the heel of the down linemen at the snap. All defensive linemen in this "Safe Zone" must be in a 3pt or 4pt stance. Any standing players (i.e. Linebackers or Free Safeties) must be outside of this "Safe Zone" at the snap of the ball.

**See illustrations for Legal and Illegal Alignments to follow.**

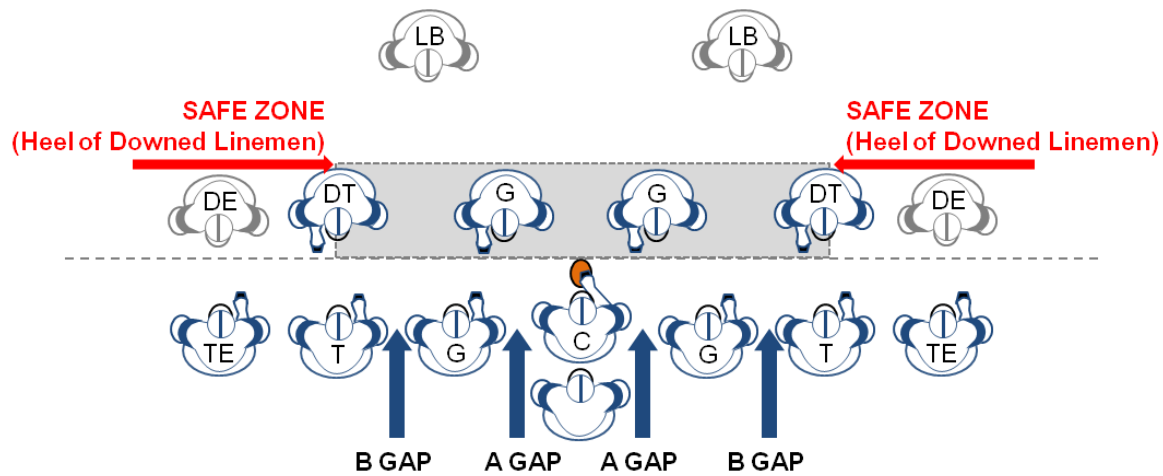


Figure 4-1: Safe Zone: Legal Alignment

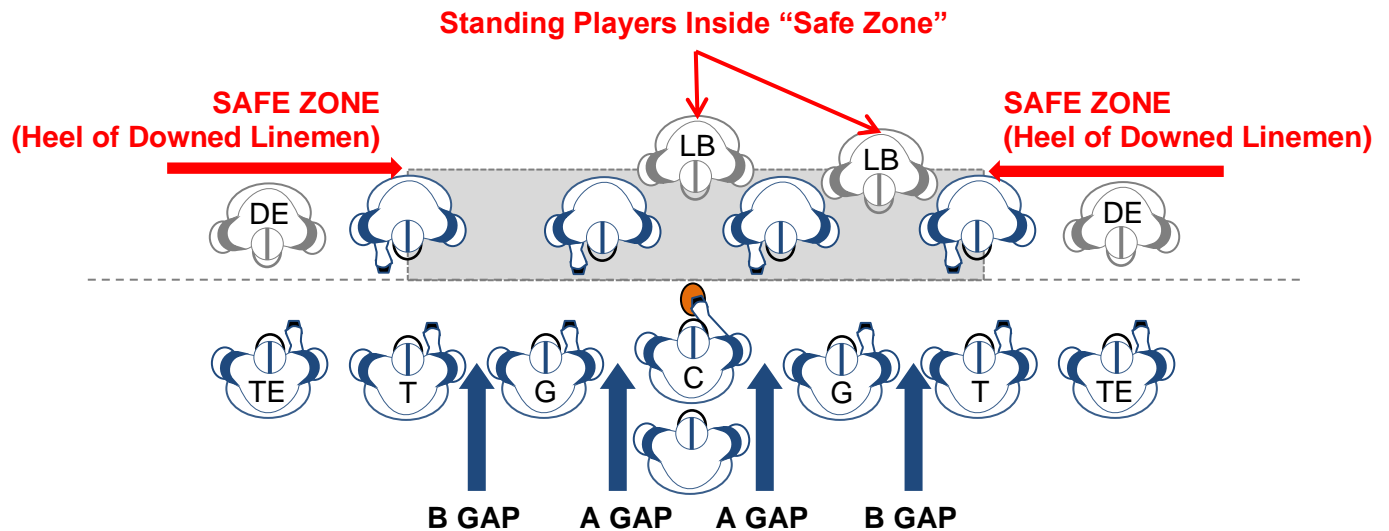


Figure 4-2: Safe Zone: Illegal Alignment

#### 4.3.1 Player Safe Zone Violations

If there is a non-down lineman inside the “Safe Zone” at the snap of the ball, this is a dead ball penalty that will be enforced by the on field official as follows:

<b>1st violation</b>	Will result in a coaches warning
<b>Subsequent violations</b>	Will result in a 5-yard delay of game penalty

#### 4.3.2 Center Protection: Mini Division Only

The mini division includes a special defensive alignment rule that applies to the defensive alignment against the offensive center to increase player safety and create improved conditions for the center and quarterback exchange. All Coaches are expected to abide with both the spirit and intent of this alignment rule.

No defensive lineman can line head up on an offensive center. They must line up in either A Gap. **See illustrations for Legal and Illegal Alignments to follow.**



If there is a defensive lineman lined head up on the offensive center at the snap of the ball, this is a dead ball penalty that will be enforced by the on field official as follows:

<b>1st violation</b>	Will result in a coaches warning
<b>Subsequent violations</b>	Will result in a 5-yard delay of game penalty

#### 4.4.1 Head Coach Responsibilities

The head coach is responsible for:

- Ensuring that all players are wearing wear mandatory equipment.
- Preparing the football field for the game
- Sportsmanship of their players, coaches and fans.



Each head coach is required to bring to each game:

1. Two (2) copies of a completed Roster. (including player's name, jersey no., DOB, age and weight). **Use the Roster Form provided in the Appendix.**
2. One (1) copy of the game day substitution sheet with names and any disciplinary actions being applied to players. **Use the Substitution Sheet provided in the Appendix.**

If a head coach fails to bring either of these documents to the game, they will be assessed a "warning" for the first occurrence, but any subsequent occurrence after the "warning", the head coach will be suspended for that game.

#### **4.4.2 Team Responsibilities**

Each team:

- a. Shall arrive at the appropriate field for all scheduled games at least 30 minutes prior to official game time.
- b. Upon arrival the Head Coach shall meet with the Field Supervisor or designated assistant, sign in, and present two (2) copies of the Team's Game Day Roster with noted exceptions, player participation explanations. Warm up areas, if available, will be assigned by the Field Supervisor at that time.
- c. The Field Supervisor shall check the Rosters for proper information and format and exchange the rosters by their delivery to the opposing coaching staffs and press box.
- d. Any required corrections identified by the Field Supervisor shall be made by the Head Coach prior to the exchange.
- e. No game shall commence until the Game Day Rosters have been exchanged between coaches.
- f. Should any Team refuse or be unable to provide an appropriate Game Day Roster, the scheduled game shall be played under official protest and so noted on the Field Report to the League.
- g. All players shall be in uniform and warmed up when captains are called to the field prior to the game start or kick-off.
- h. Teams shall not enter the playing field until directed by the Field Supervisor or Officials.
- i. Teams arriving late shall be given a 15-minute grace period from the scheduled game start time to enter the game field and be ready for play.
- j. Teams arriving after the grace period shall forfeit the game and be subject to league penalties.
- k. Games shall not start earlier than 15 minutes before the official scheduled start time.
- l. Teams are required to have ten (10) eligible Players on the field at the game kick-off. The game may proceed afterward with a minimum of nine (9) Players if necessary. The opposing team is under no obligation to play down their number of players on the field but may do so without penalty.

#### **4.4.3 Chain Crew and Game Clock Personnel**

The Home team is required to furnish a 3-man chain crew. Two (2) for chains and one (1) for the down marker. Crew must have at least one adult member. The Home team is required to provide One (1) person to keep the game clock and run the scoreboard. Game announcers are optional and at the discretion of the home team.

Failure to comply prior to the flip of the coin results in a 15-yard penalty. Chain Crew and game clock personnel must report to the on-duty board member and be in position and ready to start on the playing field or at the scoreboard controls before the coin toss.



## **5. Appendix**

### **5.1 League Roster and Weigh-In Form**

### **5.2 League Substitution Sheet**

### **5.3 Example of Substitution Sheet with Roster Size >20 players**

# Licking County League Youth Football

## Roster and Weigh-In Form



League Name:	
Team Name:	
Head Coach:	

Count	Player Name	Jersey No.	Grade (1 <sup>st</sup> -6 <sup>th</sup> )	Age	Weight
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					

# Licking County League Youth Football Substitution Sheet

Date of Game:

Home Team:

Away Team:

**Instructions:** Substitution Sheet must include all players on the roster including absent or sick players. Any disciplinary restraints of players must be noted on this sheet and discussed with opposing team's head coach during exchange of rosters. Player participation goal is 50% of plays by half and 100% by 3rd quarter. Player must start in 4Q and complete remaining plays if not at required minimum. If greater than 28 players, use additional sheet.

Note: Avg. # plays per game 65-70. 32-35 Off. & Def.

## Game Plays

Count	Player Name	Jersey #	1st Half					2nd Half				
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												
19												
20												
21												
22												
23												
24												
25												
26												
27												
28												

Enter disciplinary codes and play codes for each player above

DA	Disciplinary Restraint (Attendance)	X	Player participated in play on field	RS	Roster Size (plays reduced to 8)
DP	Disciplinary Restraint (Practice Perf.)	S	Sick / Injured During Game		
DS	Disciplinary Restraint (Safety of Player)	A	Absent		

# Licking County League Youth Football Substitution Sheet

<b>Date of Game:</b>	<b>August 28, 2011</b>
<b>Home Team:</b>	Home Team Name
<b>Away Team:</b>	Away Team Name

**Instructions:** Substitution Sheet must include all players on the roster including absent or sick players. Any disciplinary restraints of players must be noted on this sheet and discussed with opposing team's head coach during exchange of rosters. Player participation goal is 50% of plays by half and 100% by 3rd quarter. Player must start in 4Q and complete remaining plays if not at required minimum. If greater than 28 players, use additional sheet.

Count	Player Name	Jersey #	Game Plays									
			1st Half					2nd Half				
1	Player's Name	00	RS	RS	X	X	X	X	X	X	X	X
2	Player's Name	89	RS	RS	X	X	X	X	X	X	X	X
3	Player's Name	12	RS	RS	X	X	X	X	X	X	X	X
4	Player's Name	74	RS	RS	DA	DA	X	X	X	X	X	X
5	Player's Name	14	RS	RS	X	X	X	X	X	X	X	X
6	Player's Name	7	RS	RS	X	X	X	X	X	X	X	X
7	Player's Name	1	RS	RS	X	X	X	X	X	X	X	X
8	Player's Name	5	RS	RS	A	A	A	A	A	A	A	A
9	Player's Name	79	RS	RS	X	X	X	X	X	X	X	X
10	Player's Name	78	RS	RS	X	X	X	X	X	X	X	X
11	Player's Name	77	RS	RS	DA	DA	X	X	X	X	X	X
12	Player's Name	32	RS	RS	X	X	X	X	X	X	X	X
13	Player's Name	33	RS	RS	X	X	X	X	X	X	X	X
14	Player's Name	30	RS	RS	X	X	X	X	X	X	X	X
15	Player's Name	36	RS	RS	X	X	X	X	X	X	X	X
16	Player's Name	41	RS	RS	S	S	S	S	S	S	S	S
17	Player's Name	43	RS	RS	X	X	X	X	X	X	X	X
18	Player's Name	44	RS	RS	X	X	X	X	X	X	X	X
19	Player's Name	47	RS	RS	X	X	X	X	X	X	X	X
20	Player's Name	82	RS	RS	X	X	X	X	X	X	X	X
21	Player's Name	80	RS	RS	X	X	X	X	X	X	X	X
22	Player's Name	9	RS	RS	DA	DA	X	X	X	X	X	X
23	Player's Name	16	RS	RS	X	X	X	X	X	X	X	X
24	Player's Name	18	RS	RS	X	X	X	X	X	X	X	X
25												
26												
27												
28												

Enter disciplinary codes and play codes for each player above

<b>DA</b>	Disciplinary Restraint (Attendance)	<b>X</b>	Player participated in play on field	<b>RS</b>	Roster Size (plays reduced to 8)
<b>DP</b>	Disciplinary Restraint (Practice Perf.)	<b>S</b>	Sick / Injured During Game		
<b>DS</b>	Disciplinary Restraint (Safety of Player)	<b>A</b>	Absent		