

# NASSAU-SUFFOLK FOOTBALL LEAGUE GENERAL RULES 2007 SEASON

## SECTION I

### 1. PRE-SEASON WEIGH-IN (no parents are allowed to attend):

- A. A committee composed of the NSFL representatives from each town will conduct all pre-season weigh-ins.
- B. **DATE-PLACE-TIMES:** This information will be given out by town reps.
- C. **INITIAL WEIGHT:** All players must be weighed by the committee and make the initial weight limit by the last weigh-in or be ineligible for play either in that division or at all that year. A player may strip down to a pair of shorts for weigh-in.
- D. **ACCEPTABLE PROOF OF BIRTH DATE:** All players must have one of the following with them at the time of weigh-in:
  - 1. **An original copy of their birth or baptismal certificate or passport.**
  - 2. **A previous year's NSFL ID card.**
- E. **PROCEDURES:** Each player will go through a number of stations where ages and weights will be checked and a laminated picture ID card will be made. Players will only be taken by team and must be accompanied by a coach who MUST control his players.

### 2. WEIGHTS & AGES:

			Initial Weight	1 <sup>st</sup> Game	Oct 1 <sup>st</sup>	Nov 1 <sup>st</sup>
PEE-WEE'S	ages	7&8	100lbs	103 lbs	105 lbs	107 lbs
MIDGETS	ages	9&10	120lbs	123 lbs	125 lbs	127 lbs
PONIES	ages	11&12	140lbs	143 lbs	145 lbs	147 lbs
SENIORS	ages	13&14	165lbs	168 lbs	170 lbs	172 lbs

- A. **AGE:** A player's league age will be determined by his or her age on November 30<sup>th</sup> of the current year.
- B. **GROWTH:** All players will be given a 2 pound growth weight increase on October 1<sup>st</sup> and November 1<sup>st</sup> for a total of 4 pounds over the initial weight. (As shown in #2). Under NO circumstances may a player be held on a roster if they do not make the initial weight.
- C. **WEIGHTS FOR GAMES:** Players will wear pants, hip, thigh, knee and tail pads. Three (3) lbs will be allowed for pants and pants pads. No player will strip down for any reason. If a player does not wear a Jersey, they will show the opposing coach the jersey and number they will wear in the game.

### 3. **ROSTERS**

- A. **OFFICIAL NSFL ROSTERS:** Must be turned in by town reps at our regular August meeting with all ID cards' old and new. Once these rosters are turned in, players can only be moved to another roster by direction of the NSFL. A player can only be on one roster and can't be used on another team for any reason. A player who is overweight for his age group may be placed on the roster of the next age group up only, and must be done by the final pre-season weigh-in.
- B. Any town entering a team in any division of NSFL must enter all players in that NSFL age bracket from that town.
- C. Each team will have a minimum of 16 players and maximum of 31 players.  
EXCEPTION: Senior Division – No Limit.
- D. When the number of players in a division reaches 32, the town must split into two teams. If a town has 60 players there will be three teams, 80 players 4 teams, etc. adding 1 team for each additional 20 players.
- E. If a town has only one team in a division, that team must have 30% of the younger age group.
- F. If a town has more than one team in a division, the teams must be formed as follows: divide the older group of players into veterans (those who have played before in the NSFL) and rookies (those who have not played before in the NSFL). An equal number of veterans and rookies will be placed on each team. The younger group of players in the division will be divided in the same manner.
- G. Towns must keep registration open in all divisions until August 1<sup>st</sup> of the current year.
- H. No children will be placed on waiting lists, taxi squads, developmental squads, etc. All children wishing to play must be placed on NSFL rosters.
- I. A team must have twelve (12) players to start a game. Fewer will result in a forfeit.

### 4. **CODE OF CONDUCT**

- A. All spectators and participants at any NSFCL sponsored event (games, cheerleading competitions, etc.) are expected to abide by both the code of conduct established by their town and by the common sense rules of good sportsmanship.
- B. The NSFCL has, by board membership vote, assumed the right to directly discipline any town and/or their representatives for any judged display of unruly conduct and/or infraction of a town's code or rules of conduct. A town's representative is defined as any coach, parent, player, Board member, etc., involved in or present at the event where an alleged infraction occurs.
- C. **DISCIPLINARY STEPS:**
  - 1. **FIGHTING:** An unsportsmanlike for fighting (15 yards) is an automatic disqualification from that game, and the succeeding game.
  - 2. **UNSPORTSMANLIKE FOULS:** Two unsportsmanlike fouls for any reason by a player or coach during one game is an automatic disqualification from that contest and the succeeding contest. The recording and documentation of this information is the responsibility of the game official(s). The game official will report all such behavior to the Head Official, immediately following the end of the game. It will be the responsibility of the Head Official to inform all coaches involved regarding the player status for the upcoming week. This responsibility will also require that the Head Official notify all officials of disqualified players and request that they be presented with the game card of that player until the suspension is finished.

3. All unsportsmanlike conduct by any town representative, player or coach may be subject to further discipline as provided in step 4.
4. A hearing by the NSFL Executive board may be held to review and judge each infraction. This hearing must be attended by the individual accused of the unsportsmanlike behavior. Failure to attend by the accused will be interpreted as an admission of guilt.
5. Penalties for infractions judged guilty can range from fines to suspension and/or expulsion against any town or individual.
6. To facilitate the collection of any levied fines, each member town is to contribute \$300 to the NSFL treasury to be held separate from the normal dues as a discipline fund. The balance (or all) of the \$300 may be refunded to each town or applied to next season at the end of the year.

**5. MEETINGS**

- A. Will be held on the second Tuesday of the month during the months of January to August.
- B. In the months of September and October, our meetings will be held every other Tuesday.
- C. During the playoffs in November, our meetings will be held every Tuesday.
- D. All meetings will start at 8:00 pm in the off-season and 8:30 pm during the season at a place to be set at the last meeting in November for the entire following year.
- E. Each town must be represented at these meetings by their designated Town Representatives.
- F. These meetings are subject to change in an emergency as long as the membership is notified.

**6. CONFIRMING SCHEDULES/SCHEDULE CHANGES/RESCHEDULES:**

- A. Once published as official, no changes will be made to the schedule of games without the approval of both the NSFL President & Head Official except in C.
- B. All regular season games played on Sunday will be scheduled youngest division to oldest division on the even hours starting with 10:00am (10-12-2-4). Playoff games will be scheduled youngest division to oldest division on Sunday only using the even hours starting with Noon. Any other times must be approved by the NSFL president and Head Official.
- C. Rescheduling will occur only for inclement weather conditions and the delayed game must be played by the following Wednesday. Any decision for a needed postponement is to be made by the NSFL representatives of the towns involved NOT the coaches.
- D. If the home teams field cannot be used for any reason and the teams cannot agree on where and when to reschedule the game, the NSFL will reschedule the game at a place and time determined by the President and Head Official.
- E. The visiting coach must call the home team coach by Wednesday to confirm game site, date, time and jersey colors. If he can't be reached, call the town representative.
- F. Each year all coaches will list their jersey colors on the official NSFL Roster and can't change those colors without the permission of the NSFL President or Visiting coach. If there is a conflict with another team the visiting team will be responsible to change their jerseys.
- G. Each town will have jerseys with numbers or pennies with numbers that are a different color available at their field that the visiting team MUST CHANGE to. If the teams have the same colors, the referee will determine if there is a problem.

## 7. STANDINGS:

- A. A team's place in the standings will be determined by total points.
- B. A win or Bye = 2 points  
A tie = 1 point
- C. In the event of a tie in total points, it will be broken using the following procedures:
  - 1. Head to Head
  - 2. Most Wins
  - 3. Record against common opponents
  - 4. Flip of the coin for home field advantage only. If it is for a playoff spot in Seniors, a playoff game will be used to break the tie.
- D. In the event three or more teams are tied in Total Points and the tie can not be broken by using any of the procedures in C, numbers will be put in a hat for the available playoff positions. The position that is picked will be that teams position through out the playoffs.
- E. PLAYOFFS:

**Pee Wee / Midget / Pony Divisions** - All teams will be in the playoffs, and the playoffs will run for 3 weeks.

There will be 5 playoff tiers: Tier 1 will include all the 1<sup>st</sup> & 2<sup>nd</sup> Place teams within the 4 divisions (NFC East, NFC West, AFC East & AFC West) of an age group, Tier 2 will include all 3<sup>rd</sup> & 4<sup>th</sup> Place teams, Tier 3 will include all 5<sup>th</sup> & 6<sup>th</sup> Place teams, Tier 4 will include all 7<sup>th</sup> & 8<sup>th</sup> Place teams and Tier 5 will include all 9<sup>th</sup> & 10<sup>th</sup> Place teams.

The playoff format will be as follows:

Round 1 - the higher-place team in the NFC East / AFC East will play the lower-place team in the NFC West / AFC West, and the higher-place team in the NFC West / AFC West will play the lower-place team in the NFC East / AFC East.

Round 2 – The 2 winners within the NFC / AFC will play.

Round 3 – The NFC winner will play the AFC winner for the Tier championship.

The home team for the Round 1 will be the higher-place team. The home team in Round 2 will be the higher-place team. If both teams finished in the same place, the home team would be the team with the most points. If both teams had the same number of points, a coin flip will be used. Round 3 (Super Bowl) games will be held at a neutral site.

**Senior Division** – Senior Division will use the same playoff format as 2006 if the # of teams within this age group is comparable to last year.

## 8. OFFICIALS:

- A. Will be assigned by the NSFL for all regular and playoff games by the Head Officials.
- B. Will all be certified.
- C. The home team will pay for all regular season games and Round 1 of the playoffs (Pee Wee, Midget & Pony Divisions). The NSFL will pay for all playoff games (Senior & Junior Divisions), and for Round 2 playoff games and the Championship Game (Pee Wee, Midget & Pony Divisions).
- D. Will ask each coach if all players are legally equipped.
- E. Will instruct chain crew prior to start of game. Will seek home team coach or town representative to ensure that a chain crew of at least two adults is available.

- F. Will check for number of sideline passes and ask town reps to enforce policy. If town rep is unavailable, the official has the authority to enforce the spirit of the rule.
- G. Will record all unsportsmanlike fouls. This includes writing the number of the player(s) involved. This also includes the names of coaches who are issued an unsportsmanlike foul.
- H. Will report all disqualification's to the head official by 8:00pm of the day of the game if on a Sunday. Should the game be played on Friday or Saturday evening, the official has until Sunday evening at 8:00pm to report all incidents.
- I. Regular season games will have 2 officials assigned for each game with the exception of Seniors, who will have 3.
- J. Round 1 playoff games will have the same # of officials as regular season games. Round 2 playoff games in the Pee Wee & Midget divisions will have 2 officials assigned, and the Pony division will have 3 officials. Playoff games in the Junior & Senior divisions will have 3 officials assigned. All championship games will have 3 officials assigned, except the Senior division which will have 4 officials.
- K. FEES – \$50.00 for each game official, payable at the game site by the home team.  
\$25.00 to finish a suspended game.  
\$50.00 game fee for forfeit paid by the forfeiting team. .

**9. SAFETY EQUIPMENT:**

It is mandatory that all players actively participating in NSFL sponsored football games wear all normal safety equipment. This includes but is not limited to mouth pieces and athletic supporters with cup.

**10. PROTESTS: No Protests:**

A rule interpretation must be resolved before the next live ball.  
All Towns must have a copy of H.S. rules and NSFL rules at the field at all times.

**11. CROWD CONTROL:**

- A. The home team will be responsible for setting up a barrier that is five yards outside each sideline on both sides of the field from goal line to goal line that spectators must stay behind.
- B. The home team will provide the security for the visiting team at all times.
- C. The adults on the chain crew will wear vests.
- D. Chain crew will consist of two adults from the visitors team and one from the home team.
- E. Chains will be on visitors side.
- F. Cheerleaders will be on the same side as the football team.

**12. FORFEITS:**

For no-show situations, either no team or an insufficient number of players, a forfeit will be declared 30 minutes after the scheduled start of a game. The team that forfeits must pay the game fee to the officials.

**13. PRACTICE:**

No NSFL organization can have practice as a team before August 1 of the current year.

**14. PRE-GAME (coaches only, NO PARENTS):**

- A. All players will be weighted before each game, teams must be ready at least one half hour before the start of the game. The HOME TEAM will weigh in first.

- B. The home field scale (Doctors scale) will be used for the mandatory pre-game weigh-in. If no scale is available, the home team forfeits the game.
- C. The scale will be set at the proper weight and not changed for all players of both teams. A players weight will be acceptable as long as the scale is floating ( not touching the top).
- D. An over weight player can not be re-weighed (at half time) and is not eligible to play in the game.
- E. All players **MUST** have a current NSFL ID card. If not they should not be weighed and duly noted on the roster.
- F. Late arrivals will be weighed in at half-time and can't play until then.
- G. Coaches **MUST** exchange and retain sealed copies of NSFL rosters. These should be verified against the players present for the game and initialed by both coaches. The copies should then be kept by the town for later reference as required. No **roster means a forfeit!!!**
- H. All players will wear the same jersey that they wore or showed at the weigh-in for the game. Any player changing jerseys will be ejected from the game and the coach will be brought up on charges.
- I. If coaches do not weigh-in and exchange rosters or let an overweight child play in a game, both towns will automatically be fined \$200 each.
- J. If a game is suspended before the half, absent players can be weighed in prior to the continuation of the game. If the game is suspended in the 2<sup>nd</sup> half, no players can be added to the game roster.

**15. ELECTIONS OF OFFICERS:**

- A. Will take place at the January meeting as defined in the by-laws.
- B. The Head Officials will also be elected at the January meeting.
- C. The duties of the Head Officials will be as follows:
  - 1. to interpret all rules
  - 2. To assign all officials for regular season and playoff games.

**16. DUES:** for the Season - \$700.00 per town

**17. TROPHIES:** Each team in all championship games will receive team trophies

**SECTION II - GAME RULES:**

1. All games will be played according to the current years' copy of the high school federation rules.

**2. NSFL ADDITIONS/EXCEPTIONS TO H.S. FEDERATION RULES:**

**A. Pee-Wee's ONLY**

- a. One coach may be on the field with the team for both offense and defense, but the coach may not interfere or instruct the players in any way once they have reached the line of scrimmage. One other coach and one player may roam the entire sideline. Both coaches on the field must stay back 5 yards from the deepest player.

**PENALTY:** Any infraction of the above rule is a live ball foul (unsportsmanlike conduct) worth 15 yards against the violating team. Offensive foul taken from previous spot of snap and defensive foul from the end of the play.

- b. NO KICK-OFFS.

- c. PUNTING – on 4<sup>th</sup> down only; there will be 2 options and only if the offensive team is on their side of midfield:
1. Have the referee move the ball up 20 yards.
  2. Inform the referee you want to punt the ball; if the ball doesn't go 20 yards, it will be moved at least that far. NO FAKES – No rushing by the defense (must make contact with offensive lineman).  
The ball will be blown dead for:
    - a. Bad or muffed snap.
    - b. Kick that doesn't cross line of scrimmage.
    - c. A muff or catch by receivers.
    - d. A loose ball that has stopped.
    - e. Touching by anyone.
- d. EXTRA POINTS – 2 options:
1. Run from 3 yard line (1 point)
  2. Kick from 3 yard line – inform officials you would like to kick. The ball will be placed on the three. Only the holder and the kicker will be on the field. A kicking block may be used (2 points)
- e. Referees will permit 40 seconds for the snap of the ball (from the time it is placed ready for play).
- f. After a touchdown, the ball will be put in play from the offensive teams 40 yard line.
- g. After a safety, the ball will be put in play by snap at mid-field.
- h. The defense must use a 6-3-2 formation. The linebackers must be 4 yards off the ball and the safeties 6 yards off the ball, except inside the 10 yard line where they can move to 3 and 4 yards respectively from the ball **The defensive line must line up 1 yard off the ball and not encroach until the ball is snapped.** The defensive line must have 4 down lineman who must line up head-to-head with the offensive guards and tackles. No nose guard. (We want the center to be able to snap the ball).
- i. The five offensive lineman cannot have gaps wider than 1 yard.
- j. The offense cannot use an unbalanced line or any pulling lineman.
- k. No quarterback sneak or draws allowed.
- l. No man in Motion – No shot gun formation
- m. No statue of Liberty
- n. The offense must use the following formations: SEE DIAGRAM  
The following are the only examples of acceptable formations:

Tee Formation

I-Formation

Wishbone

Wing T with no motion

Wing right or left from Prosplit

Slot right or left from I-Formation

**B. ALL DIVISIONS:**

- a. Each team will be allowed no more than 5 adults in the team box who must have visible sideline passes.
- b. Each team will get 3 time-outs per half, plus an additional time-out (not charged) at the four minute warning of each half.
- c. A team will be granted an additional time-out (not charged) once in a game the first time they go ahead by 18 points.
- d. The time limit for each period and the ball to be used for each division is defined below:

Pee-Wee	10 minutes	K-2	----	Baden	500 PW
Midget	10 minutes	K-2	----	Baden	500 PW
Pony	12 minutes	J5J or TDJ	----	Baden	500 JR
Junior	12 minutes	J5Y or TDY	----	Baden	500 SR
Senior	12 minutes	J5Y or TDY	----	Baden	500 SR
- e. The point after touchdown will score 2 points for a kick and 1 point for a run/pass.
- f. An injured player must come off the field for at least two plays.
- g. There will be no overtime in any division during the regular season.
- h. During the playoffs, ties will be broken using the 10 yard line overtime procedure for the Pee Wee and Midget divisions, and the 20 yard line overtime procedure for the Pony and Senior divisions (as outlined in the H.S. rule book) until a winner is determined.
- i. No player will be allowed to play with a cast of any kind.
- j. KICKOFFS:
  - 1. Seniors and Ponies – according to H.S. rules.
  - 2. Midgets – to start the game and the second half only. After a touchdown or a field goal, the ball will be put in play by snap from the 40 yard line and after a safety from mid-field by a snap.
- k. No nose tackle will be used on any scrimmage kick formation in ALL DIVISIONS.
- l. All eligible players on NSFL teams must play in every game.
- m. No jewelry of any type may be worn by any player during a game. This includes, but is not limited to : Earrings, chains, rings, etc.
- n. No bandannas may be worn by any player underneath his/her helmet during any game.
- o. The 18 point rule will apply to all divisions and all games; regular, playoff and championships.

## **PREGAME AND POSTGAME RESPONSIBILITIES OF GAME OFFICIALS**

**ASK EACH COACH IF ALL PLAYERS ARE LEGALLY EQUIPPED.**

**INSTRUCT CHAIN CREW PRIOR TO START OF GAME. SEEK HOMETEAM COACH OR TOWN REP TO INSURE THAT A CHAIN CREW OF AT LEAST TWO ADULTS IS AVAILABLE.**

**CHECK FOR NUMBER OF SIDELINE PASSES AND ASK TOWN REPS TO ENFORCE THE POLICY. IF TOWN REP IS UNAVAILABLE, THE OFFICIAL HAS THE AUTHORITY TO ENFORCE THE SPIRIT OF THE RULE.**

**RECORD ALL UNSPORTSMANLIKE FOULS. THIS INCLUDES WRITING THE NUMBER OF THE PLAYER(S) INVOLVED. THIS ALSO INCLUDES THE NAMES OF COACHES WHO ARE ISSUED AN UNSPORTSMANLIKE FOUL.**

**REPORT ALL DISQUALIFICATIONS TO THE HEAD OFFICIAL NO LATER THAN 8:00PM SUNDAY.**

## **18 POINT RULE**

When the point spread of a game reaches 18 points, the following procedure must take place:

- A. After the extra point the leading team must clear the bench of all available substitutes and remove four players of the opposing coaches choice from the game. These four players may not re-enter the game, under any circumstances, until the point differential goes below 18 points. Each time this happens the opposing coach can choose any four players.
- B. In a case where a team does not have four players to substitute, the trailing teams coach still chooses four players. These four players will be given designated onfield positions, both for offense and defense, by the trailing coach. For example; a running back might be designated as a center on offense and a safety on defense.
- C. When a team has both a dedicated (starting) offense and a dedicated (starting) defense, four players will still be removed by the trailing coach and the offensive players become defensive players, and the defensive players become offensive players. This role reversal is intended to create an equitable situation. This role reversal applies only to the team in the lead by 18 points or more.
- D. The trailing coach is absolutely responsible to designate the four players who will be removed from the game.
- E. The bench must be cleared. Every player, excluding the four designated by the trailing coach, must become an active participant in the game.
- F. The intentional violation of the aforementioned criteria will result in forfeiture of the game!!!
- G. All members of the coaching staff are responsible for the adherence of the 18 point rule.
- H. Anytime a team loses by 24 or more points, the losing coach must call the Vice President of the NSFL with details of the game.

## **18 POINT RULE PRINCIPLE**

**THE INTENT OF THIS RULE IS TO REDUCE THE INCIDENCE OF LOPSIDED SCORES AND TO ENCOURAGE THE PLAYERS ON A WEAKER TEAM. IT IS ALSO MEANT TO ENCOURAGE THE SUBSTITUTION OF PLAYERS TO POSITIONS THEY MAY NOT NORMALLY GET TO PLAY. THE NSFL BELIEVES THAT LOPSIDED SCORES DO NOTHING TO PROMOTE THE GAME OF FOOTBALL OR GOOD SPORTSMANSHIP.**