

2025
Willamette Valley Youth
Football & Cheer

K – 8th Grade

OFFICIAL
RULES



Willamette Valley Youth Football & Cheer

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Willamette Valley Youth Football & Cheer 2025 Official Rules

To be used exclusively for all operations of
Willamette Valley Youth Football & Cheer

Part I – The WYFC Program

Our goal is to provide our youth with the opportunity to learn and play football in a safe and organized program, while striving to instill the values of sportsmanship, scholarship, and effort.

Article 1: Members Code of Conduct

All volunteers and participants will abide by a Code of Conduct, which includes the following provisions. If any of these rules are broken, the league shall have the authority to impose a penalty. Members shall:

S1: Do not smoke and/or use smokeless tobacco on the field.

S2: Do not criticize participants in front of spectators, but reserve constructive criticism for later, in private, or in the presence of team members if others might benefit.

S3: Accept decisions of the game officials and judges on the field and in competitions as fair and called to the best of said officials' ability.

S4: Do not criticize an opposing team, its players, coaches, or fans by word of mouth or gesture.

S5: Emphasize that good athletes strive to be good students and that both are physically and mentally alert.

S6: Strive to make every football activity serve as a training ground for life, and a basis for good mental and physical health.

S7: Emphasize that winning is the result of good "teamwork".

S8: Do not engage in excessive sideline coaching and do not leave the bench area to shout instructions from the sideline.

S9: With team officials, be responsible for the conduct and control of team fans and spectators. Any fan who becomes a nuisance and is out of control will be asked to leave.

S10: Do not use abusive or profane language at any time.

S11: Do not "pile it on" and do not encourage your team to get a commanding lead and raise the score as high as possible. In these instances, every effort shall be made to let all players play.

S12: Do not receive any payment, in cash or kind, for services as a coach/Board member, /Photographer in WYFC. This includes any coach, expert, consultant, choreographer, or photographer, regardless of his/her roster status.

S13: Do not permit or encourage "sweating down" tactics for a player to make team weight.

S14: Do not recommend or distribute any medication, controlled or over the counter, except as specifically prescribed by the participant's physician.

S15: Do not permit an ineligible player to participate in a game.

S16: Not deliberately incite unsportsmanlike conduct.

S17: Abstain from the possession and drinking of alcoholic beverages and the possession or use of any illegal substance on both the game and practice fields.

S18: Remove any participant from a game or practice when even slightly in doubt about his/her health, whether or not because of injury, until complete medical advice is available.

S19: Control their fans. Remember, as a team coach, you are responsible for your team, and fan reaction will usually be in step with your reaction.

S20: Uphold all rules and regulations specified in the WVYFC Rule Book.

S21: Refrain from engaging in any action that reflects negatively or causes embarrassment to the WVYFC program. (including associations and board members)

S22: No WVYFC participant (Coach, Player, or Spectator) may touch or intentionally come in contact with an official. Those violating the rule will be suspended and/or expelled from the league.

Part II – WVYFC Structure

S1: LEAGUES- Oregon Youth Football chartered leagues to operate the youth football program in a specific area. The league's Board of Directors makes and authorizes all rules and designates the Commissioner to enforce those rules.

S2: ASSOCIATIONS—The League creates associations to carry out its functions, form teams, raise funds, operate games, and help enforce its rules. All Associations have a Board of Directors, bylaws, and elected officers. Associations are responsible for nominating all coaches to appropriate teams annually. Associations are not feeder programs for ANY schools or High Schools.

S3: TEAMS- Teams are created only by the Associations. The League competition authorizes teams and coaches.

Part III – Regulations

Article 1: Authority of League

The League is the highest local authority and will delegate to the Associations certain authority to carry out the rules as necessary.

Article 2: Boundaries

S1: The League will form association boundaries that follow most High School areas. Each Association has authority over all public, home, and private schools within its boundaries.

S2: All Players must play within their association. Otherwise, the player will be considered ineligible, and the team will be subject to forfeiture of all games. Only the League President/Commissioner may authorize deviation from this rule.

S3: Hardships To ensure fairness and consistency in Association placement decisions, hardship requests must meet specific, well-documented criteria. A hardship request will only be considered valid if it demonstrates that enrollment in a specific school is essential for the child's education, physical well-being, or emotional health. Requests based solely on convenience or personal preferences such as proximity to family members or sibling enrollment will not be considered valid hardships.

Please note: **Submitting a hardship request does not guarantee approval.** Each request is reviewed on a case-by-case basis, and final decisions are made at the **discretion of the League.**

Article 3: Coaches/Team Manager Requirements

A team's coaching staff is in complete charge of the team whenever it is together. The coaching staff is under the direction of the Head Coach. All coaches must be of high moral character and must be approved annually by the League. All Coaches must attend a Coaches Clinic.

****New 2025 Season: A coaching staff consists of one (1) Head Coach, four (4) Assistant Coaches, and two (2) Team Managers. There should never be more than 7 badged game day members of the coaching staff on the sidelines UNLESS an Official League Representative or Association Board Member is needed/observing.**

S1: The Head Coach must be 21 years or older and must supervise all practices, games and functions.

S2: Assistant coaches must be at least 18 years of age. Teams may have a maximum of four (4) assistant coaches, one of which may be a coach trainee. The Coach trainee must be at least 15 years old.

S3: At least one of the coaches must hold a valid Red Cross CPR/First Aid certificate (or equivalent) and must be present during all contact activity. A copy of the certificate will be placed in the team binder.

S4: The Head Coach has final responsibility for his actions and those of his assistants, players, staff, and parents. (If any parent or guardian disrupts any game, the refs/coaches have the right to stop the game and eject that family member. If the family member or guardian does not leave, the game will end in a forfeit, and that head coach will be suspended.)

S5: Practice Coaches

- The Head Coach may approve additional volunteers to help during practices. All additional practice coaches must obtain an AAU membership with a passed background check. This documentation needs to be included in the team binder. The practice coaches will get a "Practice Coach" League Official Badge. Your current season badge must be worn at all practices. Since practice coaches only get the background check via AAU, they are not permitted on the field on game days, just permitted at practices.
- If practice coaches are working chains, they are not allowed to coach or speak to any player, ref or coaching staff while the game is going. They are merely a silent helper.

NOTE: If a practice coach wants to be a sub for an absent game day head/assistant coach or Team Manager, then they must get all certifications completed in the next line item, S6, and all certifications must be in the team's binder. Their League Official Badge will be noted accordingly.

S6: Certifications (Head/Assistant Coach/Team Manager)

****New 2025 Season: A coaching staff consists of One (1) Head Coach, four (4) Assistant Coaches, and two (2) Team Managers.**

- All football coaches (Head/Assistant Coaches) are required to complete the AAU Coach's Membership, AAU Positive Coaching Alliance (PCA) I, II, & III, CDC Heads Up Concussion Certification and have completed the USA Youth Football Certification prior to being allowed to participate at a practice and/or game.
- All Team Managers are required to complete AAU membership and CDC Heads Up Concussion Certificate.
- Copies of all the Certifications and AAU Memberships must be maintained in the team's binder. All Head/Assistant/Practice Coaches along with Team Managers will be issued a League Official Badge with your title. Your current season badge must be worn at all practices and games.

S7: The League will issue a deadline for all certifications, please plan accordingly.

Article 4: Registration

Associations are responsible for conducting player registration for the proper placement of players. To register, the candidate must sign the League provided "Blue Cards" which consists of two full pages (front and back): First front page is the player information/game day weigh-ins side and the back page is a quick reference for Team Managers, weights per division, and official book check verifications. The second Blue Card front page is the initial section for the League's Code of Conduct and the back page is the turf regulations and signatures by participant/parent/head coach of consent to the Code of Conduct. All candidates must supply the following:

S1: Parental Consent: Both Blue Cards completed and make sure of signatures & initials on Blue Card League Code of Conduct.

S2: Medical Examination: A signed OSAA Sports Physical by any licensed State Examiner that the candidate is fit to play contact sports is required before a player is allowed to begin practice. Sport Physicals are valid for two consecutive seasons. MUST be signed and dated with a DR signature. (not just stamped with the provider's address). A previous WVYFC Sports Physical form from Nov 2023 will be accepted only if the exam date doesn't expire during the 2025 season. After the 2025 season, all Sports Physicals must be on the OSAA form.

S3: Proof of Grade Level: A copy of the player's previous year final report card will be the appropriate form of proof. Proof of enrollment from the school is required if the player's report card is not from the same school that the player will be attending during the current school-year.

Homeschooled kids: Letter of intent to Homeschool (from the state/county ie Lane ESD), progress report from homeschool teacher, a current bill to verify address

S4: Scholastic Fitness Proof of satisfactory progress in school (minimum 70% GPA) can be supplied by the previous semester's report card or a school signed scholastic form (available from the League).

Article 5: Formation of Teams

S1: Associations are responsible for proper team formation.

S2: Teams will be formed by the schools that players will attend in the current year, so that schoolmates will be on the same team. All teams must show the main school or schools that comprise them, and all players from the same school must be on the same WVYFC team.

S3: Home-schooled players will be placed on a team within the association closest to their home address.

S4: Private school/ Charter school players will play for the private/Charter school association if one exists within the league; if a private/ Charter school association does not exist or if there are not enough players to form a team, they will be placed on the team within the closest association boundaries that the private/Charter school is located whenever possible. If not possible, they will be placed on a team closest to their home address.

S5: In cases where this policy creates an oversized team from one school (more than 35 players), a designated League Official may authorize and oversee a special draft for these players to create two teams of close parity. Documentation of this process will be retained in team books.

S6: It is League policy that no child will be denied the opportunity of participation based on numbers; if teams are full, the Association will create an additional team in the appropriate division. All Associations must maximize player recruitment and retain the records of all applicants. Up to 'Certification Day, one or more additional teams MUST be formed if the number of registrants exceeds 35 in any division. After this date, all additions are at the discretion of the Associations. No additions will be allowed past October 1st.

Article 6: Mandatory Cuts

Any participant must be cut whom:

S1: Is found to have signed up because of parental pressure and does not want to play.

S2: Refuses or cannot furnish the required items – Parental Consent, Medical Exam, Proof of Age, and Proof of scholastic fitness. (Sept 1st)

S3: Is found to be trying out or playing for a school tackle football team.

S4: Attempts to intimidate fellow participants by word or deed.

S5: Is an extreme discipline problem (League must concur).

S6: Must notify the league before cutting any player for any reason.

Article 7: Voluntary Cuts

A participant shall be considered a voluntary cut if he refuses to participate, or no longer shows up for practice or games of his own free will. These cases must be investigated by the Association to determine that this was the participant's decision and was not manipulated in any way by the coaching staff.

Article 8: Certification

Certification is that process whereby the Association will file with the League a complete roster of players and coaches for each team. This roster must comply with the Team Formation rules, AAU Roster due no later than the book check date or certification date.

Article 9: Retention of Eligibility

Participants must retain all initial requirements to remain eligible throughout the season.

Article 10: No All Stars

All-star teams, or any team formation other than those certified by the League, are strictly prohibited.

Article 11: Awards

Awards or recognition for individual performance (except scholarship) is strictly prohibited.

Article 12: Practice (Definition & Date Restrictions

Practice is defined as an organized meeting of players and coaches for the purpose of training , preparing and strategizing for games.

S1: Practices may not begin until the League authorized first practice date.

S2: K/1 teams may not practice more than 6 hours per week before Labor Day. May not exceed more than 4 hours per week after Labor Day.

S3: 2/3 teams may not practice more than 10 hours per week before Labor Day. May not exceed more than 6 hours per week after Labor Day. Maximum practice length 2.0 hours

S4: 4th through 8th grade teams may not schedule more than 10 hours of practice per week before Labor Day. Maximum practice length 2.5 hours.

S5: 4th – 8th grade team may not schedule more than 6 hours of practice after Labor Day. Maximum practice length 2.0 hours.

S6: Practice is NOT permitted on Labor Day weekend (Friday through Monday).

Article 13: Camps

No Oregon Youth Football organization or individual may require mandatory camps for any player or team.

Article 14: Medical

The home Association has the responsibility to provide emergency medical coverage at each game and practice. In the absence of a physician and or ambulance on the site, the minimum safety requirement will be the presence of one individual associated with the home team who is currently EMT qualified or is currently certified in CPR/First Aid and Safety.

Article 15: Charging Admission

The League shall establish policy for the charging of reasonable admission to games and events. In any event, no admission shall be charged to rostered participants, coaches, game officials, law enforcement, High School Coaches (with ID) or WYFC administrators.

Article 16: Protests

S1: Only protests involving the eligibility of players shall be considered.

S2: Protests will be decided by the League only.

S3: Lack of prompt notification to the League may result in denial of the protest.

Article 17: Mandatory Background Checks (AAU)

S1: All volunteers (board members, coaches [game day and practice] and team managers) who may have access to or contact with any player and all administrators in Associations and League, must obtain a valid AAU Membership.

S2: All appeals, or disputes are required to follow AAU National protocols. (www.aausports.org)

Part IV – Enforcement Policy

Article 1: Coaching Offenses

S1: Any coach ejected from a game must be suspended for **one week (that is, 6 hours of practice) and ineligible for the next game**. A second such ejection shall be cause for expulsion for the remainder of the season. Additional offenses resulting in a minimum of one game + one week (6 practice hours) suspension from WYFC:

A. Violation of the blue card Code of Conduct

- B. Running up the score.
- C. Violation of MPR rule.
- D. Inappropriate behavior during a game or practice session.
- E. Ejection from the game by a referee. (Possible expulsion)

S2: Offenses resulting in expulsion from WYFC:

- A. Endangerment of Juveniles
- B. Fighting
- C. Cheating
- D. Gambling on game outcome
- E. Striking a game official
- F. Falsification of official documentation

Article 2: Juvenile Offenses

S1: Fighting, intimidation, or disrespect for authority shall be cause for ejection from the game. Any player so ejected must be suspended for one week and shall be ineligible for the next game. If a player is ejected during the 1st half, they must sit out the rest of the game, plus the first half of their next game. If a player is ejected in the second half of the game, then they sit out the rest of the game and the entire next game. A second such ejection shall be cause for expulsion for the remainder of the season.

S2: Associations must report these incidents to the League.

S3: Targeting- We abide by OSAA rules for targeting, Ejection for the remainder of the game and suspended for one week and shall be ineligible for the next game. **No head-first contact:** Players are not allowed to use the crown (top) of their helmet to initiate contact with an opponent. **No hitting defenseless opponents above the shoulder:** Contact to the head and neck area of a defenseless player is prohibited. **Defenseless player:** A player is considered defenseless if they are caught in a position where they cannot protect themselves from a hit, such as when they are turning, running, or have their back to the attacker.

Article 3: Team and Association Offenses

Failure to keep faith with players and parents is defined as any deliberate practice of a team or association, which places the health, welfare and safety of juveniles in jeopardy. If these actions are intentional and/or by policy, the Association is subject to sanctions by the League which may include removal of any or all officers of that Association.

Article 4: Parent/Adult Offenses

S1: All coaching rules apply to parents. Any parent ejected from a game must be suspended for one week and shall be ineligible for the next game. A second such ejection shall be cause for expulsion for the remainder of the season.

S2: All properties used by WYFC are subject to WYFC Official rules. All practice and game venues belong to WYFC during WYFC sanctioned events; therefore, any suspension or expulsion of a parent or coach is regulated by WYFC officials. I.E. We can suspend problem parents from practice and/or game facilities during WYFC events even though we do not "own" the facilities we may be using.

Article 5: Social Media, Threats & Bullying

S1: Any social media or bullying offense, determined by the League, will result in a one game minimum suspension.

S2: A second offense, within the same season, will result in suspension from WYFC for one calendar year.

Part V – Game Rules

Except as specifically modified for WVYFC, all games are to be played under current Oregon rules for High School football.

Article 1: Ages and Weights

S1: League Age

The grade as of the start of school of the current year shall be the player's grade for the coming season.

S2: Age/Weight Matrix including gear allowance: (no longer a 1-Pound increase to the max play weight each week.)

<u>DIVISION</u>	<u>MAX DRY CERTIFICATION WEIGHT</u>	<u>MAX GAME WEIGHT IN FOOTBALL GEAR MINUS HELMET</u>
KINDERGARTEN/1ST GRADE	90 LBS	98 LBS
2ND GRADE/3RD GRADE	105 LBS	113 LBS
4TH GRADE	134 LBS	143 LBS
5TH GRADE	154 LBS	163 LBS
6TH GRADE - 8TH GRADE	UNLIMITED	UNLIMITED

S3: INITIAL WEIGH-IN

Each Association is responsible for the player's initial weigh-in at the time of registration. Associations must determine if the player can meet the weight restrictions of the division in time for certification and place the player appropriately.

S4: CERTIFICATION OF PLAYERS

The League will specify a latest date for official certification. At that date, all players must qualify as follows:

A. Proof of School – report card or school registration

B. Weight – Any player weighing over Max Dry Certification Weight on certification date, must either move to the next higher division, or be de-rostered for the season – no exceptions.

C. Parental Consent – A parent signed participation contract must be in book.

D. Medical Examination – Proof of a current year's physical exam and an "OK to play" from a qualified Medical Examiner. Signature on forms only, no stamped forms from the clinic without a signature will be accepted. Physicals will be valid for 2 seasons of play.

E. Scholastic Fitness – Proof of minimum scholastic standards (2.0 GPA) from prior school period, or the League supplied Scholastic Fitness form, must be available

S5: IN SEASON WEIGHT

A. K/1 - 5th Grade Divisions: Every player must pass weight restrictions prior to each game. Prior to the start of the game, please meet with the opposing Team Manager(s) (or an asst. coach, if the TM is absent). Pick which team to go first. TM(s) are **required** to SWAP team books. Line athletes according to the book order with their helmet in hand. TM(s) will verify each player matches the picture on the Blue Card, record the date, record their weight (no helmets), initial and notate: P=Pass/F=Fail/I=Injured.

****TM(s) will inspect** mouthguards that should be tethered/in good condition and rubber cleats for each player prior to the start of every game. A late player will still be eligible if s/he weighs in prior to the start of the game. Otherwise, a player missing weigh-in may not participate in that game. Weigh-ins are conducted in uniform (less helmet):

B. In case of challenge, any player is entitled to a strip weight in shorts and in private. The

designated field weight master has final authority in these matters, but must not exceed the max cert weight.

C. Players not passing weigh-in, may not participate in that game. They may, however, remove the helmet and shoulder pads and remain with their team.

D. Integrity of Weigh-in – Once a weigh-in has been conducted; no equipment may be exchanged, or replaced on the player, unless the equipment has been found to be damaged or unsafe.

E. 6th - 8th Grade Divisions: Team Managers are **required** to perform an equipment check prior to each game. Team Manager will be responsible for equipment checks prior to every game and report to the Referee for approval. Team Managers (or one asst. coach, if the TM is absent) are **required** to SWAP team books, verify each player matches their blue card, then sign and notate any absences/injuries/suspensions, etc.

Article 2: Roster Size

S1: MAXIMUM ROSTER SIZE

Not more than 35 players shall be certified onto a team roster, unless approved by the League.

S2: MINIMUM ROSTER SIZE

Although not recommended, a team with fewer than 15 players will not be disqualified from competition. However, if a team cannot field enough players to safely compete (determined by referee only), that team must forfeit the game in question.

Article 3: Mandatory Play Rule (MPR)

Each player suited and eligible to play must receive a minimum number of plays during the game:

2nd-3rd Grades: Up to 22 players suited 14 plays
2nd-3rd Grades: 25 or more players suited 12 plays
2nd-3rd Grades: 29 or more players suited 10 plays
4th-6th Grades: Up to 22 players suited 14 plays
4th-6th Grades: 25 or more players suited: 12 plays
4th-6th Grades: 29 or more players suited: 10 plays
7th & 8th Grades: any number of rostered players: 8 plays

S1: Countable plays are active plays from the line of scrimmage, field goals, PAT's (point after touchdown), and plays where a penalty has been declined. Free kicks are countable plays. Deferrals are not countable plays.

S2: Spikes, kneel downs and accepted penalty plays do not count as an active play.

S3: All players, who have not received their minimum plays by the end of the first half, are required to start the second half on the first countable play and remain in the game until they have completed their minimum number of plays, regardless of their regular position. The MPR monitor shall report these players to the opposing team prior to the start of the second half.

S4: The MPR monitor shall have the final say as to the MPR status of all players. The head coach shall be responsible for providing two volunteers for each game, who does not have to be a Badged Volunteer and can be a Coach/Team manager or Parent. One will attend and aid the MPR keeper on opposing sideline, the other to keep their team's MPR's with the aid from the other team. The MPR's must be certified by the monitor by way of signature at the bottom. Failure to certify will invalidate the MPR sheet and subject the team to forfeiture.

Clarification/Suggestion -.Volunteers sent to opposing sidelines need to be trained on the MPR process & are encouraged to remain as neutral as possible with the opposing team. Coaches are not to influence managers during games with their MRP system. Any MPR conflicts need to be brought to your Association president to bring to the board. (must have proof of what did or didn't happen)

S5: Failure to comply with the MPR rules will result in automatic forfeiture of the game and head coach suspension for one week (6 practice hours) + the following game.

S6: The head coach shall provide the MPR roster for each game, with players listed numerically by jersey number.

S7: Association Presidents shall implement policy for retention of all MPR sheets at the Association level.

S8: MPR monitors shall avoid obvious demonstration of favoritism.

S9: If a player leaves a game because of injury or sickness prior to his/her MPR's being completed, a determination of the players' status will be made at halftime. If the player re-enters the game in the 3rd quarter, they will remain on the field until the MPR's are completed.

S10: Copies of the MPR sheets are kept in the team's binder. Once MPR is completed by the Team Manager, please keep it in the team's binder.

Article 4: Field and Markings

S1: The home association is responsible for the preparation of the game field.

- **2nd/3rd** Division may use an 80x35 yard field.
- **K/1st** divisions are played on one-half of the 100-yard field. (40 by 35-yard football field) There will be many instances where there will be four (4) teams on a 100-yard field (two games scheduled simultaneously). Play begins at the 40-yard line and only moves towards the End Zone. The center 20-yard section of the field (Administrative Zone) is reserved for League Officials and Coaches only, no players or parents allowed.

S2: Only players and coaches with League supplied ID cards or badges are allowed on the field and team area.

S3: Sidelines are reserved for chain crew, necessary medical personnel, law enforcement, League Officers, and authorized members of the press.

S4: Chain crew (only needed for 2/3 division and higher) shall operate on the home side, and shall avoid obvious demonstration of favoritism.

Article 5: Game Ball

The game ball must be of traditional brown or tan with contrasting stripes, and be equivalent to the following:

- **K-4th Grade - Pee Wee Size football**
- **5th & 6th Grade - Junior Size football**
- **7th & 8th Grade - Youth Size football**

Article 6: Player Designation

S1: All players must be numbered 1-99 only. No duplicate numbers are allowed.

S2: The PA system shall not identify the player or number of any player committing a foul.

Article 7: Required Equipment

S1: The following equipment shall be worn by all players beginning with physical contact in practice sessions:

A. Helmet – must be approved helmets bearing the NOCSAE seal and in certified condition. The Association must have a documented plan of certification on file and provided to the League annually. Only league approved decals are authorized to be placed on any helmet – no

exceptions.

B. Shoulder Pads.

C. Hip and Tail Pads.

D. Thigh and knee pads.

E. Jerseys – Only league approved jerseys and patches may be worn.

F. Mouth guard – colored (Not Clear or White) and with a keeper strap.

G. Shoes – sneakers or cleats. If cleats, must not exceed ½ inch and may not be metal tipped and may not have metal protruding or exposed as to cause injury if another player was to come into contact with such protrusion.

H. Eyeglasses – if worn must be athletic approved, non-shattering.

I. Additional pads may be used, but may not create additional risk to opposing players.

J. No jewelry may be worn except religious or medical medallions.

K. No headgear containing knots or beads may be worn under the helmet.

L. Only CLEAR visors may be worn. No colored, tinted, or shaded visors allowed.

M. Guarding Cap allowed only if its the same color as the helmet.

(Refs have final say what's allowed)

N. Team Manager will be responsible for equipment checks prior to every game and report to the Referee for approval. (6th, 7th, 8th Grade Divisions). Team Managers (or one asst. coach, if the TM is absent) are required to SWAP team books, verify each player matches their blue card and conduct equipment check, then sign and notate any absences/injuries/suspensions etc.

(Referees may disqualify players if they see inappropriate/missing gear)

S2: Failure to have the required equipment prevents the player from participation. No equipment, except soft arm pads for size, may be altered from its original condition.

Article 8: Kicking Game

S1: Kickoff: There will be no kickoffs, possession will be determined by coin flip and ball placement at the 35 yard line.

S2: Punting: No Punting. Teams will declare a punt on 4th down or run an offensive play. Ball is placed 25 yards from LOS on a declared punt. If LOS is beyond the opposing team's 45 yard line, the ball is placed at the 20 yard line.

S3: Field Goal / Extra Point: All field goal & extra point attempts follow NFHS rules.

Article 9: Blocking and Tackling Restrictions

S1: WYFC will abide by OSAA rules regarding blocking and tackling. Some examples of illegal contact are cut blocking, butt blocking, chop blocking, spearing, face masking, targeting, horse collaring, etc. Coaches found to be teaching these types of techniques will be subject to disciplinary action.

Clarification: Legal Cut blocking, Cut blocking is allowed within the “ free blocking zone” (3 yards to each side of the ball) and must be instantaneous with the snap.

Illegal Chop Blocking: Chop blocking, where an offensive player cuts a defensive player who is already engaged with another blocker, is illegal.

Article 10: Lengths of Periods

- Length of Quarters: 10 minutes

- Between quarters: 2 minutes
- Between Halves: 10 minutes

NOTE: For 2/3 Division refer to Article 24->S4 and for K/1 Division refer to Article 24->S4

Article 11: Time Clock

S1: The referee shall decide on the official game clock location (if associations have a visible play clock and can use it is recommended)

Article 12: Time-Outs

S1: Current High School rules shall govern.

Article 13: Players

S1: A free substitution rule is always in effect.

S2: It is **strictly prohibited** for any player to participate in any practice session or game with players from another division of play.

S3: Injured Player – Once removed due to injury, the player must be approved to re-enter by a currently certified EMT, Licensed Physician, or the rostered person who is certified in First Aid and Safety.

S4: Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest (practice and games) and shall not return to play until cleared by an appropriate health-care professional.

S5: Any first unsportsmanlike foul by a player will result in a two play “cool off” period.

Article 14: Ineligible Players

Every attempt will be made by the League, Association, and coaches to eliminate errors and or falsifications. Any adult who becomes aware of an alleged violation that may cause a player to become ineligible has a duty to immediately report the violation to their Association or a league official. The Association must immediately notify the League, coach, and the parent/guardian of any reported alleged violations. The League will conduct a fair and thorough investigation, notifying the Association of their findings and decision in a timely manner. Once the eligibility of the player comes into question, the Association may suspend a player in order to minimize potential team consequences in the event that the player should be ruled ineligible by the League.

From the time that the League declares a player to be ineligible, all games the player participated in will be subject to review by the board and penalty.

S1: Ineligible Players Are:

- A.** Overweight
- B.** Overage or underage
- C.** Residing outside of legal boundaries without League waiver to play.
- D.** Falsification of any required documents.
- E.** Participation in a school tackle football program in the same season.
- F.** Failure to provide any of the required documents for certification.
- G.** Falsification of any registration information pertaining to school attending.

Article 15: Scoring Values

Touchdown 6P
Safety 2P
Point after run pass 1 P
Point after by kick 2P
Forfeit 1-0

Article 16: Lopsided Scores

S1: Lopsided Scores – Anytime a team goes up by 28 points or more, the following will automatically occur:

A. The official clock becomes a running clock and once started can only be stopped for injury or for a timeout called by either team. Only one timeout is allowed for either team during the remainder of the game.

B. The ball shall be placed at the 35-yard line for resumption of play.

C. There will be no blitzing by either team.

E. Mandatory Play Rule remains in effect.

F. The winning team will avoid increasing the point differential, and at a minimum, must replace the entire starting offensive backfield with reserve players. (Example: This is not moving the starting receiver to quarterback; it is moving a linemen or non-skilled position to a skilled position.) [This rule is required once there is a 28 point differential. However, it is STRONGLY encouraged to not wait until the 28 points, but swap players once there is a 21 point differential to allow more play time, avoid a running clock, and help reduce the chance of coach suspension]. Failure to take these steps will result in a 15-yard penalty and loss of possession.

G. 35 and Greater: If a Head coach allows a **35** (or more) point differential he will be automatically suspended for:

- a. 1st Offense: One game + **one week (6 hours of practice)** suspension without review.
- b. 2nd Offense: Two-game + **two week (12 hours of practice)** suspension without review.
- c. 3rd Offense: One calendar year without review.

H. The intent of this rule is to make sure that you are making adjustments before it gets to 28 points and then out of hand.

I. The Association President is required to notify the League of any violations of rule above

J. Either team may pass the ball.

Article 17: Tie Games

S1: In 2/3rd Division, all tie games remain as tie games.

S2: In regular season games for 4th Grade and above, if scheduled field time allows, ties will be broken only by the **10yard overtime procedure (KC rule)**.

S3: In post season games, all tie games will be decided by the 10-yard overtime procedure.

Article 18: Radios and Electronic Communication

S1: No electronic communication devices of any kind are allowed in WVYFC, including communication between coaches.

Article 19: Scouting

S1: Scouting other teams is permitted for games only. **It is strictly prohibited to scout any type of practice.**

Article 20: Practices

S1: Pre-season

No team may conduct practice before the League has authorized the first practice date.

Once practices start, the first 6 hours must be devoted entirely to conditioning without pads (6 hours of conditioning is minimum). Any players added to the team after the first day, must also receive 6 hours of conditioning before putting on pads. Helmets must be worn at all practices (except under doctors' orders). All players must complete 10 hours of padded practice prior to participation in any controlled scrimmages or live game competitions, any players added to the team after the first day must also complete a minimum of 10 hours of padded practice prior to participation in any controlled scrimmages or live game competitions.

****New 2025 Season:** Team Managers will be in charge of filling out the League issued Conditioning Tracker Form (or similar Association like form) for each athlete it must include: first day of practice, date when 6 hours of just helmet conditioning is completed, date when 10 hours of full gear is completed along with tracking duration of practice daily until the 16 hours is met.

S2: Weather Related Health & Safety precautions

Head Coaches must be especially vigilant in hot summer practices. Unlimited water breaks, numerous breaks during practice, and a fifteen-minute break in the middle of practice are mandatory actions. Immediate action must be taken if a player is observed with the slightest sign of heat fatigue. (OSAA Guidelines for Heat Index and Air Quality shall be followed.)

S3: At least one (1) 10-minute break after each hour of normal practices is mandatory.

S4: Full Protective Equipment

At all practices where any contact takes place, each player must be dressed in the full complement of protective equipment as described above.

S5: Controlled Scrimmages with other teams

After two weeks of practice, a team may arrange a controlled scrimmage with another team in the same division of play. **These scrimmages will not be conducted as a game.** No scoring or time periods will be used in scrimmages. Scrimmages must be approved by the league commissioner.

S6: No full speed head-on blocking or tackling drills in which the players line up more than 3 yards apart are permitted. (Having two linemen in stances immediately across the line of scrimmage from each other and having full-speed drills where the players approach each other at an angle, but not straight ahead into each other are both permitted.) **However, there should be no intentional head-to-head contact!**

S7: The amount of contact at each practice will be reduced to a maximum of 1/3 of practice time (either 40 minutes total of each practice or 1/3 of total weekly practice time). In this context, "contact" means any drill or scrimmage in which players go full-speed with contact, for example one-on-one blocking and/or tackling drills; down line vs. down line full-speed drills; and scrimmages.

Article 21: Schedules

The League will prepare and distribute the schedule of games for the season and postseason. **No team may arrange any other game without the express consent of the League.**

Article 22: Play-off Eligibility

S1: Post season play is for 4th Grade and above only.

S2: To qualify for play off spots:

A. Playoff eligibility is determined by the league.

B. Ties within the top teams will be broken first by head-to-head record, then by points given up, then by coin toss and the top teams will playoff for the league championship.

C. We reserve the use of the words "State Champion" for division 1 (one) championship games

only.

D. Other teams may be invited to play in the Oregon Invitational Bowl games, based on standings.

Article 23: Championship Games

S1: The top two teams in each division (except K/1 & 2/3) will play for the league championship at the end of the season.

S2: The League Champions will be entitled to play in the Oregon Youth Football State Championship process. The host League may charge all such teams a participation fee (to be paid in advance). This fee will be used to defray the production costs of the State games.

Article 24: Specific 2/3 Rules

Because of the all players, all positions, all skills philosophy, there are no restrictions on jersey numbers or player positions.

- All players on the line of scrimmage will be in a 2-point set stance w/elbows on knee pads until the ball is snapped.
- All game action takes place on an 80 X 35 yard field. Bowl games will simulate a full field game.
- A turnover on downs is a change of possession where the ball is downed. Offense has the option on 4th down to go for it or declare a 25 yard punt. A declared punt may not exceed the opposing team's 20 yard line.
- Turnovers on interceptions are live play with returns. Fumbles are blown dead immediately where the player fumbles the ball. No Change of possession.
- After each play, the ball is spotted in the middle of the field. Hash marks are not used.
- Because of the limited field size, all 15-yard penalties are enforced as 10-yard penalties.
- All personal foul penalties include an immediate substitution from the field for a minimum of one play to allow coaches to address misconduct and promote good sportsmanship. We call this a cooling off period.
- The game is played in four 12 -minute quarters with a running clock. The clock may stop after a score to flip the field.

S1: Team Count – 11 Man Football

Minimum Players 15

Maximum Players 30

S2: Playing Field Size

- Games are scheduled on an 80 yard by 35 yard football field for 2/3 Division.. Bowl games will be played on a full field.

S3: Coaches

- One Coach from each team is permitted to be on the field with the team for the first two games for 2/3 Division. Once the team breaks from the huddle, the coach must stay back 10 yards from the line of scrimmage. It is permissible to help set players in correct formation. Once the ball is snapped and you are an on-field coach, **DO NOT GIVE INSTRUCTIONS**.

S4: Game Time and Time Outs

- Games will consist of four (4)
- Quarters will be a 12-minute running clock C. Clock will stop for team rotation

- Half time will be 10 minutes.
 - Each team is allowed two (2) timeouts per half (injuries not a timeout)

S5: Number of players on the field for offense or defense – Eleven (11) players.

S6: Offense will have a maximum of **30 seconds** from huddle formation to get off next play. Otherwise, a delay of game penalty will be called.

S7: No kick offs, at the start of the game or halftime. Ball will be placed on the offensive 35-yard line.

S8: No Punts, 4th down plays will consist of a standard offensive play or 25 yard punt deferral.

S9: No point after attempts will be given. This allows more plays for players.

S10: All tie games remain as tie games.

S11: Offense

- 2/3 offense will follow standard OSAA rules with exceptions listed below.
- No QB sneaks are allowed from under center or shotgun position (defined as running through the “A” Gaps).

• Pertaining to the 2/3 Ball Carrier Card:

- An Assistant Coach from each team will meet before the game and exchange 2/3 Ball Carrier Cards showing who they plan to “touch” the ball per quarter i.e. quarterback, running back, and/or receiver’s jersey numbers.. “Touching” is considered any offensive player that touches the ball after the snap. A player used in a reverse, option, pass, or hand-off will be marked as “touched” and used for that quarter, so plan accordingly. The goal of the Ball Carrier Card is to give multiple athletes the opportunity to participate in a skilled offensive position. **A player may not “touch” the ball for more than two (2) quarters->Meaning: Once an athlete touches the ball they are considered “used” for that quarter. Once that player touches the ball, they can touch it unlimitedly for that quarter. All players only get two quarters to ultimately touch the ball, then other players must be used.**
- **An Assistant Coaches MUST** keep track of their team and opposing teams ball carriers who “touch” the ball throughout the game. Remember to stand about 10-15 yards back to visibly see the jersey numbers and record accurately. At halftime, the Assistant Coaches doing the Ball Carrier Card will meet to make sure they match and communicate which players are done (have touched the ball for 2 quarters) and which players have one quarter left. A copy of the League issued Ball Carrier Card is located in your team's binder. Please remember after the game to give the completed Card to your Team Manager to keep in the team binder.

****If a Head Coach is found to be in violation of this rule the following will be enforced by the association:**

1. 1st Offense: The Head Coach shall be suspended for one game.
2. 2nd Offense: The Head Coach shall be suspended for the remainder of the season. NOTE: This rule is to promote learning and give all kids the opportunity to learn a skilled position. This rule also prevents

coaches from playing only their best players at the skilled positions.

S12: Defense

- No defensive player can be placed directly over the center.
- The defensive front line (tackles and ends) must be lined up head-to-head over the offensive guard and tackles. Under no circumstance should the defensive front line; line-up outside the offensive tackles.
- D tackles must not shoot the "A" gap, they must engage with lineman and shed blocks.
- The defensive line must be one (1) yard back and heads up from the offensive line.
- Linebackers/DBs must be five (5) yards off the center. FSs must be at least 10 yards off the line of scrimmage. Linebackers/DBs may not blitz and may not penetrate the line of scrimmage until the ball is outside the Tackles.
- No more than four (4) defensive players can rush the ball. All defenses must run a 4-5-2 or 4-6-1.

S13: All players must start on either offense or defense. Every player should have an opportunity to be a captain.

S14: Crack-back blocks are not allowed or any block below the waist.

Article 25: Kindergarten & 1st Grade Rookie Tackle Rules

- Because of the all players, all positions, all skills philosophy, there are no restrictions on jersey numbers or player positions.
- All game action takes place on one half of the field with all possessions starting on the 40- yard line going toward the end zone in between the numbers.
- Turnovers on interceptions or fumbles are blown dead immediately and play restarts. No returns are allowed in order to protect players from running toward the 20-yard administration zone between the two fields. There are no defensive touchdowns.
- After each play, the ball is spotted in the middle of the field. Hash marks are not used.
- Penalties on the offense called between the 40-yard line and the end zone will result in loss of play not yardage.
- No defensive safeties. Tackles behind the 40-yard line are re-spotted at the 40-yard line.
- All personal foul penalties include an immediate substitution from the field for a minimum of one play to allow coaches to address misconduct and promote good sportsmanship. We call this a cooling off period.
- All plays are blown dead and the ball is returned to the 40-yard line if the ball is fumbled behind the 40-yard line. If the ball is fumbled beyond the 40-yard line the ball will be spotted at the spot of fumble.
- The game is played in four(4) Quarters, each quarter consisting of 6 offensive plays and 6 defensive plays for each team. There will be no MPR's at this age level.

S1: Team Count – 5 Man Football

Minimum Players 5

Maximum Players 16

S2: Playing Field Size

- Games are scheduled on a 40 by 35-yard football field. K/1st Grade games are played on one-half of the 100-yard field. There will be many instances where there will be four (4) teams on a 100-yard field (two games scheduled simultaneously). Play begins at the 40-yard line and only moves towards the End Zone. The center 20-yard section of the field (Administrative Zone) is reserved for League Officials and Coaches only, no players or parents allowed.



S3: Coaches

- Two coaches from each team are permitted to be on the field with the team. Once the team breaks from the huddle, one coach must stay back 10 yards from the line of scrimmage and the other coach needs to move toward the line of scrimmage to help watch for safety violations. It is permissible to help set players in correct formation. Once the ball is snapped and you are an on-field coach, DO NOT GIVE INSTRUCTIONS.

S4: Game Time and Time Outs –

- Games will consist of four (4) quarters. Each quarter will consist of six (6) plays on offense and six (6) plays on defense.
- Half time will be 10 minutes.

Each team is allowed two (2) time outs per half (injuries are not considered a time out.)

S5: Players on the Field-

- Number of players on the field for offense or defense — Five (5) players.

S6: Pertaining to K/1 Backfield Lineup Card:

- After each quarter, the line-up must change. No backs (QB, TB, and FB) may carry the ball more than two (2) consecutive plays or no more than three (3) carries per quarter. An Assistant Coach from each team will meet before the game and have player's jersey numbers listed for each quarter and exchange Cards. The Assistant Coaches in charge of the Card, please remember to always be about 10 yards behind the offensive players to record both teams players. Sometimes rosters are smaller in this division so game plan accordingly, fairly, and communicate efficiently. A copy of the League issued Backfield Lineup Card is located in your team's binder. Please remember after the game to give the completed Card to your Team Manager to keep in the team binder.

S7: No tailback or halfback may play more than one quarter in any one game. Running backs may be used as quarterbacks but are limited to one quarter at each position. Example: One at running back and one at quarterback.

S8: Coaches are encouraged to play four (4) different quarterbacks if possible. At this level, the entire roster will rotate at the QB & RB positions throughout the season. Note: DO NOT FORCE A PLAYER TO CARRY THE BALL IF THAT PLAYER DOES NOT WANT TO CARRY THE BALL.

S9: No first downs will be measured, if offense scores, the ball will be placed at the 40-yard line and they will finish out their six (6) consecutive plays.

S10: Have a sideline coach or parent keep count of the six plays, as well as an on-field coach.

S11: No kick offs, at the start of the game, the ball will be placed on the 40-yard line.

S12: No try for point after touchdown. The ball will be moved back to the 40-yard line and they will finish out their six (6) consecutive plays.

S13: Scoring

- Scores and standings will not be posted however Coaches will report the outcome of the game to the League for the sole purpose of creating balanced match ups for Bowl Games.

S14: Fumbles

- The ball is blown dead on all fumbles. This is a safety issue and K/1st Grade players should not be coached to “jump into the pile” and try to recover a fumble.
- If the ball is fumbled behind the line of scrimmage, place ball back at the 40-yard line.
- If the ball is fumbled beyond the line of scrimmage, it is dead where the ball is fumbled.
- It is not considered a fumble on the quarterback center exchange. If excessive attempts result in failure, the Head Coach will be required to make an adjustment. This does not count against the six total plays, unless it becomes excessive (to be determined by the on-field coaches for both teams).

S15: Playing Time

- All players must play both offense and defense.
- Each team must have three (3) captains per game. Every player on the team must be given an opportunity to be a captain.
- No one player may play more than two quarters in any game in the same position. Moving from guard to tackle is not a position change.
- Remember to use the League required Backfield K/1 Lineup Card

Note: REMEMBER THIS LEVEL IS ABOUT TEACHING FUNDAMENTALS AND EXPOSING AS MANY KIDS TO AS MANY POSITIONS AS POSSIBLE.

S16: Offense

- The offensive line will consist of a center and two guards; all three will be in a two-point stance with elbows placed on knee pads until the ball is snapped.
- Only 3 players are allowed to be on the line of scrimmage for any given play (Center, 2 Guards).

- Slot receiver is only allowed to be aligned 5 yards outside of the last offensive line position (Either Guard).
- At least 1 running back is required to line up in the backfield at all times. (QB is considered a running back.)
- No QB sneaks are allowed from under center or shotgun position. (Defined as running through the "A" Gaps.)
- No Motion allowed at this level. This includes no motion on a defensive player.

S17: Defense

- No defensive player can be placed directly over the center.
- All players will be in a 2-point stance with elbows on knee pads until the ball is snapped.
- The defensive line must be one (1) yard back and heads up from the offensive line.
- Linebackers must be five (5) yards off the center. Linebackers may not blitz and may not penetrate the line of scrimmage until the ball is outside the Guards and 1 Player is required to be at least 10 yards off the ball (safety).
 - Defense must run 2-2-1 or 2-3 or 2-1-2 sets. No more than (2) defensive players can rush the ball.

Red text indicates new to this year's rulebook (**example**). Struck text is verbiage that no longer applies – is obsolete (~~example~~).

Upon distribution of current year's rulebook, no rules can be challenged or changed until the following year. Proposed changes may originate from any member League after the end of the current season. Proposals must be voted on by the Leagues as written, and if rejected, the existing rule remains in effect. Ratification by all Leagues must be in writing and completed by March 15 in order to be included in current year's rulebook.

