

THIS IS WHERE *YOUR* FOOTBALL CAREER BEGINS



GREENSBORO | HIGH POINT | THOMASVILLE



2024 By-Laws

**LEAGUE DIRECTOR FOR GREENSBORO TEAMS:
PHIL HARDIN, ATHLETIC COORDINATOR: 336.373.2955
phil.hardin@greensboro-nc.gov**



League Purpose

The R.E.D. ZONE Football Program is a joint collaboration between Greensboro, High Point and Thomasville Parks and Recreation Departments. This new concept uses practices and games to promote **R**ecreation, **E**ducation and **D**evelopment. To provide a positive opportunity for youth ages 7-12 to play football on an organized team in a structured program emphasizing safety, correct fundamental skills, teamwork, good sportsmanship and fair play.

Accessibility Accommodation Request: The City of Greensboro Parks & Recreation Department welcomes the participation of all individuals, including those with disabilities or special needs, and is committed to complying with the ADA by providing reasonable accommodations to facilitate participation in our programs. To ensure that reasonable accommodations are in place, accommodation requests should be received at the time of registration.

R.E.D. Zone Youth Football Concept

The R.E.D. Zone youth football program is an unweighted league with skill position limitations based on the weight of the player. Skill position players are normally smaller and can play any position on the field. Players weighing over the skill position weight will be designated as offensive or defensive lineman. All linemen have to play in a three or four point stance. All "linemen" must wear a red strip on their helmet which indicates they are regulated to line play.

Religious Activities

- Coaches may not compel, coerce, persuade, or encourage their team, individual players or coaching staff members to join in prayer or other religious activities.
- Coaches may engage in private religious activities such as private prayer and silent observance.
- Greensboro Parks and Recreation Department may take reasonable measures to ensure that players are not pressured or encouraged to join in the private prayer of their coaches.
- Coaches may use positive motivational strategies that are content-neutral to motivate and encourage their players.

Offensive Skill Positions

Quarterback
Running-backs
Receivers
Tight Ends

Defensive Skill Positions

Defensive Ends
Line-Backers
Defensive Backs

Player Safety

No issue in football is of greater importance than the safety of our players. The participants who enjoy the game deserve our whole hearted commitment for their safety. **Players are not permitted to play up or down in age divisions.**

Coaches should not permit or encourage the following:

1. "Sweating down" tactics for a player to make the skilled position weight.
 2. No Bull in the ring drills.
 3. No intentional head to head contact.
 4. No chop blocking, face tackling or spearing techniques permitted.
- Coaches can't deny players from taking additional water breaks during practice or games.

Coaches

All coaches and team moms / dads must submit a volunteer application and pass a background check before being allowed to coach or have interaction with the team on the practice field, playing field or other team activities.

Only the head coach and five assistant coaches are allowed on the sideline during games or practices. All coaches must be listed on the Current Team Roster and have passed the volunteer application and background check prior to practice and games starting. All coaches must check in prior to the start of practice and or games. Team Parents / Parents / Siblings / Spectators or Players from different age divisions are not allowed on the sidelines during practice or games.

Player Registration

Players can only register for their age division as determined by the player's birth certificate. Players must turn 7, and cannot turn 13 on or before **September 1** of the current year. Players may only register with and participate on one team per season. Parents / Guardians must complete the registration process prior to their child participating in any team activities. Teams are not allowed to practice or issue equipment to any player who has not completed the official Park & Recreation registration process. Any team using a player who is not on the team's roster, and has not filled out a registration form will automatically forfeit any games played and the player will be removed from the roster. Coach may face additional penalties as determined by the League Director. Any coach signing a registration form for a player, playing an unregistered player, knowingly plays an illegal player, or a player under an assumed name will be **suspended for a minimum of (1) one year without an appeal.**

Age Divisions

- Mites: 7-8 year olds: 7 year olds must be 7 on or before September 1 of the current year. 8 year olds can't turn 9 before or on September 1 of the current year.
 - Junior Varsity: 9-10 year olds: Nine year olds must turn 9 on or before September 1 of the current year. Ten year olds can't turn 11 on or before September 1 of the current year.
 - Varsity: 11-12 year olds: Eleven year olds must turn 11 on or before September 1 of the current year. Twelve year olds can't turn 13 on or before September 1 of the current year.
- **Players are not permitted to play up or down in age divisions.**

Uniforms / Equipment

The Parks & Recreation Department will provide each registered player with the following football gear: Parents / Guardians will be held financially responsible for lost or damage equipment.

1. Approved Helmet
2. Shoulder Pads
3. Practice and Game Pants (7 piece pad set if needed)
4. Game Jersey
5. Mouth Piece
6. Participants are not allowed to wear Jewelry during practice or games. Medical I.D. tag is approved and should be secured to the body so it does not injure other players.
7. Coaches are responsible for checking player's equipment before each practice and game to make sure the equipment is safe and worn correctly.

Team Rosters

Team rosters will consist of a 17 player minimum and a 22 player maximum limit. Players are not allowed to play out of their age division. The finalized team roster must be submitted to the League Director's office by 12pm, September 8, 2023.

If a roster falls below minimum number for fielding a team: non participating players must be removed from the roster. Once non participating players are removed, new players may be added to meet the minimum roster requirement. These players must meet all registration requirements and be added by the League Director's Office. Teams have until September 8, 2023 to adjust their roster. After September 8, 2023 all rosters are frozen.

Practice

The head coach is responsible for all football equipment loaned to their team for the purpose of practice and games.

Practice is defined as a gathering of players. At least (2) Coaches must be in attendance while the practice is taking place. The following activities would constitute a practice taking place.

1. Chalk Talk / Class room session
2. Team Conditioning
3. Individual skill sessions
4. Team Practice: full pads / t-shirts and shorts
5. Jamborees / scrimmages
6. Other Team Activities: Cook-Outs / Swim Parties / etc...
7. Practice is Monday – Thursday from 6pm to 8pm
8. The first week of practice is for physical conditioning.
 - a. Players will practice in t-shirts, shorts and cleats.
9. No Friday, Saturday or Sunday practice unless league director approves it.

Playing Rules

The official playing rules, with the exceptions and variations contained in the following material, shall be the **“Official North Carolina High School Football Federation Rules”** with variations of the By-Laws, completely revised, and released by the League Director.

City of Greensboro Parks & Recreation athletic teams are not permitted to participate in any events (game, scrimmage or practice) which is not being hosted or co-sponsored by the R.E.D. Zone Youth Football Program. Examples of prohibited events include: Jamborees, Scrimmages with AAU/AYF/Pop-Warner football teams, and Bowl Games with Independent Youth Athletic Associations.

Forfeits

R.E.D. Zone football teams must have “10”eligible players to start and finish a game. At any time during the game, if a team falls below 10 player requirement, the game will be considered a forfeit. If the team has time-outs remaining in the half, coaches may use a time out to see if the injured player can continue to play in the game. If the injured player can continue to play in the game, the game will continue. If the same injured player is injured a second time or can't continue, the game becomes a forfeit.

Official Weigh-In

The first weigh-in of the season will determine the player's playing weight for the entire season. Once a player has been striped, they shall remain striped for the rest of the season. No player can be issued equipment until they have been officially weighed-in. All teams must participate in the official league weigh-in. Any player who misses the official weigh-in day may be designated as a stripe player by the Parks and Recreation Department.

The scale used for weigh-ins will be owned and operated by the Parks & Recreation Department and its staff. The scale will be professionally adjusted and calibrated each season. No other scale or written documents will be accepted to determine a player's weight for participation in the R.E.D. Zone Youth Football Program. All players must officially weigh in before they can be issued football equipment. For the official weigh in, players may weigh-in with shorts, t-shirt and socks. The League Directors for Greensboro, High Point and Thomasville will schedule their official weigh-in date.

- Weight limits per age division for Skilled Position Players:
 - ❖ 8U: 100lbs or less
 - ❖ 10U: 125lbs or less
 - ❖ 12U: Unlimited weight at any position.
- Players weighing more than the skilled position player weight in the 8u and 10u will be regulated to play on the offensive and defensive line from tackle to tackle. Players weighing more than the skill position weight will be identified with a red stripe on their helmet. Any coach found tampering with stripe players helmet to make the player eligible to play a skilled position will be suspended for the remainder of the season and the team will forfeit the game(s).

Game Field Length

8U, 10U & 12U will play on a 100 yard field.

Balls

8u & 10U: Wilson K-2 or comparable.

12U: Wilson TDJ or comparable

Regular & Post Season Games

Teams will play (4/6) regular season games and all teams will compete in the post season single elimination tournament.

A coin toss will take place to determine who receives the ball to start the game. Games will be (4) quarters for all age divisions with High School Junior Varsity timing rules enforced. There will be a 30 second play clock utilized to keep the pace of play. The clock will start after change of possession and the ball is marked ready for play.

- **8u Teams** – 7 minute quarters - One coach from each team can be on the field during the 1st half of game play. This coach is to only help get the team call a play, get lined up and ready for play. Before the snap, both offensive and defensive coaches must be a minimum of ten yards off the line of scrimmage. The defensive coach on the field must step out of the back of the end-zone prior to a play in the red-zone (inside the 10 yard line). The coaches may not interfere with the play of the game or they will receive a Ten-yard penalty. Once the quarterback begins his cadence, both coaches must be silent until the ball is snapped.
- **Starting with the 2nd half of each game during the regular season, 8U coaches will be not allowed on the football field during actual play.**
- **During the play-offs, 8U coaches will not be allowed on the field during actual play.**
- **10U & 12 U Teams** – 8 minute quarters - **No coaches** will be allowed on the football fields during actual play

Mandatory Must Play Rule

All players present at the official game time check-in are considered eligible players and must play a minimum of **1** full continuous quarter on both offense and defense in either the 1st or 2nd quarter. Team rosters containing more than 22 players; all additional players will play the entire 3rd quarter. The only exception will be for injuries, ejections and approved disciplinary reasons. It is the intent that each coach provides as much playing time as possible for each participant. Mandatory playing time must be met before a player is removed from the game.

- Players arriving after official game time check-in but before the game starts will be considered an eligible player. Coach must take the player to be checked in and notify opposing team of the player arrival.
- Players arriving after the game has started and before the 2nd quarter will be considered eligible to play in the 2nd quarter. Coach must take the player to be checked in and notify opposing team of the player arrival.
- Players arriving after the 2nd quarter has started will not be guaranteed any playing time.

Failure to abide by the mandatory must play rules will result in the player (s) affected playing 2 full quarters in the next game as a starter (s) and shall not be removed from the game until all playing time requirements have been met. If it is determined that all eligible players did not participate in a game; that game may be considered a forfeit, and the Head Coach could be suspended for a minimum of 1 game.

Defensive Alignment

Stripe Players that exceed the skilled position weight limits in 8U and 10U; **must play in the interior line with their hand in the dirt**. Players must display a stripe on their helmet at all times.

- **8U** – Teams may not line up in “A” gaps or over the Center. (linebackers must be a minimum of 3 yards off the line of scrimmage) Defense may Blitz once the ball is snapped.
- **10U** – Teams can line up in “A” gaps but may not cover the Center. (linebackers must be a minimum of 3 yards off the line of scrimmage) Defense may Blitz once the ball is snapped.
- **12U** – North Carolina High School rules apply.

Offensive Alignment

Players that exceed the skilled position weight limits in 8U and 10U; **must play in the interior line with their “hand in the dirt”**. (Which is from tackle to tackle) Players must display a stripe on their helmet at all times.

- 12U: North Carolina High School rules apply.
- If offense team starts with 10 players; 7 players must be on the line of scrimmage.
- In an offensive set; skilled position players must “cover” the interior linemen.
- **Skilled Offensive Players** are considered to be the Quarterback, Running Backs, Wide Receivers, Tight-End and Slot Receivers.
- **Striped Offensive Players** are considered to be the Center, Two guards, and Two Tackles.

Ball handling for Stripe Players

Players who are restricted to lineman positions due to weight limits in 8U and 10U can handle the football during the game on the following scenarios:

1. Center / Quarterback exchange
2. Unintentional fumbles
3. Pass interceptions
4. Kick off receiving: Stripe players must line up within 10 yards of the line of scrimmage.
5. Stripe players may be used as field goal kickers which includes PATS.

Special Teams

Only during Special Teams throughout the entire game can teams make player substitutions. Special teams are considered: Kickoffs, Kick Returns, PAT'S, Field Goals, and Punts. Once the special team play is completed, any player removed from Special Team play must be put back into the game until the quarter is complete.

Punts:

8U & 10U: All punts will be declared punts for 8U & 10u. In punting situations, teams have the option of a declared punt. If teams decide to declare a punt, the coach or team captain must tell the referee who notifies the opposing team that the offensive team is punting before the offensive team breaks the huddle. The punting team must punt the ball and the defensive team can't rush the punter. There are no fake punts. During the declared punt, the ball must be snapped or passed back to the punter. The punter, after receiving the snap, shall move to the kicking distance to kick the ball. If the punter drops the ball, he / she may still pick up the ball and kick it. Receiving team formation on a declared punt shall consist of a minimum of 8 players on the line of scrimmage and a maximum of 3 players back to receive the punt. If there is a penalty committed during the play, the offensive team has the option to run a play or re-declare to punt based on the situation.

12U: Will play North Carolina High School rules concerning punts.

Scoring

Points will be rewarded in the following manner:

1. Touchdown 6 points
2. Safety 2 points
3. PAT
 - a. Run or Pass 1 point
 - b. Kick (PAT) 2 points
4. Field Goal 3 points

Ties

In the event games end in a tie at the end of regulation play, each team will have 1 offensive series (4) downs with the ball placed on the 10-yard line. If the defensive team recovers a fumble or intercept a pass, the turn over can't be return for points. If the game is still tied after 1 overtime period, it should be declared a time game.

During the playoffs, overtime periods will be played until a winner is declared by points.

Mercy Rule

If a team is ahead by 4 touchdowns (**24 points**) or more at the beginning of the 4th quarter of a game, the clock will **only** stop for time-outs and injuries. The winning team must run the ball between the tackles, directly up the middle. The winning team cannot pass the ball or run any trick plays. The winning team cannot perform an onside kick, must fair catch or down any kick/punt return, and must declare a punt on all 4th downs.

Half Time

Half time for all age divisions will be 5 minutes.

Time Outs

3 per half. (Each Time Out Is 1 Minute)

- Two Coaches from each team will be allowed on the field. The Head Coach is coaching the team during the time out. One assistant Coach is providing water to the team while the time out is taking place.
- Team must come to the side-line if additional coaches are involved in the time-out.

Shortened Games / Delays

- Any game interrupted, halted or delayed due to an injury, rain, lighting, or dangerous / inclement weather conditions will count as complete game if the first half of the game has been played or the game exceeds 30 minutes. If the score is tied, the game stands as a tied game.

PENALTIES

1. Major Penalties are 15 yards for 8U, 10U and 12U games.
2. Minor infractions are 5 yards.

Side-Line Penalties

Penalties assessed for unsportsmanlike behavior against a team's sideline are:

8U, 10U, 12U: 1st offense – flag and 15 yard penalty.
2nd offense – flag and 15 yard penalty and/or ejection.

INDIVIDUAL: Same as above. The identified individual must leave the field on the 2nd penalty. The Head Coach is not charged with penalties and does not have to leave.

BENCH: Penalties which occur when the officials cannot identify the individual(s) responsible. The penalties are charged against the Head Coach. The Head Coach is ejected if the 2nd offense occurs.

Coaches or Spectators ejected from a game must leave the field immediately. This includes the playing field, spectator and concession stand area. Coaches or Spectators must go to the parking lot.

1. Coaches or team personnel are not to approach officials in a negative or unsportsmanlike manner after the game.
2. Officials are not to approach coaches, team personnel or spectators in a negative manner.
3. Any coach or team personnel ejected and / or written up for misconduct will automatically be suspended for 1 game. ***The coach will have absolutely no contact, communication, or connection with team during the one game suspension (game or practices).*** A second offense will result in suspension from the program. The coach must appear before the League Director & Athletics Staff for reinstatement.
4. All suspensions are subject to review or protest by the League Director and Athletics Staff.

All spectators must be kept away from the team(s) side line. Players, and Team Personnel who have passed a volunteer background check are only allowed on the team's side of the field.

Ejections

Any individual who is ejected at the discretion of the game official and/or parks and recreation staff must leave the playing area and/or facility immediately for the remainder of the day/night. Any ejection will result in disciplinary action, which could include suspension from the program, which shall be served during the next scheduled/played game. The Parks and Recreation Department will review all ejections, and may extend any suspension as deemed appropriate for the offense. Multiple ejections by the same offender could result in permanent suspension from the current program and other programs offered by Greensboro Parks and Recreation. Any suspension issued will apply to regular season and post season tournament games.

Suspension Policy

The Suspension Policy is designed to control individual behaviors while attending athletic activities for the purpose of maintaining a positive environment and wholesome recreational atmosphere at events. The following outlines the procedure for disciplinary action toward an individual (participant, coach, parent, or spectator), or team who violates Parks and Recreation Department rules, regulations, and applicable by-laws. Suspensions will be tracked and monitored by parks and recreation staff. Individuals who have been suspended will be placed on probationary status for the remainder of the current season, possibly longer depending on the severity of the infraction. Depending on the severity of the infraction, some suspensions may prohibit the offender(s) from participating in activities in any way, including attending as a spectator, for a designated length of time or number of games. In addition, a suspension may carry over to other future programs the offender chooses to participate.

CODE OF CONDUCT AND EXPECTATIONS

You can be ejected / asked to leave the program area or suspended from the Youth Football Program if the following happens:

- 1. Violation of Laws, City Ordinances Or Code Of Conduct**
- 2. Blatant Disregard For The Rules / Policies Set Forth By The Parks & Recreation Department**
- 3. Use Of Profanity**
- 4. Disrespect To A Game Official**
- 5. Disrespect To A Parks & Recreation Staff Member**
- 6. Taunting Your Opponent Or Umpire**
- 7. Inappropriate Language Or Gestures**
- 8. Fighting, Swinging, Hitting, Or Kicking**
- 9. Endangerment Of Other Participants, Coaches, Parents Or Spectators**
- 10. Leaving The Stands Or Bench Area For The Intent Of Harming Another Individual.**
- 11. Number Of Offenses On File**
- 12. Prior Complaints**

Definitions of Possible Disciplinary Actions

Verbal Warning – Parks and Recreation staff will verbally discuss undesirable conduct with the individual(s). This meeting will outline the expectations of the department and reinforce to the individual(s) that conduct detrimental to the integrity of the program will not be tolerated and could result in further disciplinary action. Verbal warnings will be documented on file.

Single or Multiple Game Suspension – Parks and Recreation staff will suspend individual(s) for one or more games. Any individual(s) who have been suspended may not participate in the designated number of games. Depending on the severity of the infraction, Parks and Recreation reserves the right to prohibit involvement in any activities, including attending practices and games as a spectator, for the designated length of the suspension. If a coach/parent is suspended, additional trainings may be required to complete prior to the individual(s) being able to participate in activities following the designated suspension.

Season Suspension – Parks and Recreation staff will suspend individual(s) for the remainder of that sports season. Any individual(s) suspended for the season may be banned from the facilities, games, and practices for the remainder of that season.

Year Suspension – Parks and Recreation staff will suspend individual(s) for one calendar year, which will include all athletic events or programs. After one calendar year, the individual(s) will then have to make a formal request to Parks and Recreation staff to be reinstated to the program.

Indefinite Suspension – Parks and Recreation staff will suspend individual(s) from further involvement in any athletic event or program indefinitely.

Note: Disciplinary actions imposed on individual(s) during Adult or Youth sports programs may affect their eligibility to volunteer as a coach in our youth sports programs. Certain suspensions may require a meeting between Parks and Recreation staff and the individual(s) prior to being permitted to participate in future programs and/or seasons.

Levels of Infractions and Associated Penalties

Prior to instituting a suspension, Parks and Recreation Staff may issue a verbal warning. The following outlines the various levels of infractions/offenses and the associated penalties that may accompany the infraction/offense. Examples of offenses under each level is to serve as an example and is not all-inclusive of behaviors that may warrant a certain penalty. Repeated offenses by the same individual or team could result in immediate dismissal from the league and indefinite suspension.

LEVEL 1	
<i>OFFENSE</i>	<i>PENALTY</i>
Failure to abide by all City of Greensboro and/or Parks and Recreation Department established rules, regulations, guidelines, and by-laws; excessive or abusive arguing with officials, coaches, participants, and parks and recreation staff; refusing to abide by any league officials or parks and recreation staff decision; taunting, mocking, or harassment of other players, coaches, officials, or spectators; profane language and/or gestures; disruptive or malicious behavior, displaying unsportsmanlike conduct.	May not be preceded by a warning, immediate ejection and removal from premises, and minimum one game suspension, but could be up to entire season suspension.

LEVEL 2	
<i>OFFENSE</i>	<i>PENALTY</i>
Issuing a public threat with the intent to inflict bodily harm with a piece of equipment or body part, verbal abuse with the intent to offend, defame, or embarrass another individual; fighting; repeated Level 1 offenses.	May not be preceded by a warning, immediate ejection and removal from premises, and a minimum one-year suspension.

LEVEL 3	
<i>OFFENSE</i>	<i>PENALTY</i>
Any violation of Greensboro City Ordinances or North Carolina law to include, but not be limited to; use of alcoholic beverages or illegal drugs prior to, during, or after a game while on city property, possession of firearms, knives, weapons, etc.	May not be preceded by a warning, immediate ejection and removal from premises, and an indefinite suspension.

In Case Of Emergency

For major emergencies, follow ALL steps.

For minor emergencies, follow the **BOLD** items ONLY.

1. **Assess the injury.**
2. Activate the medical response plan / emergency action plan.
3. Send a “phone runner” to call emergency medical personnel and to call or locate the injured person’s parents if under age.
4. **Administer basic first aid.**
5. Send another person to direct the arriving emergency medical personnel.
6. Prepare the injured person to be transported. **Do not move the injured person until emergency medical personnel arrive or if the scene becomes unsafe.**
7. Designate someone to go to the hospital with the injured person if parents, spouse or relative are not available.
8. **Field/gym supervisors, coaches or staff on duty must interview witnesses and fill out an Accident Report. This report is due in the Athletic Director’s office within 24 hours of the emergency or accident.**

Emergency Phone Number (for Rescue, Fire or Police) – Dial 911

Prevention

- If a player is injured during a game, only the Athletic Staff, officials and the coaches will be allowed on the playing field with the injured player. Persons who are available with any type of first aid training (first responder, athletic trainer, EMT, nurse or doctor) will be allowed to help the injured person. All other players must go to another area of the bench or field. Spectators will not be allowed on the field at any time during the game.
- Anyone administering first aid, especially in dealing with blood and/or other bodily fluids should wear protective gloves and any other personal protective equipment that is available.
- An accident form must be completed by field and gym supervisors, and coaches at the scene for every emergency and/or accident. Forms must be submitted within 24 hours to the League Director.

Concussion Information

SIGNS OBSERVED BY COACHING STAFF

Appears dazed or stunned
Is confused about assignment or position
Forgets an instruction
Is unsure of game, score, or opponent
Moves clumsily
Answers questions slowly
Loses consciousness (even briefly)
Shows mood, behavior, or personality changes
Can't recall events *prior* to hit or fall
Can't recall events *after* hit or fall

SYMPTOMS REPORTED BY ATHLETE

Headache or "pressure" in head
Nausea or vomiting
Balance problems or dizziness
Double or blurry vision
Sensitivity to light and noise
Feeling sluggish, hazy, foggy, or groggy
Concentration or memory problems
Confusion
Just not "feeling right" or is "feeling down"

When a Concussion is Suspected: If you suspect that an athlete has a concussion, implement the following IMMEDIATELY:

1. Remove the athlete from play. Look for signs and symptoms of a concussion if the athlete has experienced a bump or blow to the head or body. **When in doubt, sit them out.**
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion. Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.
4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom - free and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

The City of Greensboro requires a medical release form from the physician before the player can return to play. This documentation must be submitted to the League Director for clearance. League Director will notify the Head Coaches when clearance has been obtained. Parents must bring the medical release form to the Parks and Recreation Administration Office located at 2400 16th Street, Greensboro, NC 27405.

<u>Age Group</u>	<u>8U</u>	<u>10U</u>	<u>12U</u>
Age Cut-Off Date	September 1, 2023	September 1, 2023	September 1, 2023
Field Length	100 Yards	100 Yards	100 Yards
Game Time Length	(4) 7 minute quarters	(4) 8 minute quarters	(4) 8 minute quarters
<i>Scoring</i>	6 pts. Touch Down 1 pt. PAT- (Run / Pass) 2 pts. PAT (Kick) 3 pt. Field Goal 2 pts. Safety	6 pts. Touch Down 1 pt. PAT- (Run / Pass) 2 pts. PAT (Kick) 3 pt. Field Goal 2 pts. Safety	6 pts. Touch Down 1 pt. PAT- (Run / Pass) 2 pts. PAT (Kick) 3 pt. Field Goal 2 pts. Safety
Play Clock	30 Second	30 Second	30 Second
Weight Limit for Skill players	100 lbs. or less	125 lbs. or less	No weight requirement for any position
Min. # of Players to Start and Finish Game	10 Players	10 Players	10 Players
Forfeits	Less than 10 Players	Less than 10 Players	Less than 10 Players
Half- Time	5 minutes	5 minutes	5 minutes
Time-Outs	3 per half	3 per half	3 per half
Tie Games	One High School Over Time During The Regular Season	One High School Over Time During The Regular Season	One High School Over Time During The Regular Season
Penalties	Major / 15 yd. Minor / 5 yard	Major / 15 yd. Minor / 5 yard	Major / 15 yd. Minor / 5 yard
Mercy Rule	Running Clock / 4 th quarter with a 24 point lead.	Running Clock / 4 th quarter with a 24 point lead.	Running Clock / 4 th quarter with a 24 point lead.
Defensive Alignment	Can't cover the Center or line up in the "A" Gaps / LB is 3 yards off the L.O.S.	Can't cover the Center but can line up in the "A" Gaps LB is 3 yards off the L.O.S.	NCHSAA Football Rules
Offensive Alignment	Strip Players must play interior line with their hand on the ground. (Tackle to Tackle)	Strip Players must play interior line with their hand on the ground. (Tackle to Tackle)	NCHSAA Football Rules
Punts	All punts must be declared. Teams must punt the ball. Defensive Team cannot move until the ball is kicked.	All punts must be declared. Teams must punt the ball. Defensive Team cannot move until the ball is kicked.	NCHSAA Football Rules
Must Play Rule	1 st . 11 players play entire 1 st quarter -Next 11 players play the entire 2 nd . quarter	1 st . 11 players play entire 1 st quarter -Next 11 players play the entire 2 nd . quarter	1 st . 11 players play entire 1 st quarter -Next 11 players play the entire 2 nd . quarter
Ball Size	Wilson K-2 or Comparable	Wilson K-2 or Comparable	Wilson TDJ or Comparable
Mouth Piece with Strap	Yes	Yes	Yes
Cleats	Rubber Molded	Rubber Molded	Rubber Molded
Jewelry	No Jewelry allowed	No Jewelry allowed	No Jewelry allowed