

2021 Football Rules  
Oldham County Youth Football  
P.O. Box 133  
3785 Jones Dr.  
Buckner, KY 40010

### ORAGANIZATION

- Districts will be set up as close to the Oldham County School District Boundaries as possible, with the child's permanent address being the final determination of the district the child plays. However, children of the head coach may have the options to play as above or on the team of the head coach, assuming age appropriateness. It is ultimately the responsibility of the OCYFL Board to determine where participants will play. Every child that signs up to play in the OCYFL, will be given the opportunity to do so. **Teams are not guaranteed.**
- Each child will play in each game. If a child is present and does not play in a game, the head coach must submit in writing to the board of Directors immediately following the end of the game, why that child did not play. Each Player must participate in a minimum of 8 plays(4 per half) excluding special teams.

### ELIGIBILITY

- Completed the Registration and been assigned on a team
- Birth Certificates provided to OCYFL
- Not participating in any other organized football league

### DIVISION RULES

General	Pewee	Junior	Senior
Age	Any player that is 5 as of Feb 1, plus ages 6 and 7 based on their age on Aug 1st	Any player ages 8 and 9 based on age on Aug 1st	Any player ages 10 and 11 based on age on Aug 1st, plus anyone that turns 12 with birthday between May 1 - Aug 1 and entering the 6th grade
Weight Limit to Carry	70	95	125
Over Max Weight (X Players)	Not eligible to carry or receive; can line up at TE spot but ineligible; Can advance a fumble/int on defense; A player with an "X" can lineup in backfield for purpose of a kick, but cannot advance the ball	Not eligible to carry or receive; can line up at TE spot but ineligible; Can advance a fumble/int on defense; A player with an "X" can lineup in backfield for purpose of a kick, but cannot advance the ball	Not eligible to carry or receive; can line up at TE spot but ineligible; Can advance a fumble/int on defense; A player with an "X" can lineup in backfield for purpose of a kick, but cannot advance the ball

### PRACTICE

- There will be no practice allowed before the official date assigned by the Board of Directors. A practice is considered the gathering of three or more players and a coach to practice football under the rules of the KHSAA.
- No contact will be permitted during the first week of practice
- Water or other sufficient liquids must be available at all practices and games. Each player is to be provided with water and breaks will be given as needed
- No Practice will take place in any lightning storm or other severe weather. All KHSAA Heat regulations must be adhered to during high heat index times
- No Team or Player will be allowed to scrimmage/practice with a team from a different age division and any scrimmage outside of our league has to be approved by the Executive Board
- Scrimmages and Joint Practices shall be limited to one night per week to ensure that adequate practice time is spent on individual skills and coaching the fundamentals of football to each participant
- No Practice to Exceed 2 hours per day
- Max 4 days per week before Oldham County schools start (Max 8 hours a week)
- Max Three days per week during school year(Max 6 hours a week)
- No Practice will be permitted after dark, except on a lighted field
- No practice past 8:00PM during school year
- Players must have a minimum of 6 hours of conditioning before full contact.
- No contact until July 26<sup>th</sup>. Full contact after July 26<sup>th</sup> if 6 hours of conditioning are completed.



## COACHES

- The Coaches Committee, as a representative of the Board of Directors, will select the Head Coach, of any team. All candidates for Head Coach must submit an application and must meet with the Coaches Committee for an oral question and answer session.
- All candidates for Head Coach and Assistant Coaches must agree to a Criminal Background Check.
- The Head Coach of any team may fill their staff with a maximum of five assistants. Only 6 adult coaches including the head coach allowed on the sideline. One Coach should be utilized to ensure that players receive the appropriate playing time.
- Only the Head Coach will be permitted to address officials as it relates to questioning a call or requesting clarification. No sideline or field profanity will be tolerated. A 15 yard unsportsman like penalty will be enforced.
- Coaches are responsible to have on file, all doctor release documentation for any player that misses practices and games for medical reasons. The documentation to be provided to League coordinators before the child is eligible to participate. The Officials will determine if the cast meets NFHS rules
- All Head Coaches will be required to complete the USA Football – Youth Certification for Contact and will be reimbursed by the League.

## GAMES

KCYFA Rules			
General	Pewee	Junior	Senior
Age	Any player that is 5 as of Feb 1, plus ages 6 and 7 based on their age on Aug 1st	Any player ages 8 and 9 based on age on Aug 1st	Any player ages 10 and 11 based on age on Aug 1st, plus anyone that turns 12 with birthday between May 1 - Aug 1 and entering the 6th grade
Weight Limit to Carry	70	95	125
Rules on X	Not eligible to carry or receive; can line up at TE spot but ineligible; Can advance a fumble/int on defense; A player with an "X" can lineup in backfield for purpose of a kick, but cannot advance the ball	Not eligible to carry or receive; can line up at TE spot but ineligible; Can advance a fumble/int on defense; A player with an "X" can lineup in backfield for purpose of a kick, but cannot advance the ball	Not eligible to carry or receive; can line up at TE spot but ineligible; Can advance a fumble/int on defense; A player with an "X" can lineup in backfield for purpose of a kick, but cannot advance the ball
Referees	1 KHSAA / 2-3 Apprentices	4 KHSAA	4 KHSAA
Weight Ins	Equipment Handout	Equipment Handout	Equipment Handout
Insurance	Requires personal insurance for primary; league carries a secondary policy	Requires personal insurance for primary; league carries a secondary policy	Requires personal insurance for primary; league carries a secondary policy
Game Rules			
Time	4 x 8 min Quarter	4 x 8 min Quarters	4 x 8 min Quarters
Running Clock	2nd half 24+ Spread	2nd half 24+ Spread	2nd half 24+ Spread
Half-time	8 min	8 min	8 min
OT	4 from 10 until winner	4 from 10 until winner	4 from 10 until winner
Minimum Play	League Governed	League Governed	League Governed
Center Coverage	cannot line up heads up (or off shoulder) of center	no restrictions	no restrictions
Special Teams			
Kickoff	None- ball placed on 35*	None- ball placed on 35*	Ball placed on 35*
Punt	25 yard walk off / dead ball - clock stops upon declaration; No punts inside the 26	25 yard walk off / dead ball - clock stops upon declaration; No punts inside the 26	25 yard walk off / dead ball - clock stops upon declaration; No punts inside the 26
Extra Point	From 3 - run 1 pt, pass 2pt, kick 2 pts (kicks are not live)	From 3 - run 1 pt, pass 2pt, kick 2 pts (kicks are not live)	From 3 - run 1 pt, pass 2pt, kick 2 pts (kicks are not live)
*TBD if it is 30yd line or 35 (I mistakenly put 35 in but our rules say 30)			

- Each team is allowed three (3) time-outs per half.



- The Visiting team will provide three (3) ADULT chain workers for the entire game. Chain workers are not allowed to aid the coaching staff in any way during the game. Also, Chain workers are not to discuss or dispute calls with the Officials. Failure to provide could cause loss in seed points.
- No person(s) will be allowed on the field during game time that is Not listed on the approved squad roster.
- Each team will be allowed one (1) person on the video stand for the purpose of videoing the game. These persons are not to openly cheer for their teams as such action could incite anger with the fans below in the stands.
- No one with a communication device is permitted on the video stand or the press box. No Coach is permitted to follow behind the opposing team with a communication device as it could be utilized to determine the opposing teams' plays

#### **MAX WEIGHT LIMIT**

- All Weigh-ins are to be conducted by a member of the Board of Directors.
- The Weigh-In is to be done on the day equipment is issued. If a registered player has not weighed in by the last equipment makeup day then they will automatically receive an "X" in black tape on the back of their helmet.
- All Weigh-Ins are final.
- Any player over the Division Max Weight limit must have an "X" in black tape located on the back of their helmet.
- A player with an "X", may line up in the backfield for the purpose of a Kick. They are allowed to move to recover a bad snap. They cannot make a move to advance the ball.
- Defensive Players with an "X", can advance a fumble or interception. The play is not dead.
- Anyone found to have ALTERED the "X", placed on a helmet by a Board Representative, will be immediately removed from that game along with the Coach. The Coach will be suspended for 1 game and the player is ineligible for the remainder of the game that the infraction is observed.

#### **PLAYOFFS**

- A single elimination tournament will be played to decide the league champion.
- Teams with the greatest number of seed points using OCYFL website rules will determine the regular season champion and the tournament seeding.
- Teams that do not provide adequate concession support as scheduled, will be docked seeding positions and possible game forfeiture.

#### **CONCUSSIONS**

- If a player's coach, referee, or player's parent speculates that a player may be concussed, the player's helmet will be taken immediately and not given back until Board of Directors receives written document from a doctor releasing the player to play.