

NORTHEAST COLUMBIA

NCFA

FOOTBALL ASSOCIATION

Welcome to the Northeast Columbia Football Association (NCFA). Our mission is to provide a safe haven for all our participants, and to learn the basic fundamentals of Football and Cheerleading in a stress free environment.

All of our registrations, practices, and games are held at Polo Road Park. The NCFA is a member of NCYSA. We also abide by the two platoon system, which means that every player will start and play the entire game. This guarantees maximum playing time, not the minimum.

- **All tackle games will be played on Sundays beginning at 2:30 PM**
- **All flag games are played on Monday nights beginning at 6:45 PM**

Included in the cost of the \$125 are the use of the leagues' helmet and shoulder pads, mouth pieces, a game jersey, a participation trophy, insurance, and Richland County usage fees. We also offer family discounts.

ARTICLE XII

PLACEMENT OF PLAYERS

Section 1. All players will be placed in a tier by standards set by weight and age of players. If a player's age changes during the season to the age of another tier, that player will be moved up to the appropriate tier. If a player turns 13 after 1 August 2009, He/She remains eligible for Upper Tier play.

Section 2. The weight and age standards are:

- A. To participate in the Tackle League, players must meet the minimum weight of 50 lb.
- B. Age and weight standards are as follows:
 - 1. Flag Football- Ages 5 - 6 (coed). No weight minimum
Exceptions- Age 4 with parent consent and waiver
 - 2. Lower Tier- Ages 7 and 8. Weight 100-lb. maximum.
 - 3. Middle Tier- Ages 9 and 10. Weight 130-lb maximum.
 - 4. Upper Tier- Ages 11 and 12. Weight 160 maximum.

Section 3. Any player who does not meet league weight requirements and desires to play in a different tier other than the one prescribed, may request in writing to play in the league or another tier. Each request will be handled on a case by case basis and must have the approval of the Executive Committee. Once the Executive Committee decision is made and registration accepted, the petitioning player(s) may only participate in the League in the tier in which they are placed.

Section 4. How players will be placed on teams:

- A. Returning players in the same tier will return to their previous year's team unless they have elected to return to draft for placement on another team.
- B. A head coach's child/children will be placed on their father's team unless otherwise requested.
- C. An assistant coach's child/children may be on the team in which he assists.
- D. A sponsor's child will be placed on the sponsored team unless otherwise requested.

- E. Brothers and sisters will be placed on the same team unless otherwise requested.
- F. All remaining players will be placed into the draft.
- G. Requests will be accommodated within reason provided there is appropriate weight and size distribution between teams.

Section 5. Player selection draft:

The League Executive Committee will conduct a blind draft for each tier with the participation of all League coaches.

The draft shall proceed with placement of players as described in Section 4. The remaining players will be selected in a blind drawing, grouped according to age and weight. Players will be selected in a manner that will allow each team to have an equal number of players in that age group.

The team with the least number of returning players in a tier will have the first selection in the draft. After that selection, the remaining teams will make selections in the order of descending numbers of returning players. This selection order will continue until all players have been selected.

There will be no trading of players unless; the Executive Committee has approved it in writing by majority vote. A single team may request a trade of up to three players.

All late registering players shall be placed in the same manner as described above.

Section 6. All players must maintain a "C" average in school to play for the Northeast Columbia Football Association. An exception may be made on a case-by-case basis by approval of the Executive Committee (majority vote) for disabilities or specific schools curriculum.

Section 7. If a player is suspended from school/bus for any reason, he will not be allowed to participate in all games or practices until the suspension is lifted. The player will be required to sit out the next game immediately after the suspension is initiated, regardless of the number of days of the suspension. Second suspension will result in the child being dismissed from the league with no refund. This will be handled on a case by case basis.

ARTICLE XIII

RULES OF PLAY FOR THE NCFA

- Section 1.** The league shall allow the head coach to practice his team no more than 3 times per week. All practices will be limited to no more than two hours in length and will not go beyond 8:00p.m. No practice will be allowed the day following a game.
- Section 2.** All coaches must ensure all their players are picked up and not left unattended after practice is completed. In the event of a recurring problem, the Vice President of the league should be notified.
- Section 3.** No practice drills that expose a player to repetitive violent hits or contact without sufficient recovery time or time to avoid injury, like "Bull in the Ring" shall be allowed. This rule does not apply to hits that occur as part of a standard game or scrimmage.
- Section 4.** While participating in or representing the League, the coaches, parents, spectators, players, and coordinators are not allowed to:
- A. Use alcoholic beverages, drugs, or tobacco products.
 - B. Use profanity.
 - C. Physically or verbally abuse a referee, another coach, player, or parent.
- Violating any of the above rules is grounds for immediate and unconditional permanent expulsion or temporary suspension from the League by the Executive Committee by majority vote.
- Section 5.** Coaches and coordinators should conduct themselves in a proper manner at all times. They should teach the values of good sportsmanship and fair play to the players and demonstrate the same in their conduct while in the field.
- Section 6.** All head coaches are responsible for all equipment issued to their team by the league. This is to include the timely return of the equipment at the end of the season. Coaches must notify a league official if a player leaves the team.
- Section 7.** All head coaches and coordinators are responsible for the actions of their players and assistants while involved with league activities.

Section 8. Coaches are not allowed to teach their players to use their helmets to spear players while tackling or blocking.

Section 9. All practices will be held at Polo Road Park unless arranged otherwise through the Executive Committee.

Section 10 All game rules will be the same as those used by the South Carolina High School League with the following exceptions:

- A. The lower tier shall play eight-minute quarters with a ten-minute intermission.
- B. The middle tier shall play eight-minute quarters with a ten-minute intermission.
- C. The upper tier shall play eight-minute quarters with a ten-minute intermission.

Note: The intermission can be changed to 20 minutes with the approval of both coaches prior to the start of the game.

- D. There is to be no rushing the kicker on the punts, point after attempts or field goals in any tier.
- E. The 15yd penalties shall be reduced to 10 yards on the lower field.
- F. (Tackle to Tackle only) In all defense formations, no more than (5) players must be on the line of scrimmage and all other players on defense must remain 5 yards back from the line of scrimmage. Once the offensive huddle is broken no defensive player may move toward the line of scrimmage. (Within 5 yards.)
- G. There is no limit on the number of players on the line of scrimmage inside the "red zone", which is from the defense's 20 yard line to the goal line being defended.
- H. No offensive player over 70 lb. in the lower tier can advance the ball by way of handoff, pass reception or lateral, from any place on the field, except by recovery of fumble, interception, or return of a punt or kickoff. Violation of this rule is grounds to forfeit the game in which the illegal advancement occurred by majority vote of the League Board, quorum present.
- I. No offensive player over 95 lb. in the middle tier can advance the ball by way of handoff, pass reception or lateral, from any place on the field, except by recovery of fumble, interception, or return of a punt or kickoff. Violation of this rule is grounds to forfeit the game in which the illegal advancement occurred by majority vote of the League Board, quorum present.

- J. No offensive player over 115 lb. in the upper tier can advance the ball by way of handoff, pass reception or lateral, from any place on the field, except by recovery of fumble or interception. Violation of this rule is grounds to forfeit the game in which the illegal advancement occurred by majority vote of the League Board, quorum present.
- K. Official weigh in date is the official weight of a player for their position. If a child is not weighed in on weigh in date, by a League official, the player is prohibited from advancing the football in a game, except by recovery of a fumble or interception.
- L. Notwithstanding the above prohibitions, all defensive players are eligible to recover a fumble or advance an interception.
- M. All players over the weight limit to run the ball must be on the line during a punt return / Kick-off return.

Section 11 The two-platoon system shall be used. All teams will consist of 22 players or a number approved by the executive board. There will be 11 offensive and 11 defensive players. An offense and defense roster must be turned in to the Executive Committee, at the start of every game with the position that each player will play. Failure to turn in a roster will result in forfeiture of the ball and a 15yd penalty at the start of the game. If a player's position is changed during the game, the referee and opposing coach must be notified immediately. A player's position may be changed only once during the game, except in the event of injury. Noncompliance substitutions that result in an advantage to a team is grounds for a protest and shall result in game forfeiture if proven by majority vote of the League Board, quorum present.

Section 12 The only game protests that may be brought to the League Board are the following:

- A. Those pertaining to the eligibility of a player or players. The protest shall be filed immediately following the game by the head coach of the protesting team. The protest will be heard within one week of the game by a special meeting of the Board. Actions taken shall be decided by the Board and can lead to forfeiture of the game under protest if decided by majority vote, quorum present.
- B. Protest of the substitution rule shall be made at the earliest possible moment to a league representative. The league representative shall at that time determine the action to be taken to ensure the substitution rule is followed.

Section 13 All coaches, assistants, spectators, and players shall adhere to the following CODE OF CONDUCT:

- A. No coach or player shall demonstrate disagreement with an official's decision by strong language, physical display, or other antics designed or intended to intimidate or embarrass the officials.
- B. Only the head coach shall discuss with an official the official's decision on a ruling.
- C. No coach or player shall refuse to abide by an official's decision.
- D. No coach or player shall use unsportsmanlike conduct in the play of the game.
- E. No coach or player shall at any time lay a hand on, push, shove, strike, threaten to strike or otherwise attempt bodily harm to an official, coach, player or spectator.
- F. No coach, player or spectator shall use personal verbal abuse upon any official, coach, spectator, or player.
- G. All coaches must adhere to the league uniformity dress policy.

If a coach does not abide by the rules of conduct, they will be suspended from the league.

Section 14 The coach of the home team, of the first game, is responsible for setting up the field for play. The home team of each game is responsible obtaining volunteers to run the first down chains and down markers at the team game. The coach of the home team of the last game will be responsible for returning the field equipment to the equipment room.

Section 15 Refunds: A full refund will be issued if a child(ren) decides not to play before the 1st practice starts. 50% refund will be issued before the end of the second practice. No refunds will be issued after the second day of practice.

There will be a \$20 discount for each additional sibling participating in the football league and a \$10 discount for a sibling participating in the cheerleading league.

Section 16 Lower tier coaches will be allowed on the field. A coach may coach from the sideline if he chooses. After the play has been given on both offense and defense, the coach will move back from the ball for the team to execute the play. The coach cannot resume communication with his team until the ball is SNAPPED.

Penalties for interference are as follow:

1st offense: Warning

2nd offense: 10 yards

Middle and upper tier coaches will not be allowed on the field.

Only the Head Coach, his assistants (max of 5 coaches), the team mom and the players are allowed in the coaches' box They cannot proceed pass the 20- yard line on the sidelines. All Coaches and players must stay within the 50-20 yard line on their side of the field. No cell phone use on coaches' side of the field during the game. Violation of this will result in a 15yd penalty.

Section 17 Player and Parent Placement:

Players and Coach's will be placed on the left side of the field. There will be no more than five coaches per team on the side. Coaches must be uniformed. Parents will be placed on the right side of the field and will not be allowed on the side with the players. Any family member on the left side of the field will result in their child's team being disqualified and the game will be forfeited.

No spectators are allowed beyond the 20- yard line on either end of the field.

Section 18 The use of Fog Horns and Loud Noise Makers will not be allowed at Polo Road Park.

Section 19 AWARDS

Each child will receive a trophy for participating in the league. The championship teams will receive a larger trophy.

Note: If a coach or coordinator violates any of the above rules, disciplinary Actions may be taken depending on the severity of the infraction. Coaches and Coordinators may be given a warning. If the same infraction occurs a second time, the coach or coordinator shall be ejected from the park. Violation of these rules could also constitute grounds for a no trespass citation from the Richland County Sheriff's Department.