



President: Todd Spielman
Vice President: James Faulkner
Secretary: Leia Anderson

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2024 EBC Youth Tackle Rules

ADMINISTRATIVE RULES

These rules have been agreed upon and adopted by a majority vote by the Alliance, Carrollton, Marlinton, Minerva, Salem, and West Branch youth football associations. They reflect the concepts adopted by the Head Varsity Coaches as stated in the League Charter. The EBCYFL board consists of each association, providing two board members, with each association having one vote. It is the responsibility of the board members to distribute and inform all coaches of these rules.

League Divisions

- There are three divisions: Bantam (K, 1st, 2nd grade), Junior Varsity (3rd/4th grade) and Varsity (5th/6th grade).
 - Each team must consist of at least 14 players. (see page 5, section: teams, article: team size for split team structure)
- Each school will have the choice to structure divisions at their discretion.

Age Limits

- Age limits for the EBCYFL are as follows:
 - Bantam 1st/2nd grade division: 8
 - Junior Varsity 3rd/4th grade division: 10
 - Varsity - 5th/6th grade division: 12
- Players in the appropriate grade that do not turn the age limit before August 1 are permitted to play in that division.
- Players who turn the age limit before August 1 must play in the next higher division regardless of grade.
- Seventh graders are not permitted to play, regardless of age.
- Sixth graders that are 13 before July 24th are not allowed to play.



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Weights

- **Weight Limits** - Note, these include 7 lbs to compensate for players wearing full gear during the weigh-in.
 - Bantam - 1st/2nd grade division: 80 lbs
 - Junior Varsity - 3rd/4th-grade division: 120.0 lbs
 - Varsity - 5th/6th-grade division: 145.0 lbs
- **Helmet Stickers:**
 - Overweight Players: A player above the weight limit must have an X sticker placed on their helmet before the start of the season. X's must be at least 2" x 3" in size and be of a contrasting color.
 - X Sticker and Red Dot: Indicate the player is over the weight limit. ~~This sticker stays on all year long.~~
 - ~~Yellow Dot: This means the player is within 10 lbs of the max weight limit at the initial weigh-in. Coaches are required to weigh yellow players every game during the season.~~
 - ~~Gameday X: An X sticker will be applied to the player's helmet for the game if they are over the weight limit at the gameday weigh-in.~~
- **X Player Rules:**
 - Can't Play:
 - Quarterback, Running backs, Wide Receiver, Tight End on offense
 - ~~Linebacker~~, Corner, or Safety on defense
 - Can Play:
 - Tackle, Guard, Center, or Punter on offense
 - ~~End, Tackle, & Nose~~
 - Stance
 - Defense players on the interior line must be in a three or four point stance.
 - Exception: Players on offense are permitted to be in two point stance, all other rules still apply.
 - Fumble or Interception:
 - Not permitted to run or catch the football. In the event this happens, the play will be whistled dead at the spot of the fumble recovery or interception.
- **Rosters:**
 - ~~All programs must weigh all players and submit a list of their "X" and "Y" players to the league by the day jersey numbers are due. The weights will go on the rosters that are made available on the league's website~~



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Game Day Weigh-In

- Facilitation: The home team must facilitate gameday weigh-ins.
- When: Thirty minutes before the first game or ~~half-time by the beginning of the 4th quarter~~ of the previous game.
- Who gets Weighed: The head coaches shall meet to weigh their yellow and red players. Red players don't need weighing unless a coach feels they are under the weight limit for that game. If deemed to be under the weight limit, the "X" sticker may be removed for that game but must be replaced after the game.
- Weigh-in Process: During weigh-ins, only one coach from each team will be present. There will also be a representative from the board of the home team. There will be no variation from the set weight limits in the rules. Players must be presented and weighed while wearing all their gear as if they were ready to play.
- Cheating: If a player is caught altering equipment to pass weigh-in, the player and head coach will be suspended for four quarters. Any player that is challenged and deemed to be over the weight limit must have an "X" placed on their helmet and that information must be submitted to the league for updates to be made to the rosters.
- Equipment: Digital scales are preferred for weigh-ins. However, standard scales are acceptable. All scales shall be calibrated per that scale's manufacturer's recommendations. An organization may bring their digital scales to away games if that venue does not have digital scales available. Weights are required to validate calibration.
- If Over Weight Limit: Players found to be above the weight limit must have an X placed on their helmet. ~~Once a player is indicated as being over the weight limit, that player will be indicated as such for the duration of the year.~~ The X player has the availability, if meets requirements, to remove the X. Scales will need to be available and the head coach will need to see a designated person (30 minutes before 1st game or by the 4th quarter of game before) to be reweighed.
 - Example: In the Varsity division, if a player weighs 145.0 lbs, that player meets the requirements. However, if that player were to weigh 145.1 lbs, that player is deemed above the weight limit and must have an X placed on their helmet.
- ~~Players Missing Weigh-ins: Yellow players that miss the weigh-in are ineligible to play unless they are presented to the opposing team's head coach and weighed. Any other late players are eligible~~



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Teams

- **Team Size**
 - In an effort to uphold a full-participation league as defined in the EBCYFL Charter, ~~organizations must split their divisions into multiple teams~~ organizations have the option to split into multiple teams with a minimum of:
 - ~~30 players~~ 32 players: 2 teams
 - 52 players: 3 teams
 - 64 players: 4 teams
 - You cannot bump players up to the next level to avoid splitting a team unless the grade above you has 14 kids or less.
- **Number of Players on Gameday**
 - If a team has only 10 players, the opposing team must match with 10 players. If a team drops below 10, the other team doesn't have to go below the 10 number.
- **Participation**
 - Coaches should strive to play each player a minimum of 4 plays per quarter.
 - Exceptions will be made for disciplinary reasons.
- **Scrimmages**
 - Maximum of three scrimmages before the games starts.
 - The scrimmage can not last longer than 2 hours
 - One day = one scrimmage, doesn't matter how many games are played as long as they are completed within a total of two hours..
 - Each scrimmage takes the place of a practice.
- **Coaches**
 - Reminder, it is your responsibility to coach your players and their parents as well. Ensure they understand the rules and what is expected of them from the parent code of conduct they sign.
 - All coaches are required to have a photo badge with their picture and background check ID displayed while on the field.
 - A maximum of ~~six~~ eight people are allowed in the coach's box during a game.
 - No whistles are allowed on the sideline during a game.

Chain Gang

- The home team is required to make sure the chain gang is on their side of the field for all games.
- If a school is hosting neutral games they are responsible for supplying the chain gang for the entire day.



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Paperwork

- Final rosters with jersey numbers must be turned in for each team to the EBCYFL Board by **August 11th**.
- Last day for new players is **August 23rd**.
- All schools must have how many teams per grade and Pageant or home game spec. in by **July 28th**.
- The following paperwork must be turned in:
 - **Prior to first practice:**
 - Sign-Up Form
 - Pre-Participation Physical Evaluation
 - **Prior to first game:**
 - Emergency Medical Authorization
 - Player Code of Conduct
 - Parent Code of Conduct
 - Birth Certificate
- Head coaches must have copies of all paperwork with them at every game including a team roster with jersey numbers.
- Players with incomplete or missing paperwork will not be permitted to play.
- During the “Game Day Weigh-Ins” constitutes the only time any paperwork can be challenged.

Game Schedule

- Each team will have five scheduled games in the event of an uneven division; more games may be necessary.
- Games may start earlier than the scheduled time if both coaches agree, but no more than fifteen minutes early. Games that are delayed due to a previous game running past the scheduled time will start no less than five minutes after the conclusion of the previous game.
- No stacking of teams will be allowed in any division.
- **3 Referees are ideal for each game (Bantam, JV, Varsity).**
- **Minimum of 3 referees required to be able to play**
- **No referee, No game**
- **Game will need to be rescheduled at earliest convenience and is up to teams to reschedule**
- **If a team has a bye week during the season schedule they are able to play a scrimmage with a non EBC team, they must provide their own referees.**



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Practice Schedule

- Practice will start 6 weeks prior to Labor Day weekend with games starting on August 25th. Games skip Labor Day weekend.
 - Week 1 (7/29) = 4 days, 2 hours each day
 - First 2 days helmets only
 - Next 2 days full equipment (No contact)
 - Week 2 (8/5) = 4 days, 2 hours each day
 - Full contact
 - Week 3 (8/12) = 4 days a week, 2 hours each day
 - Week 4 (8/19) = 3 days a week, 1 1/2 hours each day
 - September 23 = 2 days a week, 1 1/2 hours.
 - Teams are allowed to add players at their discretion after the official August 16th deadline to their teams as long as they do not have 29 or more players with a cutoff date of August 30th.

Safety Related Violations

- **Organization fines for the current season** (paid to EBC Youth Football Organization)
 - 1st offense = \$150
 - 2nd offense = \$300
 - 3rd offense = \$600
 - 4th offense = EBC Board meeting to discuss program terminations from the league.
- **Lifetime coach penalty**
 - 1st offense = head coach is suspended for one game
 - 2nd offense = head coach has a three-game suspension
 - 3rd offense = head coach is terminated from the league forever
- **Complaint Process**
 - Head coach, identifying a safety violation, contacts their local board president.
 - The local Board President contacts the EBC League Board President.
 - The EBC President determines the merit of the violation and holds an emergency meeting if appropriate.
 - The EBC Board views facts and votes accordingly.
 - If the school is found to be in violation and a fine is levied, the school has one week to submit payment to the EBC League President.



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Ejection For Unsportsmanlike Conduct

- **Players, Coaches, Football Administrative Personnel (Athletic Directors)**
 - Any player, coach, or administrative personnel ejected or disqualified for unsporting conduct or flagrant foul shall be ineligible to participate, coach, or attend any EBCYFL contest for the **remainder of that day**. Coaches and administrative personnel ejected or disqualified must leave the premises; they are **not** permitted to enter the spectator area. Players ejected or disqualified may enter the spectator area, but are not permitted to sit on the bench or be affiliated with their team prior to or after the game.
 - In addition, the ejected or disqualified person is ineligible to participate or coach **any** EBCYFL contest at all grade levels until **one** contest has been played by the specific team that the ejected or disqualified person was associated with at the time of the ejection or disqualification. The suspended person may attend contests, but must be seated in the spectator area and cannot give direction or advice to players or any person assigned to fulfill their duties before, or during the contest.
 - Any coach, or administrative personnel ejected or disqualified for unsporting conduct or flagrant foul shall also take an online class through the NFHS (Teaching and Modeling Behavior) at their expense with the appropriate certificate of completion submitted to the league prior to being eligible to participate in any EBCYFL contest. This requirement is in addition any other discipline.
- **Cool Down Period**
 - The Official has the ability to send a player to the sideline for a cool down period. That period's duration is at the discretion of the player's coach as to when the player is calm and ready to return to the game.
- **EBCYFL Incident Report**
 - An EBCYFL Incident Report **must** be completed and submitted to the EBCYFL Board for all ejections within **10 days** of the incident by the referee **and** the ejected person or their representatives.
 - All incident reports will be reviewed and kept on file by the EBCYFL Board.
- **Last Contest of the Season**
 - Any player, coach, or administrative personnel ejected or disqualified for unsporting conduct or flagrant foul during the last contest of the season is subject to the same rules above as applied to **"the remainder of the day."**
 - In addition, the ejected or disqualified person is ineligible to participate or coach any EBCYFL contest at all grade levels until **the first** contest of the following season has been played by the specific team that the ejected or disqualified person was associated with at the time of the ejection or disqualification.



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- **Subsequent Ejections or Disqualifications**
 - Any player, coach, or administrative personnel ejected or disqualified for unsporting conduct or flagrant foul for a second time shall be ineligible to participate or coach **any** EBCYFL contest for the remainder of the season.
 - If the second ejection or disqualification occurs during the last contest of the year, that person is ineligible to participate or coach **any** EBCYFL contest at all grade levels until **the first** contest of the following season has been played by the specific team that the ejected or disqualified person was associated with at the time of the ejection or disqualification and possibly longer as determined by the EBCYFL Board.
 - Any coach or administrative personnel ejected or disqualified for unsporting conduct or flagrant foul for a second time may be subject to further discipline, including indefinite suspension, as determined by the EBCYFL Board.
- **Enforcement**
 - Ejections or disqualifications are final. There is no appeals process. It is the responsibility of each organization to ensure the enforcement of this regulation. Failure to comply with a suspension will result in forfeiture of the associated contests and further discipline as determined by the EBCYFL Board.

Background Checks

- All board members, coaches, and assistants, for football and cheerleading must submit to a standardized background check. This background check will be performed by NCSI (National Center for Safety Initiatives). Information on how to submit to this background check can be found on the league's website. Each person subject to a background check will be responsible to pay the \$25 fee and associated processing charges.
- All "pending" coaches are "red lighted" if not confirmed by game time.
- A copy of an acceptable background check must be available at all practices and games. Any person that has not submitted to and passed a background check shall not be involved in instructing children at practices or be in the coaches box at games.
- Current high school and middle school students that assist with practices are not subject to this background check requirement.
- The EBCYFL will not accept any types of appeals as they relate to background checks. Any person that is not otherwise given a satisfactory background screening by the organization determined by the Board of Directors to conduct such background checks for the EBCYFL, will not be eligible to participate in any type of supervisory position with the EBCYFL or its affiliate programs.



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Lindsay's Law: Sudden Cardiac Arrest in Youth Athletes Awareness

Lindsay's Law, Ohio Revised Code 3313.5310, 3707.58 and 3707.59 went into effect in 2021. In accordance with this law, the Ohio Department of Health, the Ohio Department of Education, the Ohio High School Athletic Association, the Ohio Chapter of the American College of Cardiology and other stakeholders jointly developed guidelines and other relevant materials to inform and educate students and youth athletes participating in or desiring to participate in an athletic activity, their parents, and their coaches about the nature and warning signs of sudden cardiac arrest.

Coaches, athletes and parents are required to visit <https://www.odh.ohio.gov/en/landing/Lindsays-Law> to review the resources that were developed to implement Lindsay's Law. There are two sections, one for parents/guardians and youth athletes. The other is for Coaches to review.

Eligibility

- Any youth residing in the geographical area comprising the schools of the Eastern Buckeye Conference and vicinity is eligible for participation within the Eastern Buckeye Conference Youth Football League, Inc. provided that:
 - An appropriate fee is paid for participation as determined by each local youth football program.
 - The youth can be outfitted with the required football safety equipment as prescribed by the OHSAA Middle School Rules.
 - The youth is within the acceptable age and grade limitations as outlined in the EBCYFL Administrative Rules and can provide proof of age and grade in school.
 - Students **must** be enrolled in the school district, whether because of residence, open enrollment, or waivers, that is associated with the youth football program they intend to participate; or live within that associated district and be home-schooled; or live within that associated district and attend a private school.
- **As a result:**
 - Students that live in a school district with an EBCYFL associated football program **are not** eligible to participate with that program if they attend a different public school.
 - Students that do not live within a school district with an EBCYFL associated football program **are not** eligible to participate with any EBCYFL associated football program if they are not otherwise already open enrolled with that associated school that they wish to participate in.
 - The youth does not have health limitations that would pose a health risk to themselves or others.



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Concussion Awareness

- The EBCYFL will conform to and enforce the concussion laws as adopted by the Ohio Legislation and written in the Ohio Revised Code.
- All coaches and assistants, including cheer coaches will be required to take a Concussion Awareness class once every three years. The class is free and can be found on-line at www.nfhslearn.com. Coaches will not be able to participate until that class is complete and a certificate is on file with the EBCYFL.
- To summarize, players that are removed from an event for signs of a concussion are not eligible to participate in any EBCYFL event for the remainder of the day and that player must be evaluated by a physician and given appropriate written clearance from the physician prior to participation in any EBCYFL event. Documentation must be forwarded to the league.
- Registration Packets for 2024 must include information for parents on concussion awareness. Parents must sign that they have received this information.



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GAME RULES

All Ohio High School Athletic Association Middle School Rules will apply except for the following:

Game Length

- Bantam: games will consist of two 30 minute periods and a 8 minute half
 - will have a running clock that stops on injury, scores, change of possession
 - each team will also get 3 timeouts per period that will stop the clock
- JV and Varsity: will consist of 12 minute quarters and a 8 minute half
- ~~Games will consist of four quarters lasting eight minutes each.~~
- ~~Half-time shall last no longer than ten minutes.~~

Football Size

- Wilson leather or composite balls for games.
- The home team is responsible for providing a game ball in good condition.
- 3rd/4th Grade Division - Wilson K2
- 5th and 6th Grade Divisions - Wilson TDJ

Defensive Schemes

- Bantam
 - ~~Defense: 5-2 or 5-3~~ 4 man front, no player over center and no center contact on snap
 - X player can play as defensive ends as long as X player is in a 3 or 4 point stance
 - 2 coaches from each school are allowed on the field
- Junior Varsity & Bantam
 - Safeties need to be lined up at least 6 yards off the ball.
 - 6 max linemen. All interior linemen must be heads up. They are not allowed to line up in a gap. (5th grade only, linemen can line up in gaps)
 - Ends can be in a 2 point, 3 point, or 4 point stance.
 - Linemen can stunt into the gap.
 - Linebackers are 3 yards off the ball and inside the box
 - If the corners are lined up inside, they must be 3 yards off the ball. If split out with the receiver, they can play up on the line. If uncovered and split out, they have to be 3 yards off the ball. Corners are not allowed in the box.
 - You must have three levels of defense at all times except when the offense requires a different formation, such as goal line defense when the ball is within 5 yards of the goal line. If a safety does come up for coverage, they have to stay in the same alignment as the linebackers. As a note, linebackers always have to stay three yards back.
- Varsity
 - No restrictions



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Controlled Blitzes

- **Junior Varsity Division**
 - No defensive players shall make a blitzing type motion, forward or otherwise, prior to or at the snap of the ball.
 - 1st offense – Warning
 - All subsequent offenses – 5 yard penalty
- **Varsity Division**
 - No restrictions on blitzes or movements.

Punts

- **Junior Varsity Division**
 - Physical punting is not allowed in this Division.
 - Coaches will have the option to “free kick” on 4th down if their team is on their side of the 50-yard line.
 - On declaration of a “free kick”, the ball will be placed 25-yards downfield from the spot of the ball and a change of possession will occur.
 - If a “free kick” is not declared or if the ball is on the opponent’s side of the 50-yard line, a play must be run.
- **Varsity Divisions**
 - Teams have fifteen seconds to declare a punt, option for a free kick, or a play must be run.
 - Game clock stops upon declaration of a punt and resumes when the ball is kicked.
 - Rushing is not permitted.
 - Each team no matter if on offense or defense must have seven players on the line.
 - Neither team is permitted to move downfield until after the ball is kicked.
 - The receiving team may catch the ball to stop it from rolling further down the field. Upon possessing the ball the play is dead. The receiving team can also simply let the ball roll, and where it stops, the ball will be dead. If the receiving team fumbles the ball and the kicking team recovers, they take possession but cannot advance the ball.
 - If a timeout is called, the play may be changed, but the opposing team must be made aware and given appropriate time to adjust.
 - Coaches will have the option to “free kick or punt” on 4th down if their team is on their side of the 50- yard line.
 - On declaration of a “free kick or punt”, the ball will be placed 25-yards downfield from the spot of the ball and a change of possession will occur.
 - If a “free kick or punt” is not declared or if the ball is on the opponent’s side of the 50-yard line, a play must be run.



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Extra Points (PAT)

- On extra points, the referee will stop the play and give the holder the ball. Once the referee blows the whistle, they are allowed to kick.
- A successful run will score 1-point.
- A successful pass will score 2-points.
 - Must have a forward pass at line of scrimmage
- A successful kick will score 2-points.
 - Rushing is not permitted. (Distractions allowed)
 - Kicks must be made from kicking blocks and the line must be in a normal stance.
 - 5 yards approach, maximum
 - 10 seconds to kick the ball once the ball is snapped. Time is to be kept by the ref on the field.

Field Goals

- A field goal will score 3-points.
- Teams have fifteen seconds to declare a field goal try or a play must be ran.
- The game clock stops upon declaration of a field goal try and resumes upon change of possession.
- You must have a timeout left to kick a field goal in the 4th qtr with a minute left not to exceed your 3rd timeout.
- Rushing is not permitted. (Distractions allowed)
- Kicks must be made from kicking blocks and line must be in a normal stance.
- For extra points and field goals, kickers are only allowed to be 5 yards deep off the kicking block.
- On field goals, the referee will stop the play and give the holder the ball. Once the referee blows the whistle, they are allowed to kick.

Safety

- Following a safety, the receiving team shall receive the ball placed on their 45 yard line.

Overtime

- If any game is tied after four quarters we will play an overtime period.
- Each coach will have 1 timeout.
- The visiting team will call the coin toss and have the option to accept or defer.
- Both teams will have a chance from the 20-yard line, if still tied, go to the 15-yard line and must go for a two point conversion.
- At the end of overtime if the score is still tied then the game will end in a tie.



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Mercy Rule

- JV and Varsity: If a team is up by 30 points or more at any time in the 2nd half the clock will stay running. If the score goes under a 30 point lead the clock will go back to stopping.
- ~~As a mercy rule, the starting QB and running backs must be substituted at any point if the score differential reaches 18 points or more. After the 18 point difference has been met, if the score drops below 18 points, the starters can go back in. Note, the starting QB and running backs are not allowed to play a skilled position on offense until the 18 point difference has been met.~~

Excessive Celebration Rule

- There will be no rushing the field. Celebrations must be held off end zones. Under no circumstance are parents allowed to charge a field after a game.

Unsportsmanlike Penalty for Coaches

- 15 yards, unsportsmanlike conduct on the head coach. If it happens twice, the coach will be ejected from the game.

Visors

- Visors (tinted or clear) are not allowed to be worn by players. **Tinted visors are illegal in football because if a player suffers a head or face injury, medical examiners may need to see their eyes without removing the helmet.** This was brought up by our new referees and follows the Ohio high school rules. To avoid confusion and a grey area in our rules, we've included clear visors as illegal due to issues our referees see with visors that look clear from a distance but obscure the player's eyes at a close distance.

Guardian Caps

- Approved for games.
 - "X" must be visible
 - Solid Color, matching team color