

**CENTRAL PIEDMONT FOOTBALL LEAGUE**  
**7 & 8 Year-Old Tackle**  
**2009 Simplified Rules**

**I. Timing**

- 8 Minute Quarters w/ a Regulation Clock (10-minute Halftime)
- Clock will stop for only the following:
  - Note: The Regulation Clock runs in accordance with NCHSAA rules. Regulation Clocks will stop for the following:
    1. Time Outs
    2. Penalties
    3. End of Quarters
    4. Out of Bounds
    5. Incomplete Passes
    6. Scores & Touchbacks
    7. Fair Catches
    8. Inadvertent whistles
- A JV clock will be used for all games. The clock will start on the ready.

**II. Game Ball**

- The official game ball shall be the Wilson K2

**III. Weight Limit**

- Maximum Weight Limit is 115lbs. Weights will be recorded at the team's first game. Each participant will be weighed in a shirt, shorts and socks. No equipment will be worn. This will be the participant's weight for the entire year. Once at 115lbs. or less, a participant will be allowed to gain no more than five (5) pounds above the maximum weight limit of 115lbs.

**IV. Scoring**

- Touchdown                      6 Points
- Kicked PAT                      2 Points
- Run/Pass PAT                    1 Point
- Safety                              2 Points
- Field Goal                        3 Points

## V. “Mercy Rule”

- If a team is trailing by 24 points they will retain possession of the ball until the 24-point deficit is reduced to less than 24 points.
- For Example: If Team A is ahead of Team B by 24 points or more, there shall be no further kick off. Team B shall be awarded the ball at the 25-yard line and continue forward, with downs not being recorded, until Team B scores. In the case of an interception or an offensive fumble where the defensive recovers then the ball will be returned to Team B at the 25-yard line. Otherwise, Team B will continue forward until it scores.
- Points scored on interceptions and fumble recoveries may be counted toward Team A’s point total in the above example.
- As long as the 24+ point differential is maintained, **Team A should use the balance of its reserve players in lieu of first-string players.**
- Once Team B reduced the deficit to under 24 points, Team B would kick to Team A and normal play would resume until one team maintained a lead of 24+ points.
- If a team is leading by 24+ points, the team will still be allowed to attempt the extra point following all touchdowns.

## VI. Mandatory Playing Rules (MPR)

1. Each player dressed and in attendance at a given game must play a minimum of 4 plays/game.
  - a) The plays must be from the line of scrimmage.
  - b) Kick-offs, extra points and free-kicks shall not be used in fulfilling the MPR requirement.
  - c) A play shall not count toward fulfillment of the MPR if the play results in a penalty that causes the down to be replayed.
  - d) All plays must be “active plays” that do not have the intent to minimize the action or integrity of the play. Plays such as, but not limited to, quarterback kneel-downs (Victory Formation) shall not be considered as active plays.
  - e) ***Players being held out for disciplinary reasons may be on the sideline. These players may only wear their jersey. Players above the weight limit may be on the sideline, but may not wear their shoulder pads and helmet.***

## VIII. Other

- Kick-Off will be from the 40-yard line.
- One coach from each team will be allowed in his/her respective backfield.
- Late-arriving players may weigh at Halftime and play in the 2<sup>nd</sup> half.
- Overtime will be handled in accordance with the NCHSAA “10-Yard Line Overtime Procedure”
- Mouthpieces must be worn and attached to the face mask
- Play clock is HS regulation of 25 seconds.

**CENTRAL PIEDMONT FOOTBALL LEAGUE**  
**10 & Under**  
**2009 Simplified Rules**

**I. Timing**

- 8 Minute Quarters w/ a Regulation Clock (10-minute Halftime)
- Clock will stop for only the following:
  - 9. Time Outs
  - 10. Penalties
  - 11. End of Quarters
  - 12. Out of Bounds
  - 13. Incomplete Passes
  - 14. Scores & Touchbacks
  - 15. Fair Catches
  - 16. Inadvertent whistles
- Note: The Regulation Clock runs in accordance with NCHSAA rules. Regulation Clocks will stop for the following:
  - 9. Time Outs
  - 10. Penalties
  - 11. End of Quarters
  - 12. Out of Bounds
  - 13. Incomplete Passes
  - 14. Scores & Touchbacks
  - 15. Fair Catches
  - 16. Inadvertent whistles
- A JV clock will be used for all games. The clock will start on the ready.

**II. Game Ball**

- The official game ball shall be the Wilson TDJ

**III. Weight Limit**

- Maximum Weight Limit is 135lbs. Weights will be recorded at the team's first game. Each participant will be weighed in a shirt, shorts and socks. No equipment will be worn. This will be the participant's weight for the entire year. Once at 135lbs. or less, a participant will be allowed to gain no more than five (5) pounds above the maximum weight limit of 135lbs.

**IV. Scoring**

- Touchdown                      6 Points
- Kicked PAT                      2 Points
- Run/Pass PAT                    1 Point
- Safety                            2 Points
- Field Goal                        3 Points

## V. “Mercy Rule”

- If a team is trailing by 24 points they will retain possession of the ball until the 24-point deficit is reduced to less than 24 points.
- For Example: If Team A is ahead of Team B by 24 points or more, there shall be no further kick off. Team B shall be awarded the ball at the 25-yard line and continue forward, with downs not being recorded, until Team B scores. In the case of an interception or an offensive fumble where the defensive recovers then the ball will be returned to Team B at the 25-yard line. Otherwise, Team B will continue forward until it scores.
- Points scored on interceptions and fumble recoveries may be counted toward Team A’s point total in the above example.
- As long as the 24+ point differential is maintained, **Team A should use the balance of its reserve players in lieu of first-string players.**
- Once Team B reduced the deficit to under 24 points, Team B would kick to Team A and normal play would resume until one team maintained a lead of 24+ points.
- If a team is leading by 24+ points, the team will still be allowed to attempt the extra point following all touchdowns.

## VI. Mandatory Playing Rules (MPR)

2. Each player dressed and in attendance at a given game must play a minimum of 4 plays/game.
  - a) The plays must be from the line of scrimmage.
  - b) Kick-offs, extra points and free-kicks shall not be used in fulfilling the MPR requirement.
  - c) A play shall not count toward fulfillment of the MPR if the play results in a penalty that causes the down to be replayed.
  - d) All plays must be “active plays” that do not have the intent to minimize the action or integrity of the play. Plays such as, but not limited to, quarterback kneel-downs (Victory Formation) shall not be considered as active plays.
  - e) ***Players being held out for disciplinary reasons may be on the sideline. These players may only wear their jersey. Players above the weight limit may be on the sideline, but may not wear their shoulder pads and helmet.***

## VIII. Other

- Late-arriving players may weigh at Halftime and play in the 2<sup>nd</sup> half.
- Overtime will be handled in accordance with the NCHSAA “10-Yard Line Overtime Procedure”
- Mouthpieces must be worn and attached to the face mask
- Kick-Off will be from the 40-yard line.
- Play clock is HS regulation of 25 seconds.

**CENTRAL PIEDMONT FOOTBALL LEAGUE**  
**12 & Under**  
**2009 Simplified Rules**

**I. Timing**

- 8 Minute Quarters w/ a Regulation Clock (10-minute Halftime)
- Clock will stop for only the following:
  - 17. Time Outs
  - 18. Penalties
  - 19. End of Quarters
  - 20. Out of Bounds
  - 21. Incomplete Passes
  - 22. Scores & Touchbacks
  - 23. Fair Catches
  - 24. Inadvertent whistles
- Note: The Regulation Clock runs in accordance with NCHSAA rules. Regulation Clocks will stop for the following:
  - 17. Time Outs
  - 18. Penalties
  - 19. End of Quarters
  - 20. Out of Bounds
  - 21. Incomplete Passes
  - 22. Scores & Touchbacks
  - 23. Fair Catches
  - 24. Inadvertent whistles
- A JV clock will be used for all games. The clock will start on the ready.

**II. Game Ball**

- The official game ball shall be the Wilson TDJ

**III. Weight Limit**

- Maximum Weight Limit is 150lbs. Weights will be recorded at the team's first game. Each participant will be weighed in a shirt, shorts and socks. No equipment will be worn. This will be the participant's weight for the entire year. Once at 150lbs. or less, a participant will be allowed to gain no more than five (5) pounds above the maximum weight limit of 150lbs.

**IV. Scoring**

- Touchdown                      6 Points
- Kicked PAT                      2 Points
- Run/Pass PAT                    1 Point
- Safety                              2 Points
- Field Goal                        3 Points

## V. “Mercy Rule”

- If a team is trailing by 24 points they will retain possession of the ball until the 24-point deficit is reduced to less than 24 points.
- For Example: If Team A is ahead of Team B by 24 points or more, there shall be no further kick off. Team B shall be awarded the ball at the 25-yard line and continue forward, with downs not being recorded, until Team B scores. In the case of an interception or an offensive fumble where the defensive recovers then the ball will be returned to Team B at the 25-yard line. Otherwise, Team B will continue forward until it scores.
- Points scored on interceptions and fumble recoveries may be counted toward Team A’s point total in the above example.
- As long as the 24+ point differential is maintained, **Team A should use the balance of its reserve players in lieu of first-string players.**
- Once Team B reduced the deficit to under 24 points, Team B would kick to Team A and normal play would resume until one team maintained a lead of 24+ points.
- If a team is leading by 24+ points, the team will still be allowed to attempt the extra point following all touchdowns.

## VI. Mandatory Playing Rules (MPR)

3. Each player dressed and in attendance at a given game must play a minimum of 4 plays/game.
  - a) The plays must be from the line of scrimmage.
  - b) Kick-offs, extra points and free-kicks shall not be used in fulfilling the MPR requirement.
  - c) A play shall not count toward fulfillment of the MPR if the play results in a penalty that causes the down to be replayed.
  - d) All plays must be “active plays” that do not have the intent to minimize the action or integrity of the play. Plays such as, but not limited to, quarterback kneel-downs (Victory Formation) shall not be considered as active plays.
  - e) ***Players being held out for disciplinary reasons may be on the sideline. These players may only wear their jersey. Players above the weight limit may be on the sideline, but may not wear their shoulder pads and helmet.***

## VIII. Other

- Late-arriving players may weigh at Halftime and play in the 2<sup>nd</sup> half.
- Overtime will be handled in accordance with the NCHSAA “10-Yard Line Overtime Procedure”
- Mouthpieces must be worn and attached to the face mask
- Kick-Off will be from the 40-yard line.
- Play clock is HS regulation of 25 seconds.