

2023

NPCFL

12 Division

OFFICIAL RULES

&

REGULATIONS

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Section 1. – Determination of Eligibility for Players

1. The “12” Division: Any youth entering the 1st or 2nd grade and will not be nine (9) years old by September 1st of the current season will be eligible to participate.
2. The registration deadline will be determined each season by the Board of Directors. Any exceptions will be at the discretion of the Board of Directors. Any player wishing to register to play in the NPCFL after the registration deadline may still register to play no later than 12pm on Friday prior to the NPCFL player draft. The player registration must be approved by the NPCFL President and/or Vice President. The Board of Directors will be responsible for placing the player on the appropriate team.
3. Any player that does not attend at least one day of evaluations and whose football skill level is unknown, as determined by the NPCFL Board of Directors, must be evaluated by the NPCFL Board at a date determined by the Board. After the evaluation, the Board will place the player on a team to the benefit of the NPCFL. The player will not be drafted.
4. Each team shall have its entire roster checked and registered by the League on the designated “Weigh-ins”, which will be prior to the Draft. Any player not officially weighed in by the League prior to the Draft, shall be weighed in by two neutral board members and then classified as a running back or X-Man.
5. **Maximum allowable weight for ball carriers in 12 Division = 65 lbs.**
6. Any player who exceeds the maximum allowable weight for ball carriers shall be deemed an “X-Man”. **A single “X” must be placed on the front and back of the helmet. The “X” must be a distinctive - contrast in color and be no smaller than 3” high and 3” in width.**
7. The official registered weight of each player shall take effect during registration and/or the Weigh-ins and will last for the entire length of the season. The official weight registered by the League shall be considered final.

Section 2. – Medical / Injury Release for Players

Before any player is eligible to participate in any practice, game, or acceptance to any NPCFL team, he/she must have a parent or legal guardian complete and submit to the NPCFL Board an approved Medical / Injury Release Form to the NPCFL for each player. The child’s parent or legal guardian will by signing the Medical / Injury Release Form, release any and all liability of injury, pre-existing and or unforeseen injury to an eligible player registered with the NPCFL during activities on or off the league’s premises. This written release will be active for one eligible player per season. Further, such parents or guardians must comply with all rules, regulations, requirements, and codes of conduct outlined herein. Verification of any player’s date of birth and picture of player may be required of the parents or guardians prior to the player’s weigh-in eligibility. All forms, documents, or pictures shall become part of the permanent records of the NPCFL.

Section 3. – Coaches Eligibility

The Head Coaches for the NPCFL shall be selected and approved by the NPCFL Board of Directors. Decisions are based upon program needs, coaching experience, conduct history with children, and all relevant personal qualifications. Selection decisions of the Head Coaches by the NPCFL Board are for the term of (1) one season and are considered final for that duration. Each Head Coach must complete and submit an “NPCFL – Coaches Contract” and an “NPCFL Coaches Application” to the NPCFL Board before being named an NPCFL Head Coach. Background checks on persons wanting to coach in the NPCFL may be performed if deemed necessary by the NPCFL board.

Section 4. – Players Protective Equipment

Each parent is responsible for supplying his/her child with approved equipment. For the safety and protection of each player, the equipment used must be of sound construction with adequate padding. The NPCFL shall make available a list or contacts of local vendors for such equipment that in its opinion meets these requirements or if so available, the NPCFL will provide rental equipment based on established fees for a period of 1 season. Equipment must be inspected by NPCFL Coaches and staff and shall be subject to approval by the NPCFL Equipment Manager and/or the Board of Directors. All equipment (helmet, shoulder pads, mouth pieces, and football pants) must meet these standards for a player to participate in practice sessions and/or games.

The following items shall be worn by players in all divisions, anytime full contact will take place:

1. Helmet – Only helmets bearing the NOCSAE Seal of Certification may be worn. All helmets must bear the current NOCSAE approved “Warning Label” – the same label that is furnished by all helmet manufactures and quality reconditioning companies. (Note: Regulations regarding chin straps and face guards are to be followed per the National Federation Regulations).
 - ➔ Coaches, parents, and players are specifically cautioned not to alter, modify, paint, or otherwise make physical adjustments to helmets. Helmets will be provided with graphics/decals approved by the league and helmets should be cleaned with materials prescribed by the manufacturer.
2. Shoulder Pads (with all Straps, Clips, and Pads intact and fully functional)
3. Football Pants (with integrated thigh, knee, hip, and tail pads)
4. Jersey (to be provided by the league)
5. Mouthpiece (Keeper Strap required) – can be any color except white.
6. Athletic Supporter (optional, but recommended for male players only)
7. Shoes - In all divisions, only rubber cleated (non-detachable) shoes shall be allowed.
8. Eyeglasses – When worn, shall be of athletically approved construction with non-shattering (safety glass) or contact lenses.
9. Only clear helmet face visors are allowed.
10. Any additional equipment worn by players shall be subject to League approval.
11. Jewelry – All jewelry of any type shall be prohibited, except religious medallions, which must be covered by the player’s uniform.
 - ➔ Any player wearing any type of cast or splint will not be allowed to participate in activities requiring contact unless cleared by his/her doctor. The NPCFL must have written proof of such authorization. That player is welcome to participate as an observer or spectator for his/her team if not cleared.

Section 5. – Team Equipment

The league will provide each team with the following equipment:

1. (2) Practice Balls
2. (1) Blocking Dummy
3. (2) Blocking Shields

➔ This will be inventoried and monitored by the League closely through the NPCFL Equipment Manager.

Section 6. – Game Ball

The game ball shall be of quality grade leather or approved synthetic leather by the NPCFL Board. Equivalent footballs may be used in game situations, but the specifications must be within the range of those specified below for each division of play:

<u>Manufacturer</u>	<u>“12” Division</u>
Wilson	K2
Nike	1000K
Under Armor	Pee Wee

➔ The use of stick-um on the football or the application and use of such on any player’s hands is not allowed.

Section 7. – Field of Play

All teams shall be provided with a modified size field for the 12 Division for all league games. The field will be 80 yards in length with a 10-yard end zone on either end. The field will also be 5 yards narrower on both sides. All fields will be properly marked and equipped with defined goal areas. Any deviation from these regulations of playability must be

approved by the Board of Directors. Field preparation shall be the head coaches' and assistant coaches' responsibility as directed by the NPCFL Director of Equipment/Maintenance.

- ➔ It is the responsibility of all Head Coaches, their Assistants, and team players to police the field(s) and pick up trash and water bottles after each Practice or Game session. If your team is the last game on the 12 Division Field on any game day, it is your responsibility to pick up all yardage markers, down marker, and chains from your sideline and place in the end zone nearest the concession stand.

Section 8. – League / Game Rules

All NPCFL games shall be played under the same football rules adopted by the Indiana High School Athletic Association (IHSAA) except as stated herein or determined by the NPCFL.

Section 9. – Team Number / Size

Based upon the total amount of registered players, it is the intent of the NPCFL to field enough teams each season to accommodate a minimum of:

1. "12" Division = 8 to a maximum of 13 players per team
 - ➔ Players registering after teams are assigned may be placed on teams judged most fair as deemed by the NPCFL Board of Directors.

Section 10. – Player Draft

To institute a level playing field, the Board of Directors may elect to strategically place players based on individual skill level or institute a draft. If a draft is selected, it shall follow the guidelines set below.

1. All weights of participants must be final before the day of the draft. Any child who has not been weighed in by a board member before the draft will be bracketed by the weight on their registration or physical form. After the draft the child will be weighed by two (2) neutral board members and be classified as a running back or lineman ("X-Man").
2. Other than the head coach's child and one (1) board approved assistant's child, only siblings are guaranteed to be on the same team.
3. Absolutely no ride requests will be honored.
4. Absolutely no re-weights will be allowed. The first recorded weight will be final for the duration of the NPCFL season.
5. Draft procedures will be determined by the Board of Directors each season.

Section 11. – Team Administration

After formation of teams, the Head Coach shall be responsible for the following:

1. Selection of a Team Mom and report him/her to the Director of Team Moms
2. Distributing Team Photo materials
3. Inspecting each player's equipment for safety
4. Issuance of league provided game jersey
5. Issuance of Season Schedule to each team member
6. Providing an information letter from team to parents at the beginning of each season.
7. Maintaining an accurate roster and basic team statistics for team activities.

Section 12. – Practice / Game Schedules

1. Each team is permitted to have three (3) functions per week. This can consist of three (3) practices with no game or two (2) practices with a scheduled warm-up and game on Saturday. Practice days must fall on Tuesdays, Thursdays, or Saturdays. Saturday practices will be allowed if a team does not have a scheduled game or there is not a federally observed holiday or has not already practiced three (3) times that week.
2. There will be no practices allowed on Fridays or Sundays period. Practices may be held on Mondays and/or Wednesdays but must be approved by the NPCFL Board in advance.

3. For scheduled practices, there will be a 2-hour time limit per team per day. Thirsty (30) minutes will constitute a practice day. The NPCFL Board or its representative(s) may cancel a scheduled practice day if it is felt that weather or other conditions may cause harm to players, parents, coaches, or other persons at the field(s).
4. All practices and games will be held at the New Palestine Cadet Football League complex, located behind New Palestine Junior High School.
5. Each team will be allowed one (1) Head Coach, two (2) Assistant Coaches and one (1) Team Mom or Trainer over and above the team players on the sideline during a game. No one else will be allowed on the sideline. Players, Coaches, or Staff will not be allowed beyond each 20-yard line.
6. It will be the Home Team's responsibility to supply two (2) people for yardage chains and the Visiting Team's responsibility to supply one (1) person for the down marker at each game.

Section 13. – Mandatory Play

The following shall be the mandatory play rule for all teams in the 12 Division. The emphasis of the NPCFL is on individual player growth and development on both sides of the ball: offense and defense.

1. All players listed on a team roster must either start on offense or defense and play at least 50% of all snaps in each game. It shall be the responsibility of each Head Coach to assure conformance to this rule.
2. Each player must play a minimum of 8 plays on offense as well as defense of each game unless:
 - 2.1 An unusual event occurs that the number of plays a team has is grossly disproportionate to the other.
 - 2.2 If a parent and coach agree that a player is injured to the extent he/she must not participate.
 - 2.3 If a player's parent or guardian requests that their child not play in a game, the Head Coach is obligated to uphold that request.
 - 2.4 If a player has two (2) unexcused absences from practice or pre-game warm-up in a given week, the mandatory play rule is not in effect and that player can be required to sit out the following game.
 - 2.5 If a player has one (1) unexcused absence from either a practice or pre-game warm-up, playing time will be at the coach's discretion. Being more than fifteen (15) minutes late to a practice or pre-game warm-up, unexcused, will also result in playing time being at the coach's discretion.

Section 14. – Player Designations

Each player shall wear a jersey numbered 0 through 99 inclusive.

1. During a game in which a PA system is used, the number and/or name of any player committing a foul or is subject to a penalty shall not be publicly announced.

Section 15. – Blocking and Tackling Restrictions

The National Federation rulebook contains extremely strong language on blocking and tackling. It is the responsibility of every Head Coach to be fully informed of and abide by all such rules of the governing body (National Federation). In addition to other specific prohibitions in the National Federation, no butt blocking, cut blocking, face tackling, or spearing techniques shall be permitted. If such techniques or any other forbidden tactics by the rulebook are taught by any Head Coach or Assistant Coach, the said Coach shall be dismissed from the League, upon being found guilty of such teachings following a review by the NPCFL Board of Directors.

Section 16. – General Rules for 12 Division

1. No player weighing more than 65 pounds may be an offensive or defensive back. Any player that exceeds 65 pounds (X-Man) may not advance the ball on offense. If this occurs, the ball will be returned to the original line of scrimmage with a loss of down enforced.
2. Coaching Participation = Each team is permitted two (2) coaches on the playing field, but:
 - 2.1 They must be a minimum of ten (10) yards deeper than the deepest player on their side of the ball at the start of play AND remain there for the duration of the play.

- 2.2 Minimal voice or hand signals shall be allowed after a team breaks from the huddle, only formation alignments or restrictions may be instructed. If a coach goes beyond that, a 5-yard penalty may be assessed to the team, after one warning by the officials.
- 2.3 No coach on the field will be permitted to give specific directional instruction to their players on the field after the ball is snapped. Any violation of this rule can result in an illegal procedure penalty against the offending team.
3. **Crack Back / Blind Side Blocking**
Any player who hits an opposing player who is not carrying the ball and does not see the blocker approaching (crack back block) will be assessed a personal foul resulting in a fifteen (15) yard penalty being assessed to the penalized team. The game official(s) may issue a verbal warning in lieu of a penalty flag for a team's first offense. (The Flanker cannot initially block down (or crack) on the DE or LB.)

Section 17. – General Offensive Rules for All Levels

To keep the teaching of the fundamentals of football technique the emphasis of the league, and to lessen confusion, strict rules as to offensive alignment will be enforced.

1. Due to the restrictions on the rules for defensive formations, no unbalanced lines will be permitted.
2. Line splits may not exceed three (3) feet.
3. All interior linemen must be in a 3-point stance at the snap of the ball.
4. When not explicitly amended by these rules, all IHSA football rules are in effect.

Section 18. – Offensive Rules for 12 Division

1. The play book for the 12 division will be limited to specified plays as set forth by the Board of Directors. This rule will be strictly enforced.
2. The offense will consist of a Center, two (2) Guards, two (2) Tackles, a Quarterback, two (2) Running Backs, and a Flanker.
3. Anytime an offensive team huddles, ALL offensive players on the field MUST be present in the huddle to receive the play call and assignment.
4. Players that exceed the established weight limit to carry the ball in the 12 Division (X-Men) are required to play either the Guard or Center position. If a team has more than three (3) X-Men, then the remaining X-Men must play at the Tackle positions. The Quarterback, Running Backs, and Flanker positions must be occupied by players eligible to carry the ball pursuant to 12 Division weight restrictions.
5. The only permitted line formation will always have a Center aligned over the football, two (2) Guards aligned to either side of the Center, and two (2) Tackles aligned to the outside of each Guard.
6. The Quarterback will always align directly behind the Center to receive the direct snap under center.
7. The two (2) Running Backs must align at least one (1) yard deeper than the feet of the Quarterback and no wider than the inside leg of the Offensive End. The actual alignment of the Running Backs is at the discretion of the offensive coach within these parameters.
8. The Flanker must align at least one (1) yard behind the line of scrimmage and at least one (1) yard wider than the outside leg of the Tackle and must be approximately ten (10) feet from the sidelines (no extra wide flanker splits). The actual alignment of the Flanker is at the discretion of the offensive coach within these parameters.
9. No pre-snap motion or shifting will be permitted in the 12 Division. Coaches will be permitted to realign a player aligned illegally or improperly with enough time given to the defense to adjust to the change prior to the snap.
10. The offensive team may run any play from the NPCFL playbook from this formation with these exceptions:
 - 9.1 Only one flanker reverse per half will be allowed.
 - 9.2 A quarterback sneak may be run ONLY when the offense is at or within the 5-yard line going into the endzone or inside the 5-yard line coming out of their own end zone.

Section 19. – General Defensive Rules for All Levels

To keep the teaching of the fundamentals of football technique the emphasis of the league, and to lessen confusion, strict rules as to defensive alignment will be enforced.

1. X-Men must occupy positions either on the line of scrimmage (LOS) or as linebackers. X-Men may never play in the secondary (cornerback or safety).
2. The defense must commit to align a member of the Secondary over any eligible offensive receiver aligned outside the Running Back Box, ex: no Flanker is to be ignored or left uncovered at the snap of the football.
3. **At no time must any player align deeper than three yards into his/her own end-zone.**
4. All defensive players are required to align in the positions described and may not stunt, or blitz, or otherwise be moving toward the Line of Scrimmage prior to the snap except for adjustments.
5. Defensive players of any weight can return a fumble or interception. X-men may only return fumbles or interceptions when they make the original play (ex: Defensive teams may not lateral to an X-man during returns).
6. When not explicitly amended by these rules, all IHSAA football rules are in effect.

Section 20. – Defensive Rules for 12 Division

1. The defense will consist of two (2) Defensive Tackles, two (2) Defensive Ends, two (2) Inside Linebackers, two (2) Cornerbacks, one (1) Free Safety.
2. The two (2) Defensive Tackles must align on the Line of Scrimmage (LOS) in a three (3) or four (4) point stance in a strict head up (nose on nose) position across from the Offensive Guards.
3. The two (2) Defensive Ends must align on the LOS in a three (3) or four (4) point stance in a strict head up (nose on nose) position across from the Offensive Tackle.
4. The two (2) Inside Linebackers must align at least four (4) yards off the LOS in a two (2) point stance in a strict head up (nose on nose) position across from each Offensive Guard. **Any time the offense has less than three (3) yards to gain for either a first down or a touchdown, the Linebackers may align as close to the LOS as the first down or goal line, but at no time may the Linebackers align closer than two (2) yards to the LOS.**
5. The one (1) Weak Side Cornerback will align wider than the offensive formation and never closer to the LOS than 4 yards regardless of the down and distance. This position is played more like an Outside Linebacker.
6. The one (1) Strong Side Cornerback will align head up on the flanker, no closer than 4 yards from the LOS.
7. **The Free Safety may align anywhere on the field, at least 7 yards from the LOS.**
8. Once the opponent reaches the 5-yard line, a Goal Line Defense may be used. Both Defensive Tackles will align on the LOS in each of the “A” gaps (the area between the Offensive Center’s foot and the inside foot of the Guards) in a three (3) or four (4) point stance. **All other positions remain unchanged.**
9. **The defensive team must be (and is considered to be) “set” once the offensive team breaks their huddle. ALL defensive line players may not switch or move positions to intentionally create a favorable size matchup. After the offensive team breaks the huddle, the defensive coaches may only move defensive line players to insure they are aligned in the proper “head up” position. (The offensive coaches may choose to move or switch positions of their offensive line players to adjust to the “set” defensive line players. This should be done in a timely manner so as not to disrupt the normal flow of the game.)**

Section 21. – Kickoffs

1. There will be no Kickoffs or Free Kicks in the 12 Division. The ball will be spotted at the 30-yard line.
2. In the event of a Free Kick After a Safety, the receiving team will be awarded a first down and possession of the ball at their own 40-yard line.

Section 22. – Punts

1. There will be no Punts in the 12 Division.

2. Should the Offensive team determine that a punt is necessary, the Offensive Coach will declare his intent to punt. At that point, the game official will spot the ball 20 yards downfield from the current spot and the Defensive team will be awarded possession with a first down.
3. At no time may the resulting spot after a punt be deeper than the receiving team's own 20-yard line.
4. At no time may the Offensive team declare a punt when the ball is spotted inside the Defensive team's 20-yard line. The Offense must continue to attempt to score and if it fails on downs, the ball will be awarded to the Defensive team at the resulting spot regardless of the yard line.

Section 23. – Place Kicks

1. Place kicks are not permitted in the 12 Division.

Section 24. – Extra Points

1. All extra point attempts after a touchdown will be spotted at the three (3) yard line.
2. If the Offensive team crosses the goal line by way of a running play, they will be awarded one (1) point.
3. If the Offensive team crosses the goal line by way of a forward pass play, they will be awarded two (2) points. The forward pass itself does not need to be completed into the end zone for the play to count for two (2) points.
4. Any turnover created by the Defense during an extra point attempt will immediately result in a failed attempt and a dead ball.

Section 25. – Opening Coin Toss

1. IHSAA rules will govern the coin toss before each game.
2. The visiting team captain will always make the heads or tails call.
3. The winner of the toss may choose to kick, receive, or defer their choice for the second half. If they defer, the team that loses the coin toss must choose to determine possession of the ball.
4. The team that does not determine possession must choose which goal they will defend.
5. The team that does not determine possession to start the game must determine possession for the second half.
6. There is no guarantee of possession to begin any half beyond the choices made by the team captains.

Section 26. – Length of Play

1. Maximum length of regulation play in 12 Division = four (4) eight (8) Minute Quarters.
2. The Modified Running Clock method will be used except inside two (2) minutes of each half.
3. The clock will stop for all penalties, plays terminating out of bounds, incomplete passes, and change of possession. However, the clock will restart when the ball is spotted by the official and signaled "ready for play".
4. Regular IHSAA timing rules will be used inside two (2) minutes of each half.
5. Intermission Length:
 - 5.1 Between 1st and 2nd and 3rd and 4th quarters = 2 minutes (max.)
 - 5.2 Between 2nd and 3rd quarters (halftime) = 10 minutes (max.)
6. The Director of Officials or appointed game official shall inform the Head Coach's from both teams as to who will keep the official game clock.
7. Play clock: From the time the ball is marked "ready-for-play", the offensive team has 45 seconds to snap the ball. After one warning, a five yard "delay of game" penalty will be called.
8. Time-outs:
 - 8.1 Each team shall be allowed three (3) time outs per half.
 - 8.2 Length of time outs shall not exceed two (2) minutes.

Section 27. – Overtime

1. If a regular season contest ends in a tied score, teams will be allowed to participate in only one IHSAA style overtime period to break the tie.

2. The overtime will begin with a coin toss. The winner may choose either to determine which team will have the first possession, or which end zone will be used for the overtime. The loser of the toss will determine that which was left undecided by the winner. Each team begins the overtime period with one available timeout. (Unused timeouts from regulation will not carry over into overtime.)
3. Each team will begin their overtime possession with the ball spotted at the ten (10) yard line in a first and goal situation. The offense will maintain possession until they either score, turn the ball over on downs, or give up possession by way of a turnover.
4. In the event of a turnover, the Defense will be permitted to attempt to return the ball for a touchdown at the opposite end zone. If the Defense ever scores by way of a turnover in overtime, the game is ended at that point.
5. If the score remains tied after each team's possession in overtime in the regular season, the official score will be a tie. Under no circumstances will more than one overtime period be played in the regular season.
6. If a playoff contest ends in a tied score, teams will participate in as many overtime periods as necessary to determine an ultimate victor. Unused timeouts in playoff overtimes will not carry over into additional overtime periods. One timeout is available to each team each period.

Section 28. – Player Shortages

1. If a team cannot field a full team of nine (9) eligible players at any time during a game, it may continue the game with eight (8) players.
2. If any team is only able to field eight (8) eligible players, the opposing team must only play eight (8) players as well.
3. Teams in an eight (8) man situation will align without a Flanker on offense and a Safety on defense.
4. At no time will a game continue with less than eight players per team. Failure by a team to put at least eight eligible players on the field will result in a forfeit.
5. At no time may a team voluntarily reduce its player numbers to eight (8) if nine (9) eligible players are available for participation.

Section 29. – Mandatory Mercy Rule

When a team is ahead of the other by 24 points or more, all offensive plays by said team must be ran between the offensive tackles. A penalty of 5 yards from the original line of scrimmage and loss of down will be assessed for each play ran outside of the tackles. This penalty will be strictly enforced regardless if the team calls the play or if the player decides to run outside of the tackles on his own.

Section 30. – Protesting of Games

Protests shall be handled by the Board of Directors according to the provisions established by the league and its members. Protests shall be allowed on interpretation of the rules stated herein. Matters involving the judgment of a game official will not be considered. Protests must be made in writing to the Board of Directors within (48) hours of the game's (in question) completion. The Board of Directors' decision on each matter will be final and no other avenue of protests shall be allowed.

Section 31. – League Standings

League standings will be used to determine bracket placements during the year-end playoffs. In the event of a divisional tie, tie breakers will be determined as follows:

1. Head-to-Head record
2. Points against total
3. Points scored total
4. Points against head-to head
5. Points scored head-to-head
6. Coin flip

In the event of a three-way tie, the first tiebreaker would only apply if one team has defeated each of the others or one team has lost to each of the others. If two teams are tied after a third team is eliminated during any step, tiebreaker reverts to Step 1.

Section 32. – Coaches Conduct

Each head coach and his assistants shall concentrate always on promoting the purposes of the NPCFL and the merits of good scholarship, citizenship, classroom conduct, and teamwork at home as well as on the football field. Players are encouraged to confide in parents/coaches when they are having scholastic problems and are to be excused from practice, with no penalty attached, until such problems are remedied to parental satisfaction.

1. Verbal or physical abuse to/at players or referees will not to be tolerated regardless of the circumstances. Swearing on the part of or in the presence of team members is strictly forbidden. It is the responsibility of any person knowing of such violation to report such to the Board of Directors for official review.
2. Game referees shall be required to report all infractions specified above to the Director of Officials and he shall submit such matters to the Board of Directors for review. Such referee shall also have the option of ejecting any players/coaches from any game for infractions/violations of terms stated herein.
3. Players are to be excused from participation in practice and/or games in the event of illness or injury, provided such absence is required by the parents. In the event of obvious injuries involving major joints, head, or fractures, players shall not be allowed to participate in practice and/or games until a doctor's certificate of fitness is furnished and filed with a member of the Board of Directors. All team members and coaches shall recognize that safety is of prime importance in the NPCFL program and shall act accordingly in all situations.
4. All major injuries as defined in item 3. (above) are to be reported in writing to a member of the Board of Directors as soon as the extent of such injuries are known within 48 hours, regardless if caused by any activity that prevents them from playing.
5. Coaches are responsible for ensuring that all players wear mandatory equipment at all practices and all games.
6. The head coach shall have the option to pick one (1) assistant coach. The Head Coach and only one (1) assistant will be allowed to designate their son(s) be placed on their respective teams. There will be no more than four adults on the sideline at any one time except as determined by the Board of Directors.
7. All coaches and assistants shall attend all meetings or training sessions that are required by the Board of Directors and shall be notified when and where these are held.
8. All coaches and assistants shall abide by all rules and regulations as specified herein or any other rules as otherwise provided for by the Board of Directors. Failure to comply with any of the rules set forth as specified herein may subject such person to censor or expulsion from the NPCFL.
9. There will be absolutely no smoking or use of alcoholic beverages on or around the premises of the NPCFL or its activities.

➔ Any coach that is ejected from a game is automatically suspended from their next game and must appear before the NPCFL Board of Directors for further review. Upon review, the board reserves the right to administer additional penalties that may include future practice and/or game suspensions or removal from the league.

Section 33. – Parental Conduct

1. Parents are required to furnish transportation to and from practice sessions and games. A legal guardian or an appointed adult must be present at all NPCFL activities for each player.
2. Spectators and non-players are not permitted to enter the neutral zone as marked along the sidelines and end zones. Spectators are to remain behind the marked five-yard buffer zone that runs the length of the field. At no time should a spectator enter the field of play. This is cause for immediate ejection by the officials.
3. Swearing or verbal abuse by anyone towards players, coaches, officials, board members, or spectators will not be tolerated at ANY time. If this occurs during a game, the referee, coach or NPCFL Board Member may request the individuals to leave the field and/or a fifteen (15) yard penalty may be assessed for any violations stated herein.
4. Physical violence or threats of physical violence by anyone towards players, coaches, officials, board members, or

spectators will not be tolerated. Violators may be banned from attending NPCFL activities.

5. All IHSA, CSCSHC, and NPCFL Rules and Regulations apply to all NPCFL activities. Parents and participants are to comply, ex: NO weapons, NO alcohol, NO drugs, or NO contraband. There will be absolutely no smoking or use of alcoholic beverages on or around the premises of the NPCFL or its activities.
6. If a parent or spectator is ejected from a game or practice for violation of one or more of the above rules, they may not attend the next league game. If a spectator is ejected from a second league activity, they may be banned from NPCFL activities for the rest of the season. The Board of Directors reserves the right to review each situation individually.
7. Any conduct deemed unsafe and/or detrimental to the efficient operation of the NPCFL, including conduct at any NPCFL sponsored event, may result in disciplinary actions taken against the offending person(s). The discipline could include, but is not limited to, a verbal or written warning, ejection from the NPCFL event, or suspension from any future NPCFL events. The Board of Directors will review all incidents individually to determine appropriate additional actions.

Section 34. – Player Conduct

1. Each player will conduct himself in a sportsmanlike manner always.
2. Fighting on the field will cause the player or players to be expelled from the game and possible subsequent actions may be taken.
3. Swearing by a participant will not be tolerated at any time. The referee or coach may request the individual to leave the field and/or a fifteen (15) yard penalty may be assessed.
4. Players are not allowed to abuse their helmets; ex: throwing, kicking, sitting on, etc. Abuse may lead to suspension of the player from the game.
5. Player will be responsible to wear clean uniforms to each game.
6. Players having two (2) unexcused absences from practices or pre-game warm-up in a given week will not be allowed to participate in the next scheduled game.
7. If a player has one (1) unexcused absence from either a practice or pre-game warm-up, playing time will be at the coach's discretion. Being more than 15 minutes late to a practice or pre-game warm-up, unexcused, will also result in playing time being at the coach's discretion.
8. The Board of Directors has the right to penalize a player, parent, coach, or team in any manner, which it considers appropriate. The type of penalties includes but is not limited to the following:
 - 8.1.1 Player or coach suspension for any or all NPCFL activities, practice, games.
 - 8.1.2 Parents will be asked not to attend games.
 - 8.1.3 Forfeiture of games.
9. **Helmet to Helmet Contact Personal Fouls (Flagged)**
 - 9.1 During official games, all helmet-to-helmet personal foul penalties flagged by the officials automatically result in a fifteen (15) yard penalty being assessed to the penalized team and a verbal warning issued to the flagged player and team coach. A second subsequent helmet to helmet personal foul penalty by the same player, in the same game, will result in a 15-yard penalty being assessed to the penalized team and ejection of the flagged player from the game. Any subsequent helmet to helmet personal foul penalty (3rd violation) by the same player in any future games, will result in a 15-yard penalty being assessed to the penalized team and the flagged player being ejected from the game and suspended from the league, pending a review by the Board of Directors, for the rest of the season.
 - 9.2 The player and coach may submit an appeal of the player's suspension to the Board of Directors, within 48 hours of the 3rd violation or official notification of suspension from the Board of Directors, through either a written request, or by email to the NPCFL's official email account. The Board of Directors will conduct a review hearing of the player's suspension within one (1) week of receiving the appeal request. The hearing must be held by no less than three (3) NPCFL Board members. The Board of Directors will issue its final ruling in writing within 24 hours of the conclusion of the review hearing.

Section 35. – General Conduct by Any Persons on NPCFL Grounds

Any conduct deemed unsafe and/or detrimental to the efficient operation of the NPCFL, including conduct at any NPCFL sponsored event, may result in disciplinary actions taken against the offending person(s). The discipline could include, but is not limited to, a verbal or written warning, ejection from the NPCFL event, or suspension from any future NPCFL events. The NPCFL Board of Directors will review all incidents individually to determine appropriate additional actions.