



## **RULES BOOK**

### **NEYT PROTOCOL AND POLICIES IN RESPONSE TO COVID-19**

Based on state and local guidelines, New England Youth Tackle Football programs will operate under the following policies and procedures. As local guidelines on social distancing, gathering size limits and youth activities change, the protocol level in an area may change accordingly. Our goal is to provide a fun, skill-building experience for each participant.

- NEYT will closely follow and monitor all CDC, State and Local guidelines related to youth-specific activities and sports/league related policies.
- NEYT staff, participants and any family members must not be or have been sick within the past 14- days. Any staff member or participant who does not comply will not be allowed at programs until the 14-day minimum has been reached.
- NEYT will comply with MASSACHUSETTS EXECUTIVE OFFICE OF ENERGY AND ENVIRONMENTAL AFFAIRS WORKPLACE SAFETY and REOPENING STANDARDS FOR BUSINESSES and OTHER ENTITIES PROVIDING YOUTH and ADULT AMATEUR SPORTS ACTIVITIES – **Phase III, Step 1** Expansion of Activity Number 1 as **Amended on August 13, 2020** and **Effective on August 17, 2020**

### **I. COVID-19 GENERAL PROCEDURES & SAFETY RULES**

7 on 7 touch football as a categorized “**Higher Risk**” by the state of MA. Guidelines based on the risk of transmission of COVID-19 inherent in the sport or recreational activity itself as traditionally played. In Phase III, Step 1 as amended on **August 13, 2020** and **Effective on August 17, 2020**, through this Expansion 1 sports and recreational activities are subject to the limitations and guidelines set forth below:

*“Sports and activities included in the **Higher Risk** category can participate in Level 1 as traditionally played. **Level 2 and Level 3 play are only allowed if the Minimum Mandatory Standards for Modification to Play are met.**”*

There will always remain an inherent risk in participating in sports. To minimize COVID19 risk brought by the participating in 7 on 7 touch football activities and implement modifications that lower such risks, NEYT has considered and implemented state mandated guidelines aimed at reducing the spread of COVID-19. The following was taken into consideration to plan for the activity.

#### **Modify Play to Limit Contact and Increase Distancing for Participants by:**

1. Eliminate Deliberate Contact
2. Minimize Intermittent Contact

By making such changes to the sport NEYT seeks to meet competition requirements and the ability to participate on LEVEL 2 and LEVEL 3 PLAY. For the purposes of the state mandated guidelines, a “Competition” is defined as multiple participants or two teams competing against one another in a single contest. A competition includes inter-team games, matches, shows, meets, and races.

#### **MINIMUM MANDATORY STANDARDS FOR MODIFICATION TO PLAY**

1. **Measures implemented to significantly limit contact:**
  - a. One hand touch replaced by the use of a flag.
  - b. No blocking, No Rushing, NO Jamming, No press coverage
  - c. Excessive incidental contact results in ejection
2. **Measures implemented to significantly increase physical distancing:**
  - a. No running plays allowed
  - b. No Handoffs
  - c. All plays must be pass play.
  - d. All formations must be of legal sets with 3 yards separations between players
3. **Measures implemented to significantly to keep players spaced 6 feet:**
  - a. Field dimension is 53 yards by 40 yards, giving players more room
  - b. Field is split in two playing surfaces with 10 yards in between
4. **Measures implemented to Conduct the sport outdoors where possible:**
  - a. Games can only be played outdoors



5. **Measures implemented to significantly Shorten activities, practices, and game play:**
  - a. Game is shorten from 4, 20 minutes quarter to 2 20 minutes Quarter o a running clock
  - b. No timeouts
  - c. No hurtles
  - d. 30 seconds to start the play.
  - e. No sanction Practices
  
6. **Measures implemented to perform the activity with fewer participants to the extent possible:**
  - a. The center is an ineligible player.
    - i. This removes the need for a rusher or a defender
    - ii. Creates a 6 vs 7 participant match
  - b. QB may not run the ball
  
7. **Measures implemented to reduce the sharing of equipment:**
  - a. No community water
  - b. All participants must have their own water bottle with names
  
8. **Measures implemented to Incorporate protective equipment:**
  - a. Football gloves are mandatory
  - b. Neck gators (face coverings) are mandatory
  - c. Soft shell helmets are mandatory and not for sharing
  - d. Mouthpiece are mandatory

## **II. COVID-19 GUIDELINES PROTOCOLS**

1. Teams should arrive 30 minutes prior to their game
2. Upon arrival, coaches should present roster from National Sports ID and provide contact tracing information for all team members
3. All adults are responsible for following and enforcing COVID19 guidelines.
4. At each event, Attendance with contact information will be collected for the purpose of contact tracing.
5. Parents and spectators should remain 100 feet away from the group of practicing participants to allow coaches and volunteers more room to conduct drills and social distance.
6. A hand sanitize station should be established so that participants and volunteers can sanitize their hands prior and post practice.
7. Masks should be use even during drills if safe to do so.
8. Participants and spectators should only drink from their own containers.
  - a. All participants must have their name on their water bottle.
  - b. No Community Water Bottles.
9. Everyone but players, coaches and officials must stay in the stands and sit six-feet apart from folks who they do not shelter with.
10. Spectators and everyone in the stands should wear a mask even when social distancing.
11. Spectators must maintain distance of at least 20 feet between spectators groups.
12. No congregating in common areas or parking lots following practices or events.
13. Face coverings and social distancing of six feet is required when participants are not actively engaged in an activity (e.g., on bench, huddles, breaks, locker rooms, pre/post practice).
14. Participants and coaches must achieve proper hand hygiene at the beginning and end of all activities, either through hand washing with soap and water or by using an alcohol-based hand sanitizer.
15. A hand sanitize station should be established so that participants and volunteers can sanitize their hands prior and post practice

## **III. 7 On 7 – Covid19 Rules Modifications**

1. All contact, (grabbing, blocking, and jamming) is prohibited.
2. Officials, participants and coaches are required to wear masks while the game is not in play.
3. No more than 25 participants (players, coaches & officials) allowed on a single group.
4. No more than 50 participants (players, coaches & officials) allowed on a single side of the field.



5. To ensure group separation, groups must be spaced at least 30 feet apart while sharing a single playing surface, court or field.
6. Facial coverings to be worn while engaged in a moderate risk sport/activity where intermittent contact might occur and it is safe to do so. (Coaches)
7. All players, must wear football gloves.
8. No huddles aloud. Teams are encouraged to call plays verbally or use wrist coaches.
9. Sportsmanship should continue in a touchless manner – no handshakes/slaps/fist bumps
- 10. Should a team member test positive for COVID19, such TEAM will be removed from the schedule for two games. Any teams who played against that team will be removed from the schedule for a minimum of one game until contact tracing is complete and team is clear**
11. Officials, coaches, quarterbacks and any other person who may touch a ball through the course of the game, must sanitize hands before and after each game.
12. Officials and coaches should not make any physical contact with participants.
13. All contact, (grabbing, blocking, and jamming) is prohibited.
14. All participants, coaches and official must sign a COVID-19 specific waiver prior to participating in any NEYT event.
15. The number of coaches and staff should be limited.

#### IV. TERMINOLOGY

1. **Offense:** the team with possession of the ball.
2. **Defense:** the team opposing the offense to prevent them from advancing the ball.
3. **Boundary Lines:** the outer perimeter lines around the field. They include the sidelines, and back of the end zone lines.
4. **Line Of Scrimmage:(LOS)** an imaginary line running through the point of the football and across the width of the field.
5. **First Down Lines:** the line the offense must pass to get a first down.
6. **Goal Line:** the line the offense must pass to score.
7. **Downs (1-2-3-4):** the offensive team has four attempts or “downs” to advance the ball. They must cross the line to gain to get another set of downs or to score.
8. **Rush Line:** an imaginary line running across the width of the field 7 yards (into the defensive side) from
9. the line of scrimmage.
10. **Rusher:** the defensive player assigned to rush the quarterback to prevent him/ her from passing or handing off the ball by tagging him or by blocking the pass.
11. **Live Ball:** refers to the period of time that the play is in action. Generally used in regard to penalties, live ball penalties are considered part of the play and must be enforced before the down is considered complete.
12. **Dead Ball:** refers to the period of time immediately before or after a play.
13. **Charging:** the movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head, making contact with the defender with a shoulder, forearm, or the chest.
14. **Shovel Pass:** a legal pass attempted beyond the line of scrimmage by throwing the ball underhand or pushing it towards a receiver in a shot put type manner.
15. **Lateral:** a backwards or sideways toss of the ball by the ball carrier.
16. **Unsportsmanlike Conduct:** a rude, confrontational, or offensive behavior or language.

#### V. ELIGIBILITY

- A) All Participants must adhere to NEYT participation waiver and COVID-19 waiver
- B) All participants must agree to State Covid-19 Protocols and Contact Tracing
- C) All Teams must register through National Sports ID
- D) All Participants must registered through National Sports ID
- E) Age verification: National Sports ID (Cut Off: July 31, st 2020) A child's age on July 31 is his/her age for the season.
  1. 10U Division 8-9-10 8/1/2009 - 7/31/2012
  2. 12U Division 10-11-12 8/1/2007 - 7/31/2010
  3. 14U Division 12-13-14 8/1/2005 - 7/31/2008
  4. High School Divisions TBD

#### COACHES

All Couches must registered through National Sports ID

#### ROSTERS

Roster Size: 12 to 20 Players / 1 to 3 Couches

Team Roster will be created on National Sports ID.