



CITY OF SAINT PAUL
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2013 CAPITAL CITY YOUTH FOOTBALL RULES (11U, 12U, 14U)

DIVISIONS:

1. 11U Players age on November 15, 2013 determines the level of play (this league will be formed if there are enough teams to create an 11U league). Otherwise 11U players will participate in the 12U division.
2. 12U Players age on November 15, 2013 determines the level of play
3. 14U Players age on November 15, 2013 determines the level of play & **all 14 year olds must be in the 7th or 8th grade. No 9th grade 14 year olds will be allowed to participate.**

(At all levels, a player may move up one division but may not move down.)

RULES:

2013 High School rules will govern with the following exceptions:

GAME TIME:

- * 11U/12U - 12 minute running time quarters, **(2 minutes stop time at the end of each half)**
- * 14U - 10 minute stop time quarters
- * Two timeouts per half (11U,12U, 14U)
- * 28 point mercy rule. If a team is ahead by 28 points or more there will be running time the remainder of the game.
- * Two time outs per half

EQUIPMENT:

- * 11U/12U - Junior size football
- * 14U - Intermediate/Regulation size football

SCORING:

- * 6 points for touchdown (11U, 12U, 14U)
- * **2 point conversion option. Head Coach must notify officials immediately following a touchdown.**
- * 1 point: Team starts on 2 yard line after touchdown
- * 2 point: Team starts on 5 yard line after touchdown

WEIGHT LIMITS FOR SKILLED PLAYERS (ball carrying position)

- *Definition of a skilled player:
 - a. Offense: Quarterback, Running Backs, Tight Ends, Wide-Outs.
 - b. Defense: Linebackers, Defensive Backs
- *12 & UNDER: 11U - 120 LBS.
12U - 125 LBS.
- *14 & UNDER: 14U - 150 LBS.



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Any player lining up in a position on offense (Running Backs, Wide-Outs and Tight Ends) or defense (any position off the line more than three yards – Linebackers and Defensive Backs) is considered to be in a ball carrying position.

Ball Carrier Restrictions – No Restrictions – May play any position on offense, defense and special teams.

Non-Ball Carrier Restrictions – All players over the required weight limits **must have a stripe** on their helmet to indicate they are not allowed to be a ball carrier. Stripes will be provided and put on the helmets by the St. Paul Municipal Athletics Staff at the weigh-ins. If a non-ball carrier lines up in a ball carrier position or carries the ball, a **15 Yard Penalty will be assessed**. Non-ball carriers may be used as punters and kickers, but must kick the ball. They cannot run, pass, lateral or advance the ball in any other manner than by kicking it. See more restrictions below.

11/12U Any non-ball carrier player may advance the ball after a turnover (Interception, Fumble). On kick-offs, all players over the weight limit must line up on the 45 yard line. They may advance the ball if it is kicked directly to them. (No laterals, hand-offs)

14U Any non-ball carrier player may advance the ball after a turnover (Interception, Fumble). On kick-offs, all players over the weight limit must line up on the 45 yard line. They may advance the ball if it is kicked directly to them. (No laterals, hand-offs)

ON-SIDE KICKS (New for 2013 Season to be applied at all levels): *On-side kicks will not be allowed when the team kicking is up by 14 or more points. A 15 yard Unsportsmanlike Penalty will be assessed from the end of the play. If the on-side kick is recovered by the kicking team, then the ball will be automatically given to the receiving team plus a 15 yard Unsportsmanlike Penalty mark off.*

FROZEN PUNTS:

On frozen punts no player on offense or defense may leave or cross the line of scrimmage until the kick is made. If the clock is running it will stop when the kicker receives the ball and starts again when the ball is kicked. This rule is not mandatory and must be agreed by coaches before the game at the coaches/ referees conference/coin flip. If coaches can not agree, the Frozen Punt Rule will be enforced. **(11U & 12U only)**

DEFENSE:

11U/12U: *A maximum of 6 players on defense will be allowed on the line of scrimmage. Reminder: Linebackers and Defensive Backs must be a minimum of three yards off the line of scrimmage. Exceptions: All 4th down plays, and inside the defensive team's 10 yard line. New for 2013 season: The Tight End may be over the weight limit on all 4th down plays or when inside the 10 yard line to be used as a blocking Tight End only.*

14U: *New for 2013 season: The Linebackers at the 14U level only may show movement and blitz to give different looks while on Defense. The Tight End may be over the weight limit on all 4th down plays or when inside the 10 yard line to be used as a blocking Tight End only. The goal of this rule change is to better prepare our 14U players for High School football.*

WEIGH-IN POLICY: See Attached Weigh-in Procedure Sheet

- *All players must be weighed-in before they participate in the Capital City Youth Football League.
- * Players must have their helmet and game jersey with them at weigh-ins.
- *Players are not allowed to be weighed in their underwear (Gym Shorts are allowed).
- *Coaches MUST have a completed roster at the weigh-ins.
- * All players must have proof of age before weighing-in. (Birth Certificate, Baptismal Certificate or Official Letter from School)
- * Individual players may only weigh in once. No exceptions!

Note! In youth football, both teams shall be located on the same side of the field. The team area(s) will be from the 20 and 45 yard lines respectively. All spectators are required to be on the opposite side of the field. * The above mentioned rules were developed by Capital City Football League Director, Coaches and St. Paul Municipal Athletics staff.