



2013 9U/10U Capital City Football League Rules & Procedures

1. The rules for the Capital City League have been developed through the cooperative effort of Parks & Recreation staff and coaches involved in the program. **The goals of this league are to teach fundamentals, develop skills, promote good sportsmanship and encourage participation.** This is an instructional league. Standings will not be kept. There will not be playoffs or trophies.
2. Minnesota State High School League rules apply with the following exceptions.
3. Age Guidelines: Players age on November 15, 2013 determines the level of play & participants must be 8 years old by August 1, 2013. No exceptions!
4. Rosters are due at the weigh-in (September 7th). Rosters must be done electronically and completely filled out and signed by the Rec Center Director (St. Paul teams) or program representative (Non-St. Paul teams) before they are turned in. The roster limit, unless negotiated with league administrators, will be 30 players. Players will be asked to provide age verification at the time of weigh-ins.
5. All players must be weighed in before they can play (See Weigh-in Procedure sheet). **Players may only weigh-in one time, no exceptions! Weigh-ins will be conducted on the Preview day (September 7th) at Conway Rec Center by the Municipal Athletics Staff.** New players added after August 24th must be weighed in and added to the official roster prior to competing on Sept. 7th. Rosters will be frozen by Saturday, Sept. 7th, 12:00pm.
Individual/Late Weigh-in dates: Tuesday, August 27th (12:00pm-7:30pm) & Saturday September 4th (4:00pm-7:30pm) at the Municipal Athletics office, 1500 Rice Street, St. Paul, MN 55117.
6. All players must be weighed in. **Weight limit for skilled positions: quarterbacks, running backs, tight ends, wide outs, linebackers and defensive backs will be 105 lbs.** Players must have their helmet and game jersey with them at weigh-ins. All players over the required weight limit **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 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.** Players are not allowed to be weighed in their underwear (Gym Shorts are allowed). All players must have proof of age before weighing-in. (Birth Certificate, Passport, Baptismal certificate, official Letter from School) – **Coaches must have a completed roster at the weigh-ins.** Weigh-ins are conducted by the St. Paul Municipal Athletics Staff.
7. **Ball Carriers:** Players in any of the following positions can be ball carriers and must meet the 105 lb. weight limit: all backs and ends on offense and any position off the line more than 3 yards for defense. Any player weighing more than 105 lbs. may never be lined up in a ball carrying position or may never run with the ball. (Exceptions: fumbles or pass interception).
8. Restrictions on non-ball carrying players: Plays cannot be designed to get around the weight limit rule, such as tackle eligible, fake punts, etc.
9. **At Conway, players and coaches will be located in the area between the fields. Only 4 coaches per team will be allowed with the players. No parents will be allowed in this area. Parents will be located on the opposite side of the field from the players. No exceptions!!!**
10. A junior sized football will be used. Field size will be 80 yards in length.
11. Time limit will be two 25 minute halves (running time). Teams will not switch directions until half-time. Each team will receive two time outs per half. The clock will only stop on injuries and time outs.
12. Each player should play a similar amount of time. Saint Paul Parks and Recreation minimum playing requirements apply.
13. Immediately following their game, teams will move off the field and away from the sidelines (especially the space between the two fields) so the next game can start on time.

14. For the start of the game, the ball will be placed on offenses' own 20 yd line. Opposing team will get the ball on their 20 yd line to start the second half.
15. Standard defenses will be a 6 or 5 player front. Only the lineman can be within 3 yds of the neutral zone. All other players must be a minimum of 5 yds from the neutral zone behind the lineman.
16. Linebackers must be at least 5 yards behind the ball. Once the ball is centered, linebackers may come forward. Any forward movement by the linebackers before the ball is centered will be considered a neutral zone infraction. It will result in a five yard penalty. Inside the 10 yard line linebackers may move up to 3 yards. The same penalty will be called for early movement from the 3 yard depth.
17. All punts will be frozen. No players on offense or defense may leave or cross the line of scrimmage until the kick or throw is made.
18. Time spent in the huddle should be no longer than 45 seconds. The team will receive a warning the first time it exceeds the 45 second rule and after that it will be a delay of game penalty (5 yards and re-play the down). This rule will be relaxed through the first regular season game.
19. Only one coach per team is permitted on the field during play or in the huddle. During time outs, 2 coaches will be allowed on the field with their team.
20. Challenging ineligible players: weight, age or non-rostered. Coaches will notify the referee immediately. The referee will have the player sign his/her name on a special card they will carry and then turn it in to Municipal Athletics. The youth may still continue to play. The challenge will be dealt with by Municipal Athletics as soon as possible. If the referee asks a player to sign the challenge card, he/she must sign the card or he/she will not be able to continue playing.
21. Officials' calls cannot be protested. If a coach feels an official has misinterpreted a rule, that coach should contact Municipal Athletics so that corrections can be made for future contests and we can continue to improve the skills and knowledge of our officials.
22. Each team must supply volunteers for the chains and down markers.
23. Spectator behavior: spectators will not be abusive to players, officials, coaches, spectators or recreation staff. In accordance with the code of conduct for spectators, abusive spectators will be given a conduct card for their first infraction. If the behavior continues, the game will stop until that spectator leaves sight and sound of the field. Coaches who are having problems with their spectators or parents should consult with their Rec Center Director or program administrator for assistance.
24. It is the coaches' responsibility to make sure players are respectful of the officials and members of the opposing team. Sportsmanship is the highest priority.
25. Problems or concerns? Call Municipal Athletics at 651-558-2255.

48 Hour Guideline

St. Paul Parks & Recreation will not support schedules or events that require youth football players to participate in more than one organized football game or scrimmage in a 48-hour time period. In addition, St. Paul Parks and Recreation strongly recommends that a team does not participate in more than one organized game or scrimmage vs. an opposing team during a 48 hour time span outside of our programs. Coaches and youth football organization administrators are asked to support this guideline for the safety and well being of our St. Paul youth football players.