

Catawba Valley Football League 2026

Rules and Regulations

ANY RULE NOT COVERED BY LOCAL BY-LAWS WILL BE GOVERNED BY THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATION FOOTBALL RULES. AND NCHSAA RULES THE CATAWBA VALLEY YOUTH FOOTBALL LEAGUE RESERVES THE RIGHT TO RULE ON ANYTHING NOT COVERED BY THESE SOURCES.

Eligibility: Section I

The League shall consist of representatives from any municipal, county, or private recreation agency within Catawba or Lincoln County, as agreed upon by current membership.

1.00 League Boundaries/Member Organizations

- 1.01 Each team's boundary shall consist of their elementary school district and/or city limits when it applies. The only exception to this rule is if a player attends a school district that is in the city limits of a different league member, that player may choose to play in either league.
- 1.02 A player wishing to play for an agency other than his/her own must obtain a signed release form from both agencies and have approval of the league committee.
- 1.03 Once a player has obtained a release form from the original agency, he/she will not be allowed to return to his original agency. A player can only be released once; after that he must play for the agency he moved to until his/her eligibility expires at age 13.
- 1.04 The penalty for violation of league boundary rule is the player will be determined ineligible. Ineligibility of a player will result in a forfeit.
- 1.05 Any new member who joins the league must be voted upon by the current membership, and if admitted to the league, will serve a one-year probationary term before being afforded full membership. A simple majority vote is needed with a quorum of 3/5 of the member programs present.
- 1.06 All CVFL members are focused on providing recreation-centric football and will not conduct any spring or summer football programs that would otherwise interfere with other sports. We feel it is important that kids have a break from year-round football and experience other sports as well. Football activities may begin in accordance with the date provided by the NCHSAA. **July 29, 2026.**

2.00 Special Rules

- 2.01 The CVFL will be governed by a committee consisting of one representative per agency involved. The committee will have an elected chairman who will serve as League Administrator and vice chairman. These positions will rotate from year to year between the league affiliates. The chair will rotate between those agencies represented by a full-time parks and recreation staff member. You must be present to vote or have a representative from your agency to vote on an item. A written proxy is acceptable. An item must receive a simple majority to pass with a quorum of 3/5 listed members present.
- 2.02 Any protest of the rules or regulations must be made to the league committee. A \$25.00 protest fee must accompany the written protest within 48 hours from the start time of the game in question. If the protest is upheld the fee will be returned. If the protest is overturned the fee is forfeited to the league. Protest will only be made on rule interpretation and unsportsmanlike conduct. No official's judgment call can be protested.
- 2.03 There will be a minimum of three referees per game for JV/Varsity/Pee Wee games. The cost for the 2026 season for the officials is \$60.00 per official for each game. All officials must be NCHSAA certified.
- 2.04 Any disputes concerning these rules, players or coaching situations shall be communicated to the entire league through the agency representatives. Players ejected in a game will be suspended for 1 additional game. Any coach who is ejected from a game will be suspended for a minimum of 1 additional game and possibly more depending on the severity of the offense.
- 2.05 Any rule that is approved will stay in force for a minimum of one year unless a safety issue is concerned.
- 2.06 Admission for the 2026 season shall be \$5.00 for adults ages 18-59, \$2.00 for children ages 5-17, and \$2.00 for Seniors ages 60-up. Children under 5 will be admitted free. No senior discount cards will be accepted. For the championship games, admission will be \$5.00 for adults and \$3.00 for children/seniors. This is to help offset the cost of awards for the teams playing.
- 2.07 No outside coolers or food/drinks will be allowed into the stadiums.
- 2.08 Local laws will be enforced at each respective location.
- 2.09 It is recommended that the host site have EMT personnel, Rescue Squad, or a certified trainer on site for all league games.
- 2.10 The league committee reserves the right to rule on any incident not specifically covered in the rules.

- 2.11 All players visors on helmets must be clear, unless a doctor's note is provided.
- 2.12 Once a team is ahead by more than 28 points in the second half, their dominant players in skilled positions must be pulled from the skilled position and may be put back in after the lead is cut in half. These players may remain in the game, but they cannot be in a skill (rb,qb,wr) position.
- 2.12 If one team has an **18-point lead** in the fourth quarter, the clock will run continuously, except for timeouts, injuries, or scores. **Note: Once a touchdown is scored, the clock stops until the ball is marked ready for play on the kickoff, at which point it will resume.**
- 2.13 A 15-yard penalty for unsportsmanlike conduct of spectator and/or fan can be assessed to the team. It is the responsibility of each organization to assist in controlling players, coaches and fans.
- 2.14 No headsets/walkie talkies or any type of electronic devices will be allowed to communicate plays, formations, etc. during games.
- 2.15 The team who is hosting the championship tournament finals is responsible for purchasing and providing medallions for the 1st and 2nd place finish teams. Winners in each age division will receive gold-colored medallions of at least 2" in diameter and runner-up in each age division will receive silver-colored medallions of at least 2" in diameter. The winning team in each age division will also receive a team plaque that will have the name of that team engraved on it. They will keep it until the next season, at which time it will be presented to the new champion.

3.00 Teams

- 3.01 Each team will consist of no more than thirty-five players. All players shall be registered with the league chairman no later than 48 hours prior to the first game. Equal ages will be dispersed between organizational teams.
- 3.02 Each team is required to maintain a complete roster, birth certificate and medical release (if applicable) for each player. Teams are to provide the League Administrator with a copy of birth certificates at the official weigh-in.
- 3.03 The age cutoff will be August 31 of the current year. The age that the player is, on that date will determine his/her division. Pee Wee - ages 7-8, Junior Varsity - ages 9-10, Varsity - ages 11-12.

4.00 Playing Rules-JV/Varsity

- 4.01 Unless specifically noted in the rules below the league will follow the N.C. High School Athletic Association High School Rules.
- 4.02 Teams will kick off from the 45-yard line.

- 4.03 Teams will play four eight-minute quarters.
- 4.04 Five minutes will be put on the score clock for halftime.
- 4.05 Each team will have three time-outs per half.
- 4.06 **Clock stops on out of bounds, incomplete passes, penalties, time-outs, and does not restart until the snap. Clock stops on first downs and change of possession but is restarted on the officials ready.**
- 4.07 **Play clock will be 30 seconds.**
- 4.08 Each Junior Varsity team is allowed one coach on the field of play. This coach must be at least 5 yards from the closest player when the ball is snapped. Varsity coaches are not allowed on the field during the game. **Varsity coaches must stay in the coach's box.**
- 4.09a **Junior Varsity Special Teams Rules** – JV teams may not fake a punt. The defense will not be allowed to rush the punter or kicker during an attempt. The referee must be notified that the team is going to punt. JV teams have the option of punting, or they may elect to advance the ball 25 yards from the previous spot and turn it over to the other team. PAT attempts by run will count as one point if successful. A successful kick or forward pass will count as 2 points. PAT kick attempts must be kicked off the ground or from a kicking block. The ball cannot be teed up on the holder's foot. JV teams will not snap the ball for a PAT kick. The official will hand the ball to the holder and signal ready for play when all players are set. The holder cannot set the ball up any closer than the 8-yard line.
- 4.09b **Varsity Special Teams Rules** – Varsity teams may fake a punt. The defense will be allowed to rush the punter or the kicker. PAT attempts by run will count as one point if successful. A successful kick or forward pass will count as 2 points. PAT kick attempts must be kicked off the ground or from a kicking block. The ball cannot be teed up on the holder's foot.
- 4.10 No player may play for two teams in this league or on any other league **(This includes middle school teams).**
- 4.11 Players are to play a minimum of 6 plays from scrimmage per game. **Any play where the ball is live counts towards the 6-play minimum.**
- 4.12 All uniforms must have visible numbers.
- 4.13 Molded rubber cleats will be allowed.
- 4.14 The official game ball for Junior Varsity is the TDJ. The official game ball for the Varsity will be the TDY. The official game ball for Pee Wee is the K2. Each site will supply an official game ball. **Only Wilson synthetic balls are to be used as game balls.**

- 4.15 There will only be 5 coaches allowed on the sideline. Coaches must have proof of their coaches' pass to be included and/or be present on sideline.
- 4.16 Each team is issued 5 coaches passes, 2 cheerleading passes and 1 administrative pass. It is the responsibility of each organization's representative to distribute these passes. Anyone not having their pass will be required to pay admissions for entry to games. Passes will be issued by the League Administrator at the pre-season coaches meeting.
- 4.17 Teams must have a minimum of 8 players to start a game, and 7 players must be on the line of scrimmage at all times.

5.00 Weight limit

- 5.01 Varsity weight limits for advancing the ball and playing off the line of scrimmage is 130 pounds. Players weighing over the weight limit must be in down position (3- or 4-point stance).
- 5.02 Junior Varsity weight limits for advancing the ball and playing off the line of scrimmage is 105 pounds. Players weighing over the weight limit must be in a down position (3- or 4-point stance).
- 5.03 Pee Wee weight limits for advancing the ball and playing off the line of scrimmage is 75 pounds. Players weighing over the weight limit must be in a down position (3- or 4-point stance).
- 5.04 A player exceeding the weights in rules 5.01, 5.02 and 5.03 will be identified by a stripe on the helmet. It will be the coach's responsibility to make sure their players have black stripes or contrasting colors on their helmets. The stripe must run from the front to the back of the helmet. **Striped players are not eligible to catch, run or advance the ball in any way on offense or a PAT attempt.** If a striped player on defense recovers a fumble or intercepts a pass. The referee will immediately blow the play dead, and the ball will be placed at the spot of the recovery.
- 5.05 There will be a weigh in for all players in this league. Any player not attending the weigh in will be considered more than the weight to advance the ball and identified as such. All team rosters are to be submitted at weigh-in, along with player birth certificates. **Players will not be weighed unless a birth certificate is provided for that player.**
- 5.06 Weigh-ins will be final, no re-weigh will be allowed. The League Administrator will provide each team with an official weigh-in sheet.
- 5.07 Teams will not be able to add any players after first game of the season has been played.

6.00 Playing Sites

- 6.01 Games will be played on Saturday, Monday, and Tuesday as field availability allows.
- 6.02 Make up games will be played on Sunday following the postponement, weather permitting.
- 6.03 Any team that fails to show for game time will incur a \$200.00 fine payable to the host site at which the forfeit occurred.

7.00 Playing Rules-Pee Wee

- 7.01 Unless specifically noted in the rules below the league will follow the N.C. High School Athletic Association High School Rules.
- 7.02 There will be no kickoffs; the ball will be placed at the 30-yard line to begin play.
- 7.03 Teams will play four ten-minute quarters with the clock always running except for injuries, time outs, and scores. The clock will resume on the snap after a PAT attempt.**
- 7.04 Five minutes will be put on the clock for halftime.
- 7.05 Each team will have three time-outs per half.
- 7.06 Teams must have a minimum of 8 players to start, and 7 must be on the line of scrimmage at all times.
- 7.07 Play clock will be 35 seconds.
- 7.08 Each team is allowed to have two coaches on the field during plays, but they must remain 5 yards behind the last player. Coaches may not touch a player once the play has started.
- 7.09 PAT attempts by run will count as one point if successful. A successful kick or forward pass will count as 2 points.
- 7.10 Games will be played by teams of 11 players, 7 of which must be on the line of scrimmage. No unbalanced lines are permitted. Defensive guards and tackles must line head up on the offensive guards and tackles.
- 7.11 A nose tackle covering the center is not permitted.
- 7.12 Players are to play a minimum of 6 plays from scrimmage per game, 3 per half. **Any play where the ball is live counts towards the 6-play minimum.**

- 7.14 No punts are allowed in Pee Wee. Teams can declare a punt; in which case the ball is advanced 25 yards and the defending team will then take possession with a new set of downs.

8.00 Concussion Policy

- 8.01 In the event a child suffers a head/neck injury during practice and/or game: If that child complains of dizziness, nausea, headaches, short term memory loss, inability to focus or any other symptom common to a concussion, that child is to be held out of all contact until he has been examined and released by a medical professional. ~~The child's parents must obtain and have their physician sign a~~ Gfeller-Waller Concussion Clearance Form that the NCHSAA uses. The child may not participate in any practice (including non-contact drills) or game until this form has been signed by a medical professional and turned in to one of the league board members.