

2013 AAU West Coast National Championship Playing Rules

NO HIGH SCHOOL PLAYER MAY PARTICIPATE!!!

Section I: Equipment

1.1 Required equipment:

1.1.1 Helmet with chin strap

1.1.2 Shoulder pads

1.1.3 Pants

1.1.4 Hip pads

1.1.5 Tail pads

1.1.6 Thigh pads

1.1.7 Knee pads

1.1.8 Jersey

1.1.9 Mouthpiece with “keeper strap” (no red or clear)

1.1.10 Athletic Supporter (cup or compression short) - males only

1.1.11 Hip and tail pads must be secured by either a belt, girdle or by snap in pads.

1.2 All players must wear protective equipment at all times.

1.3 Face Shields

1.3.1 May only be used if written physicians request is on file with the committee.

1.3.2 Only clear shields that are of a “snap on nature” can be used.

1.3.3 No tinted shields are permitted.

1.4 Helmets

1.4.1 Award stickers are allowed if and only they are given out fairly and equally amongst the players on the teams.

1.4.2 Only helmets with the NOCSAE Seal of Certification shall be worn.

1.4.3 All helmets must have either a double bar or full cage face guard and chin strap.

1.4.4 An authorized NOCSAE inspection company must inspect all helmets, at least once every four (4) years.

1.4.5 AAU helmet stickers may be provided at the National Championship. If they are provided the stickers must be affixed to each participant’s helmet.

1.5 All shoulder, hip, kidney, tailbone, thigh and knee pads shall meet the standards of the National Federation of State High School Associations and shall not be altered by players or team staff in any way.

1.6 Game jerseys shall be numbered with 6 to 10 inch numbers on the front and back.

1.7 Sponsor’s names or players’ names may appear on the game jersey.

1.8 Mouth guards must have a “keeper strap” attached to the face guard in all divisions.

1.9 All males must wear an athletic supporter (cup or compression shorts).

1.10 Shoes can be either tennis shoes or rubber molded cleats.



1.10.1 Removable cleats are permitted, but must be of rubber or graphite composite material.

1.10.2 Cleats may be no longer than ½” in length.

1.10.3 No metal cleats will be allowed.

1.11 Prohibited Equipment:

1.11.1 No jewelry of any kind including but not limited to such things as necklaces, earrings, bracelets and watches.

1.11.1.1 Medical alert bracelets or necklaces are permitted but must be taped to the person and considered a danger during performances or practice.

1.11.2 No electronic equipment is to be used by any team on or off the field.

1.11.3 No head coverings with any type of knots in them are permitted.

1.11.4 A player will be removed from the game for wearing illegal, altered or modified equipment and cannot return until the condition is corrected.

Section 2: Variances from USA Football Rule Book

2.1 Unless specifically modified by the AAU Football Committee, all games whether regular season, pre-season or post-season shall be played under the rules of WCN Tournament and/or USA Football Rules

2.2 Minimum Number of Players

2.2.1 The minimum number of players for a team to be eligible for game play shall be seventeen (17) at the start of the AAU Championship. The AAU Football Committee can allow the participation of a team without the minimum number of players at its discretion.

2.2.2 If a team does not meet the minimum number of players, the AAU representative has the OPTION to call for a forfeit.

2.2.1 In the event that a forfeit is called by the AAU representative, a controlled scrimmage may be held if both teams agree to participate.

2.3 Timeouts

2.3.1 Each team is permitted a maximum of three (3) per half(s).

2.3.2 All injury timeouts shall be charged to the “officials” and not to the teams.

2.4 Injuries

2.4.1 Minor cuts or abrasions shall not be considered an injury for the purpose of this rule.

2.4.2 A referee can call a time out for a cut or abrasion.

2.4.3 The player can return to the game after the injury is taken care of.

2.4.4 In the event that a player needs assistance off the playing field by an adult or team member, that player may not re-enter the game until cleared by the EMT/Athletic Trainer.

2.5 Game Ball

2.5.1.1 Ball Size

2.5.1.1.1 6U and 8U shall use “Pee Wee” ball.

2.5.1.1.2 10U shall use a “Junior” ball.

2.5.1.1.3 12U shall use a “Junior” ball.

2.5.1.1.4 14U shall use an “Intermediate” ball.

2.6 Time between Quarters shall be 1 minute

2.6.1 Between the 2nd and 3rd quarters, there will be a 10 minute intermission.

2.7 Length of Periods

2.7.1 The length of periods of play for all pool and bracket play games will be two 12 minute halves or (4) 8 minute quarters

2.7.2 The WCN Games will use four (4) 10 minute quarters.

2.8 Game Violations

2.8.1 Spearing, chop blocking, face and head tackling are prohibited.

2.8.2 In all age divisions, any deliberate blow delivered to the knees with shoulder pads or helmet in the free blocking zone is prohibited.

2.8.3 An illegal blocking foul with a ten (10) yard penalty will be assessed to the offending team.

2.8.3.1 If this is determined to be a flagrant, the referee may call a personal foul with a fifteen (15) yard penalty.

2.8.3.2 Any coach instructing their athletes to use these methods shall be guilty of a major violation and ejected from the game, and possibly suspended from the tournament. The coach may also be brought before the National AAU Football infractions committee.

2.9 Timing Device

2.9.1 The game officials will provide the timing device unless on stadium fields.

Tournament scoring

2.10 Scoring

2.10.1 Touchdown 6 Points

2.10.2 Point after touchdown

2.10.2.1 When kicked 1 point

2.10.2.2 When run or pass 2 points

2.10.3 Safety 2 points

2.10.4 Field Goal 3 points

2.10.5 When playing with one goal post, each team can use the upright after scoring a touchdown for the point after touchdown, or for a field goal try.

2.10.6 There will be a running clock if a team is winning by 42 points or more.

2.11 Forfeited Games

2.11.1 All forfeits will result in a score of 21-0 for the purpose of standings and seeding.

2.12 Tie Games

2.12.1 **TIE BREAKER RULE:**

The ball will be placed at the 25 yd line, each team will have an opportunity to score; you may make a first down. After two attempts, if the score is still tied.

The ball will be placed at the 50 yd line, each team will have 4 downs, the teams which moves that gains the most yards will be declared the winner by adding 1 point to their score.

2.13 Game Rules

2.14.1 The West Coast National rule book will be provided to each competing team. The AAU National Rule book will be used where the WCN rule book is silent on a rule (attached the AAU website).

2.14.2 Exceptions: The AAU National Committee may modify or pass additional rules for the National Championships which would be provided to the teams at the National Championship Coaches Meeting.

Coach's Code of Conduct

3.1 Only the head coach may approach the referee for clarification of a call.

3.2 The head coach will ensure there no more than 8 adult (coaches, AD) are on the sideline.

3.3 The head coach will be responsible for the conduct of his coaching staff and team.

3.4 If a coach is kicked out of a game, that coach must leave the playing field. A failure to do so will result in that team will be disqualified.

3.5 Any coach that incites a fight or instigates a fight will automatically be removed from the facility. A failure to comply will result in his team being disqualified from any further competition.

3.6 Any team caught using illegal players will be disqualified from the tournament.

3.7 The head coach will make sure that his coaches and player refrain from using profanity on the field, at the referees or any member of the opposing team.

3.8 Any person using profanity, threatening or berating a tournament official will automatically be subject to removal from the facility and disqualification from the tournament and all future AAU sanctioned events.

Acknowledgment of these rules must be signed and turned in at check-in.

Head Coach