

2025-2026 Pow5r Sports League

AYF - Black Gold Conference



Official Tackle Football Rules and Regulations

Updated January, 2025

Mission Statement

Pow5r Sports League was founded in 2023. Upon its inception, P5SL has entered as the largest football league in West Texas. Pow5r Sports League has the dedicated manpower, resources, and dedication to make sure that P5SL will continue to be the #1 youth sports organization in the Permian Basin. P5SL-Black Gold Conference was granted the American Youth Football charter for the West Texas region in February of 2023 and with AYF will continue to work to provide a safe, fun, and fair environment for all athletes, volunteers, and parents.

American Youth Football, Inc, established in 1996, is a support services organization, dedicated to giving back to communities by encouraging the positive development of youth athletes through their association with adult leaders in the sport of American football and cheer. Guidelines are established to ensure that players play in an atmosphere of learning with a competitive balance between teams. Currently, John Norman, the Director of Pow5r Sports League serves as the Tackle Football Commissioner for the league. Please direct any questions to him via email at p5slboard@gmail.com regarding these rules.

Section 1 – Definition of League Age

- Each player's league age will be determined as of July 31st of the year the Fall Season is set to begin. For example, July 31st, 2025, will be used for the Fall 2025 and Spring 2026 seasons. No age exceptions will be made for any divisions. As an example of League Age, a child born on 7/31/11 would be League Age 12. A child born on 8/1/11 would be League Age 11.

Section 2 – Divisions

All Divisions will be UNWEIGHTED. 5U, 7U, 9U, 11U,
The U will always stand for UNDER utilizing the League Age Date.
This must be proven during the certification process.

Section 3 – Player Registration and Certification

- All players must be registered with Pow5r Sports League and paid in full prior to participating in any game.
- The registration deadline to be eligible to play in the first game is 8/23/2025 for the Fall 2025 season. The deadline to be eligible to participate in the season is 10/1/2025.
- Player Certification is done 100% through Pow5r Sports League and Sub-Committee Volunteers. All documents must be approved through this process & the player must be "Certified" & on the team roster.
- The certification deadline for opening day is 8/23/2025.
- Once a player is fully certified, they will automatically be added to the team.

Section 4 – Player Equipment

- Each participating player must wear the following pieces of equipment, which cannot be altered. Any attempt to alter the required player protection will result in a penalty or possible suspension.
 - o A standard helmet and facemask is required. The helmet must be properly secured with a four snap chin strap.
 - o A seven-piece pant pad set consisting of hip pads, thigh pads, knee pads, and a tailbone protector.
 - o Football pants that cover all pant pads & cover the kneecaps.
 - o Enclosed shoes comprised of rubber cleats or regular tennis shoes.
 - o Shoulder pads that are fully covered by the player's jersey.
 - o A mouthpiece, only 1 per player.
 - o Any and all visors are allowed including tinted tempered glass.
 - o No jewelry.
- The head coach is responsible for confirming with the game official that all players are properly equipped.
- If a player is missing equipment or participating with illegal equipment, the player must make the proper correction before participating any further in the game.
- An unsportsmanlike conduct penalty of 15 yards will be enforced for player's wearing improper equipment during a play.

Section 5 – Game Field & Game Day

- The game field will be played on a field 120 yards long (One hundred yards of playing field with two ten-yard end-zones). The field will be 50 yards wide.
- Each field will be marked with yard markers.
- A soft, flexible pylon will mark the four inside corners of both end zones.
- The home team will provide a down indicator and a first down chain set (10-yard). The visiting team is responsible in providing volunteers to run the down indicator and first down chains, on their sideline during the game.
- The game officials will operate the game clock on the field if scoreboard is unavailable or not functioning.
- The field will be for players and certified coaches only. Non-coaches will be required to remain in the stands.

Section 6 – Uniform & Game Equipment

- Teams are required to wear matching uniforms with numbers visible on both the front and back of the uniform.
- No two players will be allowed to play with the same jersey number.
- While positional jersey numbers are not a requirement, teams should attempt to utilize football standard numbering where they can.
- The Wilson leather or composite Football is the official football of the Pow5r Sports League. While other footballs will be accepted for game days, the football size will be predicated off the Wilson Football.
- The 5U, 7U, & 9U Divisions will use a Wilson K-2 Ball or one of equal size.
- The 11U Division will use a Wilson TDJ Ball or one of equal size.
- A team can choose to use a football larger than the size allotted for their division but cannot use a smaller football.

Section 7 – Player Pregame Check

- Pre-Game checks are not mandatory. However, if a team wants to do a pre-game check they must inform game-day officials 30 minutes prior to kick off start time and do the following...
- 30 minutes prior to kick off each team is required to check in and complete their pre-game certification.
- Players will line up in alphabetical order so P5SL Site Directors can check to make sure each player matches the birth certificate / ID Card, the players jersey number is correct, and to make sure non-registered players do not participate in the game.
- If a player does not show up prior to kickoff, he must be certified by a P5SL Site Director before he can enter the game.
- Players must check in for a minimum of 4 regular season games to be eligible for the playoffs (Big School). If a player is injured, he can still check in for a game under the designation of IR. However, he must be present at team check in to earn that designation.
- P5SL Staff reserves the right to recheck players at any time during the game. This can and will be done to ensure player safety and integrity.

Section 8 – Coaching

- All coaches are required to have passed a background check with P5SL - BIB. That can be done by going to <https://securevolunteer.com/pow5r-sports-league/home>. This is required of all volunteers that expect to be on the sideline during games. The background checks are \$25 and must be taken prior to taking the field.
- All coaches are also required to be either AYF Coaching Certified or USA Football Certified. This certification must be present. The AYF Certification can be done at <https://nfhslearn.com/courses/football-tackling> while the USA Football Certification can be done at usafootball.com.
- Once completed, each coach's certificate needs to be emailed into the league office.
- Coaches must also be listed on the team's final coaching roster 2 weeks prior to the first game of the season. Coaches will only be eligible to remain on the sidelines during the games/divisions that they are listed on the coaching staff form.
- Teams will be allowed a maximum of 10 Coaches per sideline. This includes the Head Coach, Assistant Coaches, Team Parents, and Media personnel. The EMT or any other medical personnel does not count against this number and will be encouraged to be present. This does not include the chain crew or the 2 maximum water personnel who must be under age 18.

Section 9 – Coaching Field Rules

- All Coach ejections will be treated in the most serious of manners. Coaches ejected from games will be subject to a \$75 fine. All monies collected from the fine will go to the AYF players travel fund.
- While it is the responsibility of a Head Coach to control his Assistant Coaches, the ejection of an Assistant Coach or a similar sideline personnel does not require the ejection of the Head Coach. It is the responsibility of the Head Coach to help remove the offending ejected Assistant Coach so the game can continue. If the Head Coach cannot gain control of his sideline at this point, the game will be called and result in a mercy loss for the offending team.
- Electronic communication devices are prohibited when it comes to players communicating with coaches. Coaches may use communication devices with one another, if these instruments do not effect play or involve communication with players and are restricted to sideline use only from each team's own side of the field.
- ONE coach is allowed on the field in the 7U Division. Prior to the snap both the offensive and defensive coaches must be 15 yards from the line of scrimmage. The on-field coach must not interfere with the play of game. Once the quarterback goes under center, all on field coaches must remain silent until the ball is snapped. Interfering with the play will result in a 15-yard penalty.
- Only fully certified coaches with completed background checks will be allowed on the sideline. They will be listed on the teams coaching list & given a wristband for each weekends contest to clear them onto the field level.

Section 10 – EMT, HitCheck, & Player Safety

- Each team must have at least one volunteer staff that is first aid certified at all practices, games, and team events.
- All teams must have a first aid kit at all practices, games, and team functions.
- If a major injury occurs during the game, the volunteer medical personnel for the game and P5SL staff will make a discretionary call as to whether the game is to continue.

Section 11 – Roster Regulations

- Each Team is required to have a minimum of 16 players and a maximum of 40 players on their roster to be considered a team and be placed on the schedule.
- During P5SL - Black Gold Conference League play there are no play minimums in effect for any division.
- During AYF Regional and National Play the AYF standard minimum play will be in effect.
- Teams may begin a game with a minimum of 10 players. If a team drops below 9 players for more than 2 plays, the game will be recorded as a forfeit. The game can continue at the discretion of the teams however as a scrimmage to provide the players a chance to receive the ability to participate. If this occurs, the referees will not continue to run the game and the game must be run by the remaining coaches.
- Rosters close 1 week prior to opening day. In all subsequent week's rosters close on Wednesday at 5 PM up until Oct 1.
- To be eligible for the playoffs and/or All-Stars, a player must be checked in for a minimum of 4 regular season games.
- Dual Participation, otherwise known as participating on more than one tackle football team or division is strictly prohibited. Having a player or players do so can and will result in a forfeiture of games and removal from P5SL - Black Gold Conference and AYF Regional or National play.
- For Varsity players specific to Small Schools: Any player participating on a varsity team cannot be or turn 13 years of age before the start of the season.
- For Varsity players specific to Small Schools: Absolutely no 7th graders allowed to participate.

Section 12 – Forfeitures, Mercy Rule, and Playoff Tie Breakers

- All forfeited games will result in a 49-0 final score. If a team forfeits a game for any reason, they will be subject to cover the field and referee costs.
- Mercy Rule: Once a team has a lead by 7 touchdowns or 49 points the score is officially frozen. At the losing teams' discretion, the game can be continued as a scrimmage game without further score being kept. We ENCOURAGE all teams to utilize this time to include players that may not get ample playing time to help train and further develop skills.
- Mercy Rule #2: Once a game goes into mercy scoring, we will no longer do kickoffs. Teams will simply take possession at their own 30-yard line.
- The following will be the playoff tie breaker system:
 - o The first tie breaker will be head-to-head results.
 - o The second tie breaker will be points allowed.
 - o The third tie breaker will be a coin toss.
 - o Special note. If there is no clear winner of a tie breaker in the case of a multi way tie, points allowed will be the tie breaker.

Unless otherwise amended below, the current year's UIL (University Interscholastic League) Laws of the Game shall apply. UIL Laws of the Game and other resources are available at <http://www.uiltexas.org/football/rules-guidelines>

Section 13 – In Game Timing Rules

- All age division games will play 10-minute quarters with a running clock. The clock will stop on timeouts, injuries, and during the last 2 minutes of each half. Additionally, there will be a one minute clock stoppage after each extra point attempt to allow for teams to set up for kickoffs. UIL rules regarding the stopping of the clock will apply throughout the game. <https://www.uiltexas.org/football/manual>
- The only exception to the stop clock will be in a game where the mercy rule has come into effect. At this point, the clock will run except for time outs and injuries until the game is over.
- During the playoffs, any game that has gone into the mercy rule will be over at that time.
- There will be a one-minute intermission between the first and second quarter, as well as the third and fourth quarter.
- There will be a 5-minute halftime between the second and third quarters. P5SL Staff & Referees may change the length of halftime based on the day's game schedule.
- Each team will receive 3-time outs per half. All time outs will be 1 minute. Unused timeouts do not carry over.
- The offense is given thirty seconds from the spotting of the ball to the time they must snap the ball to begin the next play.

Section 14 – Pregame & Kickoffs

- There will be no pregame “faceoff” or other intimidating gestures by teams allowed. Any attempt to do so will result in a minimum of personal foul penalties and a maximum of a forfeiture of the game.
- No team may have more than four captains and only one player shall be designated as the team spokesperson.
- Each half of the game will be started by a kickoff. The Game Officials, in the presence of both teams’ field captains, will toss a coin to determine possession at the start of the game. The visiting team will call “heads” or “tails.” The winning team must select to kick, receive, or defer.
- Onside kicks are allowed in all divisions where kickoffs occur.
- All kickoffs will take place from the 40-yard line unless a penalty has been assessed.
- Free kicks after a safety will take place from the 20-yard line.

Section 15 – Punts, Field Goals, & Extra Points

- **FOR THE 7U DIVISION ONLY:** There are no punts in this division. If a team declares a punt, they will earn a 30-yard walk-off from the spot of the ball. This can only be done on 4th down.
- **FOR THE 9U DIVISION ONLY:** Punts & field goals in this division will be declared. Teams must declare for a punt on 4th down only. During the punt or field goal, there will be no rush allowed by the defense. Once the kick is away, the play returns to live action.
- Punts and field goals in all other divisions will apply standard UIL rules as live plays with the center being protected.
- All extra points will be attempted from the 3-yard line. A run will be worth 1-point while a passing play or kick will be worth 2-points.

Section 16 – In Game Rules

- Blocking below the waste will coincide with UIL rules to teach the players how they will be blocking once they start High School Football the proper way.
- Players can be substituted only on a dead ball. Substituted players must leave the field at the sideline from which his or her team occupies
- Interceptions and fumbles are live in all divisions except 5U.

- If anything, other than a hand or foot of the ball carrier touches the ground the player is down, whether touched by a player or not.
- The offense must have at least seven players lined up on the line of scrimmage for every play. Five offensive linemen are ineligible receivers. The defense does not have a minimum number of players required to be on the line of scrimmage.
- **FOR THE 5U & 7U DIVISION ONLY:** No individual player may be lined up directly over the center or in the A gaps on defense; the center cannot be hit directly from the front (to allow snap exchange and center time to raise head). However, both gaps to either side may be rushed.
- Additionally, A QB taking a snap from under center may not immediately run through the A gaps.
- There will be no ties. In the event regulation play (4 quarters) ends in a tie, the game will go into overtime. Overtime will follow UIL rules with each team getting a possession at their opponents 10-yard line. First possession will be determined by coin toss (Visitor calls). The winner will choose offense or defense while the other team will choose the end at which the play will occur. Fumbles and interceptions cannot be returned for defensive points. Teams will continue to play under overtime rules until a winner is determined.

Additional Note: In the Pow5r Sports League, athletes are permitted to celebrate individually or with teammates following a touchdown or significant play on offense or defense, provided that the celebration is not directed toward an opposing player in a manner that could be considered taunting or demeaning. Any penalty related to this rule is at the sole discretion of the official and, if penalized, will be treated as an "unsportsmanlike conduct" penalty.

Section 17 – Disciplinary Issues

- Any issues with a coach, parent, staff, contractor, or league policy must be made to the league coordinator in writing.
- All participants, parents, guardians, and coaches are required to abide by the league's code of ethics. Any violation of the codes of conduct may result in suspension or removal from the league.
- The league coordinators will review all written issues and determine a resolution
- The league will have final judgment in all rulings. P5SL - Black Gold Conference has the authority to suspend or permanently expel any individuals without a refund to uphold the standards and expectations of the league.
- Field coordinators are an extension of the league office. Their decisions will be treated as such, and they will be treated with respect.
- Field coordinators can issue a penalty on teams for unsportsmanlike conduct due to the actions of any parent, spectator, or coach who does not comply with league and facility rules and regulations.
- Fighting by a player, coach, or spectator will result in an automatic ejection. Fighting will also result in a minimum one-week suspension. This includes striking, kicking, or kneeling any player or spectator, and intentional contact with an official.
- Two un-sportsmanlike fouls by a player or spectator (Referee may eject a player, coach, and spectator for one unsportsmanlike conduct depending on severity of action).
- Any other act that is unruly, rough, and/or flagrant
- A spectator violating the parent line or cautioned parent area. This includes violating the rules of the facility the game is taking place at.

P5SL - BLACK GOLD CONFERENCE PLAYER'S CODE OF CONDUCT

We pledge to follow the P5SL - Black Gold Conference Code of Conduct:

I will remember that games are played for **fun**!

I will display good sportsmanship ahead of my own personal desire to win.

I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parents and coaches.

I will show respect to all game officials, coaches, players, and parents and never act in a manner that would be disrespectful toward them.

I will not use drugs, tobacco or alcohol at any Pow5r Sports League - Black Gold Conference practice or game and will remind others on my team not to do so.

I will shake hands with the other team at the conclusion of all games.

I will shake hands with the officials at the conclusion of all games.

I understand that I will be suspended from the league for violation of this Player's Code of Conduct.

P5SL - BLACK GOLD CONFERENCE PARENT'S CODE OF CONDUCT

We pledge to follow the P5SL - Black Gold Conference Code of Conduct:

I will remember that youth sports are played for **fun!**

I will be a role model for my team demonstrating how to treat other players, parents, officials, and coaches with respect at all times.

I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parents and coaches.

I will show respect to all referees, officials, or umpires and never act in a manner that would be disrespectful toward them.

I will be an encouragement to all players on all teams regardless of the score.

I will place my child's emotional and physical well-being ahead of my own personal desire to win.

I will volunteer to help my child's team by coaching, officiating, planning team parties, team pictures, and team trophy orders, phone calls and/or other needs.

I will not use drugs, tobacco, or alcohol at any National Youth Sports practices or games and will remind other parents not to do so. **ANY USE WILL RESULT IN AN EJECTION FROM THE FACILITY AND MAY FORCE THE LEAGUE TO REMOVE THE PLAYER FROM THE LEAGUE.**

I will remember that the game is played for the youth and not for the adults.

I will encourage my child to shake hands with the other team at the conclusion of all games.

I will encourage my child to shake hands with the officials at the conclusion of all games.

I understand that myself, and possibly my child, will be suspended without warning from the league for any violation of this Parent's Code of Conduct.

DISCIPLINARY PROCEDURES AND PENALTIES

- 1. The players, head coach, and assistant coaches can be in the coach's box on the sidelines. The coach's box is between the twenty-five-yard lines. These individuals must have proper identification to be on the playing side of the parent line. Failure to comply with this rule will result in a fifteen-yard unsportsmanlike conduct. All other parents, friends, and/or relatives must stay in the designated area, even if you are filming. Ladders are prohibited at each site to protect the children, fans, and staff.**
- 2. Profanity and arguing with any game official, P5SL staff, or opposing parent/coach is not allowed, ZERO TOLERANCE. This will be strictly enforced. Failure to comply will be handled as follows:**

Coach will be ejected from the game and suspended by the league for up to three games. Coaches can only be reinstated at the league coordinator's discretion.

Parent(s)/Guardian(s) will be ejected from the game and suspended for the following week's game. If the problem persists, then the child of the parent/guardian may be suspended for one game.

Players will be ejected from the game and can be suspended for the following week's game. If the problem persists, then the child may be suspended for the season and banned from future participation in the league. All Suspensions remain at the discretion of the league commissioner.

- 3. In addition, any individual who is ejected from a game for any reason is subject to banishment from the league. NO REFUNDS WILL BE GIVEN FOR THOSE IN VIOLATION.**
- 4. P5SL considers the code of conduct sheet enclosed in this packet as the first warning to all individuals participating in the league.**
- 5. Any parents found engaging in verbal or physical violence with other parents, coaches, referees, or P5SL staff will be suspended indefinitely from the league.**
- 6. Any player, coach, or parent that is ejected from a game is automatically suspended for the next game played by their team. This suspension is mandatory and cannot be reduced or removed, though it can be lengthened at league discretion.**
- 7. There is no smoking, smokeless tobacco, or alcohol of any kind permitted at any P5SL associated Field. Any parent breaking this rule will automatically be ejected from the league.**