East Wake Youth Football League

Rules and Regulations

2026 Season

The EWFL is a USA Football™ Heads Up Tackling Program

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Since 1968, the EWFL has allowed young athletes across central and eastern NC to learn youth football at a community level. Young athletes have joined our associated teams for years because of their track record for integrity, knowledgeable coaching, peak experience, and competitive play. Each year, the Board reviews requests and updates our league rules to maintain fair play and incorporates changes by the National Federation of High Schools to the football rules (www.nfhs.org).

The EWFL leadership includes the following members who serve on the League Board:

Name	Position	Affiliation
Suzanne Greenly	Board (Commissioner)	EWFL Commissioner
Napolean Mills	Board (Football)	EWFL Treasurer
Len Boykin	Board (Football)	East Conference Commissioner
Corey Harris	Board (Football)	West Conference Commissioner
Chris Hardy	Board (Football)	North Conference Commissioner
Matthew Cates	Board (Football)	EWFL 14 U Commissioner
Sharlene McDoe	Board (Cheer)	EWFL Cheer Commissioner

Rules are evaluated each offseason by the ad-hoc Rules Committee through submission by each of our affiliated members and voted upon by the League Board.
If you have a concerning comment or have a proposed change to the league rules, please submit your request to your program director or directly to the league commissioner for consideration at director@ewfl-football.com.

Revision Summary:	Date/Description/By
May 5, 2022,	Rules Revisions #2021 Middle School Play both MS and EWFL /NLM
May 29, 2023,	Rules Revision #2023 Weight Changes 8U/10U/12U /NLM
May 29, 2023,	Rules Revision #2023 Field Goal is allowed /NLM
May 29, 2023,	Rules Revision #2023 Dead Period /NLM
May 30, 2023,	Rules Revision #2023 Adding 14U to Cheer /SM
May 30, 2023,	Rules Revision #2023 14U can't play both HS and 14U football / JC
May 30, 2023,	Rules Revision #2023 Limited skill players during Kickoff/Return /NLM
May 30, 2023,	Rule Revision #2023 Recommendation of AED at game /NLM

May 30, 2023,	Rule Revision #2023	Postseason Requirement for Host teams	/NLM
June 25, 2023,	Rule Revision #2023	Spectators on the field during game	/NLM
June 09, 2024	Rule Revision #2024	Games can start at 11am or 4pm, time remain the same throughout the season.	/NLM
June 09, 2024	Rule Revision #2024	Officials state one mouthpiece per player, and no mouthpiece shall hang from the helmet.	/NLM
June 22, 2025	Weight Changes 8U/10U/12U, forfeit penalties, Game day Cancellations, fence definition, Mercy rule		/NLM

Rules and Regulations Authorizations

By signing below, as our leadership, you agree to operate the league as duly represented in the following Rules and Regulations.

East Wake Football League, Inc.
Board of Directors

03/07/2026

Suzanne Greenley Date
EWFL Commissioner

Napolean Mills 03/07/2026

Napolean Mills Date
Treasurer

03/07/2026

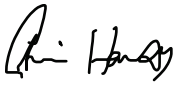
Matthew Cates Date
EWFL 14U Commissioner

Sharlene McDoe 07/04/2026

Sharlene McDoe Date
Cheer Commissioner

07/03/2026

Len Boykin Date
East Conference Commissioner


03/07/2026

Chris Hardy Date
North Conference Commissioner

03/07/2026

Corey Harris Date
West Conference Commissioner

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Introduction

The East Wake Football League (EWFL) is made up of several organizations (township or community) in central and eastern North Carolina within an eight (8) county area. The EWFL was established circa 1968 and continues to provide youth football and cheer to our community annually. The 2023 EWFL will host 17 organizations this year, each with three (3) divisions: Mini-Mites (8U), Mighty-Mites (10U), Peewees (12U), and 14U at large teams, ranging in age from six (6) to fourteen (14). The League is divided into three (3) season play conferences: North, East, and West.
EWFL is an independent league governed by its rules. The league uses the National Federation of High School (www.nfhs.gov) rules with modifications outlined herein. The EWFL website can be located at www.ewfl-football.com.

League Entrance Requirements:

Each town must have enough kids to fill all three (3) teams. Interested teams should complete an Expression of Interest (see Appendix A or www.ewfl-football.com for forms) and submit it to the League Board of Directors by May 1st. Each interested team will be interviewed and issued acceptance or denial by a board vote on or before June 1st.

League Fees

The League entry fee is $400 per organization (three (3) teams each). If an organization has two (2) squads (six (6) teams), the discounted price is $700.
League entry for 14U is $100 if you have 8U,10U, and 12U teams. The fee is $200 if you only have a 14U team.
League entry for Cheer is $75 (Cheer on 8U, 10U, and 12U teams)
($400) 8U/10U/12U
($475) 8U/10U/12U + Cheer
($575) 8U/10U/12U and 14U
($200) 14U at large only

- A late league entry fee of $100 up to 30 days after the deadline.
- A returned check fee of $25 per occurrence.
- A $50 game protest fee per event.
- A late roster (coach or team) revision fee of $10 per occurrence.

Registration Schedule

Registration timelines are different in each town but generally begin in June.

Football

Age is determined as of August 1st of the current season[1].

Teams	Ages	Weight Limit	Overweight Allowance
Mini-Mites	6-8	110 lbs.	+ 35 lbs. (see restrictions)
Mighty Mites	9-10	135 lbs.	+ 55 lbs. (see restrictions)
Pee Wee	11-12	165 lbs.	Unlimited (see restrictions)
14U	13-14	Unlimited	Unlimited

NOTES:

1. Gym shorts and jerseys are required to weigh in.
2. Players are allowed one (1) additional pound if games are played on Sunday (*in the event of postponement or rainout of Saturday games*)

Weight Restrictions

The overweight allowance (OWA) is restricted as follows:

- A maximum of five (5) OWA players are allowed on the field per team at one time. Unless a team doesn't have enough players to support this rule.
    - At that time, both teams could match the number of OWA and continue to play, but OWA rules would still be upheld.
- Each OWA player shall have a prominent FLUORESCENT GREEN stripe on their helmet. The FLUORESCENT GREEN stripe shall be prominent and visible from the sidelines.
- OWA players may only play in positions between the ends (defensively in the "C" gap), including the tackle position. The OWA may line up in an outside shade if an offensive end is absent. **OWA players may not carry the ball, and in any instance where an OWA recovers a fumble or intercepts the ball, the play is immediately blown dead.** OWA players may not play in the linebacker position and must be down (3 or 4 pt.) on defense. OWA players may not play on either Kickoff or Kickoff Return teams unless players are not available(highlighted in yellow)

[1] A player that has a birthday on August 1st may be allowed to play (if he is turning 13). However, a five (5) year old may not play.

Weigh In Requirements

A player shall wear a jersey and gym shorts at a minimum. A player close to the weight limit may weigh in before the normal team weigh-in by any commissioner, coach, assistant coach, or director of the opposing team on game day, so the player can have food and fluids after weight is made. Weigh-in may not occur no earlier than one (1) hour before the start of the 5th quarter game. During playoff games, the hosting organization director (if of a different team), the EWFL Board, or the opposing team's coach, assistant coach, or director may conduct a weigh-in. If a site hosts early and late playoff games, the rule applies to each set of games independently. *Example: A Pee Wee player may weigh in at the same time as the Mini or Mighty Mites or at the convenience of an opposing coach to witness the weigh-in. If he does not gain weight now, he may try again during the regular weigh-in.* The intent is to allow kids to weigh in on game days close to weight limits as soon as possible. Late weigh-ins may occur no later than the end of the 3rd quarter of the prior game. Weigh-ins at normal times or late weigh-ins are final. If the player does not gain weight, he or she may not play.

Weigh In Violations

No Coach or Organization Director shall request an opposing team to approve a player who does not meet the weight requirement for his league. No coach or parent shall promote artificial weight loss products, dietary supplements (i.e., diuretics, Ex-Lax, etc.), or artificial means of dehydration (plastic suits, trash bags, etc.). Any complaint of this nature should be forwarded to the Team Director, then to the Conference Commissioner, and then to the League Commissioner for resolution. *It should not be the league's practice to promote weight loss on game day, around the game fields, etc. Weight management should occur between the participant and their family.*
A successful weigh-in includes any fractional weight on a digital scale and/or a bouncing balance beam on a traditional scale. *For example, a mighty mite may weigh 125.9 lbs.. on a digital scale and/or when set to 125 lbs. on a balance scale; the beam may bounce off the top of the bar but not stay for a successful weigh-in.*

Age Requirements

- 14U must not be 15 years old before August 1 of the current year. *If the birthday occurs on August 1st, a 15-year-old can play.*
- A Pee Wee must not be 13 years old by the same date
- A Mighty Mite must not be 11 years old by the same date.
- A Mini Mite must not be nine (9) years old by the same date. Mini Mites may be six (6), seven (7), or eight (8) years old.

The league does not allow five (5) years. However, if their sixth (6th) birthday falls on Aug. 1st, they are eligible to play.

Pre-Season Activities

Off-Season Participation

The season for the league is defined as that period that begins with the opening date of practice (as called annually by the league) and goes through the last regular season, playoff, or all-star game. By defining the length of the season, an attempt has been made to balance the athletic calendar so that participants can compete in various sports throughout the year. Therefore, the year may be considered in three (3) periods as follows:

i. Regular Season (including playoffs and all-star games)
ii. Dead Periods
iii. Skill Development Sessions

Dead Periods (Following NC High Schools): Skill Development Sessions are not allowed during the following periods:

- June 29, 2026 – July 5, 2026
- July 20, 2026 – July 26, 2026

Skill Development Sessions may occur during all other times, subject to the following criteria:

i. All skill development sessions must be voluntary and open to all students.
ii. At no time may a coach require any student to attend off-season skill development sessions to measure continued team participation. Any coach who promotes the idea that taking part in off-season practice is required is blatantly out of compliance with the intent and purpose of this rule.
iii. Skill development sessions are not restricted to the number of participants daily.
iv. During the summer, coaches can work with individual or multiple players from their organization or the surrounding area, conduct practices, etc.

Practice

Organized practices shall begin on July 28th unless otherwise determined at the Director's Meeting. Therefore, registration and equipment shall occur before this date.

Conditioning

Each player must undergo three (3) days of conditioning before shoulder pads are worn. One-on-one tackling may not happen until the 2nd week or after three (3) days of conditioning occur. The first week of practice, from Monday until Sunday, shall be for conditioning only. No player-to-player contact exists, but the kids may hit blocking dummies and sleds.

Coach Training

The EWFL is a USA Football Heads Up™ Program. Under this program, all coaches must complete USA Football Youth Tackle training and become certified. To be eligible for practice or game participation, these requirements must be completed by July 23rd and receive positive confirmation from the league.

Background Screening

Mandatory background screening of all coaches, assistant coaches, and directors is required to participate in the EWFL annually. Background screens shall remain valid throughout each season (i.e., renewals shall occur before each season and shall not expire during the season). Each township shall be required to submit background screens following the National Council of Youth Sports (NCYS) Recommended Guidelines: The Gold Standard of Best Practices for Background Screening and Managing Risk In Non-Profit Youth-Serving Organizations (www.ncys.org) before the subject person is allowed to participate in program activities, practices, and/or games as coach or director. All returning coaches shall complete the annual screen renewal by July 21st and submit it to the league for approval.

The NCYS Screening Criteria are repeated (for simplicity) below:

> *The original source of the following criteria is that which is used in the PROTECT Act by the FBI and the National Center for Missing and Exploited Children. The criteria have been adapted to meet the needs of nonprofit youth-serving organizations.*
> *Reportable convictions for, disclosures of convictions for, and pending dispositions for any of the following criminal offenses or registrations will prompt a determination that an applicant does not meet the criteria (or should be reviewed) for participation in serving a youth-serving organization:*
> *1. Any felony (any crime punishable by confinement greater than one year)*

a. *Defined based on exposure for the offense for which the defendant was convicted, pled guilty, pled nolo contendere, or is pending a disposition. If convicted, the defendant was ultimately convicted.*
b. *Defined as all crimes punishable by more than one year in jail or prison, regardless of how characterized by jurisdiction. If range, alternate sentencing, or indeterminate sentencing, the outer range is greater than one year.*

2. *Any lesser crime involving force or threat of force against a person.*
3. *Any lesser crime of a sexual nature or classified as a sex offense, including but not limited to "victimless" crimes of a sexual nature such as prostitution, pornography, indecent exposure, and crimes in which sexual relations are an element.*
4. *Any lesser crime involving controlled substances (not paraphernalia or alcohol).*
5. *Any lesser crime involving cruelty to animals.*
6. *Any sex offender registrant.*
7. *Any lesser crime involving harm to a minor.*

Suppose the league or an affiliated organization notifies the applicant that a negative background screen has been received. In that case, the applicant may simply accept rejection from participation with the league, or an appeal may be requested to the league commissioner by emailing director@ewfl-football.com.

The board will hear appeals regarding the NCYS guidelines for a minimum history review of ten (10) years.

Certified Rosters

Team rosters are to be completed electronically and uploaded to the league Google Drive ("EWFL General Folder/Public") no later than Thursday before the first Saturday game (see Appendix A for forms). The shared drive will be shared with each team's director. Each team shall also prepare a team verification book ("Team Book") that contains each participant's information, including an acceptable government-issued ID (see **Appendix A** or www.ewfl-football.com for forms). Acceptable IDs shall include a valid US Passport, a state-issued DMV Photo ID, a US military-issued Photo ID, or a state or federal ID. Each organization shall have access to the team rosters (through the clearinghouse) for download and use during the weigh-in. The Team Book shall be used for game-day verification with the declared team roster. Copies of Photo IDs and substitute rosters may not be accepted. Participants without a valid ID may not play on game day.

Late Player Additions

To add a player to the roster after the first game, the Organization's Director must upload a revised team roster to the league Google Drive ("EWFL General Folder/Public") and update the Team Book by Thursday before the Saturday game. The player must then be eligible for that game.

Final Roster Deadline

No player can be added after the season's second game, except for a Mini Mite player to be added to the Mighty Mite roster or a Mighty Mite player to the Pee Wee roster. Once a player elects to play up a division, that player may not be allowed to move back down for the remainder of the season (*this also applies to postseason play*). No player can be changed on any roster without approval. A copy of the certified roster (signed by the Commissioner) shall be available at all games.

Player Transfers

Once a child signs up to play with a team and practices with that team for one week, he shall not be allowed to switch teams to another town unless the Area Director is notified through a disclosure form and approved by the League Commissioner (see **Appendix A** or www.ewfl-football.com for forms).

Coach Transfers

If a Director, Board Member, Coach, or Assistant Coach leaves an EWFL-affiliated organization and joins another affiliated EWFL organization, that Director, Board Member, Coach, or Assistant Coach may not participate in a position of leadership with the new organization for at least one season (i.e., the subject person must "sit out" one season before returning to coaching). Alternatively, both organizations may grant a waiver that allows a leadership transfer, subject to EWFL Commissioner approval.

Recruiting

Recruiting of players from other programs within the EWFL shall NOT be tolerated. Recruiting shall be defined as undue influence as referenced in Section 1.3 of the current edition of the NCHSAA (North Carolina High School Athletic Association) Handbook. Specifically, sections 1.3.1, 1.3.2, and 1.3.4 state that "school" shall be replaced by "organization" and "student-athlete" shall be replaced by "participant":

- *(An individual or group shall be subject to Section 1.3.1) No student shall be subject to undue influence to induce or cause him to transfer from one school to another for athletic purposes.*
- *(Section 1.3.2) If recruiting allegations are made against a school, the accusing party must bear the burden of proof in substantiated form.*

- *(Section 1.3.4) For this rule, "undue influence "consists of actions taken for the purpose and intent of soliciting or encouraging the enrollment of a student-athlete in a school, including but not limited to the following:*
    a) *Initiating or arranging communication or contact (letters, email, phone, etc.) with a prospective student-athlete or member of his or her family.*
    b) *Visiting or entertaining a prospective student-athlete or member of his or her family.*
    c) *Providing transportation or arranging for a prospective student-athlete or member of his or her family to visit a school or meet with anyone associated with a school.*
    d) *Providing verbal or written, slide, film, or tape presentations to a prospective student-athlete or member of his or her family that states or implies that a school's athletic program is superior to that of any other school with the purpose or intent of soliciting or encouraging the enrollment of the student in that school, or that it would be advantageous for any prospective student-athlete to participate in athletics at that member school as opposed to any other school;*
    e) *Non-school athletic teams should be used to solicit or encourage a prospective student-athlete or a member of his or her family to enroll the student-athlete at a different school.*

Middle School Play

Middle school football players are allowed to play both EWFL and middle school.

High School Play

High school football players cannot play 14U EWFL and High school.

Sportsmanship

The East Wake Football League endorses sportsmanship "codes of conduct" developed by USA Football to help youth football organizations communicate what is expected from youth football's three major participants: Athletes, Coaches, and Parents.

Athletes Code

1. I am accountable for the results of my behavior toward my teammates, coaches, and game officials.
2. I will always respect other players (including my teammates and opponents), coaches, and game officials. When I score a touchdown, I simply hand the ball to the official before celebrating with my teammates.
3. When I make a great play, I will not embarrass my opponent.
4. I will honor the sport by following the rules during games and practices.
5. I will respect the game and not use foul language at any time.
6. I agree to prioritize my team and give my best effort to support team goals.
7. I agree to do my best in class and listen to my teachers.

Coaches Code

1. I agree to conduct myself positively toward my players, coaches, parents, and game officials.
2. I will always respect players, coaches, parents, and game officials.
3. I will develop a coaching philosophy that embraces fundamentals, organization, life lessons, and friendships versus a "win at all costs" mentality.
4. I will remember that kids registered to play football because it is fun. Every child should have the opportunity to play.
5. I will support and respect all game officials' decisions and refrain from outward criticism.
6. I will support the integrity of the game and make game decisions in line with fair play and sportsmanship.
7. I am responsible for completing my coaching education requirements and teaching the proper fundamentals.
8. I will create a safe and positive environment for my players to learn the sport.
9. I will listen to my fellow coaches and players regarding player safety. When in doubt, I will sit them out of play.
10. I will honor the game and my responsibility as a coach to provide a positive experience for my team.

Parents Code

1. I agree to support our team positively and showcase good sportsmanship toward all players, coaches, parents, and game officials.
2. I will respect the coaches' commitment to coach my child and not interfere with on-field instruction during practices or games.
3. I will address any concerns with the head coach privately, away from the field, and positively.
4. I will support the coaches and do my best to ensure my child arrives on time for practice and games.
5. I will teach my child to play by the rules and respect teammates, opponents, game officials, and coaches.
6. I will positively cheer for our team regardless of the game's outcome.
7. I will not, under any circumstances, go onto the football field during the game. If I do, I understand that the game will be forfeited.
8.

In-Season Activities

Host Site Responsibility

The host site shall furnish and support the following:

- Scoreboard/Clock: An easily visible electrical scoreboard and clock must be mounted on the playing field.

- An approved set of scales: An approved set of scales shall be considered any scales that can be adjusted to weigh 100 pounds when a weight or weights totaling 100 pounds is placed on them. The visiting and the home team shall furnish a weight of 50 pounds. If one of the teams does not have their 50-pound weight, the scales shall be adjusted to the 50-pound weight provided. If the home team has two (2) 50-pound weights or a 100-pound weight, the scales shall be adjusted to the 100-pound weight. *Weights must have a certified stamp.*

- Football: The following footballs (or league-approved equivalent) shall be used for the league. Game balls shall be leather or composite only. No rubber balls shall be allowed. The visiting team may also alternate their football during play.

Manufacturer	Mini-Mite	Mighty-Mite	Pee Wee	14U
Rawlings	ST5 PEE WEE	ST5 JUNIOR	ST5 JUNIOR	N/A
Baden	Pee-Wee	Junior	Junior	N/A
Nike	Spiral-Tech 1000 Pee Wee	Spiral-Tech 1000 Junior	Spiral-Tech 1000 Junior	N/A
Riddell	RDP	RDJ	RDJ	N/A
Spalding	Mighty Mite	Junior	Junior, Youth	N/A
Under Armour	Pee Wee	Junior	Junior	N/A
Wilson	K2	TDJ	TDJ	TDY

- Security: Minimal of One (1) uniformed police officer, deputy sheriff, or security guard (Bonded) must be supplied (It's mandatory the security is onsite until everyone vacate the premises).
  - Law enforcement or security must meet at the beginning of each Mini game to be visible to the public (This is non-negotiable)
  - Security has to have a shirt or hat that identifies them as security
  - Games cannot start until at least (1) Law enforcement or Security has been identified and present at the beginning of each game.
- A rescue squad is encouraged at the host sites, and an AED is recommended for every game.

- Fence: A fence must surround the playing field or track to prevent parents from wandering too close to it. A fence made of rope, orange grid, etc., is considered a permanent or temporary fence as long as it serves as a barrier to prevent unauthorized persons from entering the field of competition. It's the Head Coaches' responsibility to keep spectators off the sideline. Only volunteers who have passed background check are allowed on the sideline.

  - Fences must be maintained throughout the game.
  - Signage should warn spectators.
  - Clearly state that spectators are not allowed on the track or on the sideline

- Concession Stand: Each host site shall offer a concession stand that serves food and drink. Menus and prices are at the host site's discretion.

- Gates: Gates shall open at home fields at 10:00 am for games starting at 11:00 am on Saturday or 3:00 pm for games starting at 4:00 pm. Sunday game fields will open one hour before the start time. The League Commissioner may approve alternative schedules. (Except for Flag Football, which starts before the regular games)

- Referees: Paid officials must be employed for each game. One (1) licensed official must be present. If not, the Referee Coordinator and League Commissioner must be notified. If an official cannot be obtained for the game, it must be rescheduled.

- Paid by the Host team
  - (4) Officials $220 (8U) games ($55 per Official)
  - (4) Officials $240 (10U) games ($60 per Official)
  - (4) Officials $240 (12U) games ($60 per Official)
  - (4) Officials $300 (14U) games ($75) per Official 10-minute quarters)
  - (5) Officials $340 (14U Only) ($85) per Official 10-minute quarters)

- However, if fewer than four (4) officials are present, please notify the League Commissioner.

Gate Entrance

Admission is $10.00 for adults (18 and older) and $5.00 for children aged (5 yrs-17 years old). 4 years and under is admitted free. Up to 30 Coaches, players, cheerleaders, and team moms shall be admitted free to all away games in which they participate but must have an ID badge to be identified. All EWFL Board members and the EWFL Commissioner shall be admitted free to all games. (All EWFL Board Members and EWFL Commissioner should be added to all host guest list. *The home team shall have a certified list of coaches at each gate entrance for those allowed in for free. These lists can be found through the EWFL shared drive (via your program director.* At the entrance, each organization is encouraged to post the following statement:

This ticket of admission confers upon the ticket holder a license for entry to this event. This license is conferred subject to the ticketholder's compliance with all East Wake Football League ("League") Rules and Regulations. The League reserves the right to revoke this license upon the ticketholder's non-compliance with said Rules and Regulations.

Coolers Prohibited

No cooler or outside food allowed except team coolers for players and cheerleaders.

Amplified Devices

Amplified devices are prohibited at all games and are considered unsportsmanlike. Amplified devices are considered such items as powered megaphones, compressed air horns, battery-operated noise makers, or others that project noise and voice above normal levels. Non-assisted (electrical, battery, etc.) devices like cowbells are acceptable. *Please note that using whistles in the stands is unsportsmanlike under the NFHS rules. The home team announcer and PA equipment are not subject to this rule*.

No fireworks or pyrotechnics after kickoff

Gate Passes

The gate personnel may let a parent go to their car. Teenagers and children cannot run in and out of the gates.

Game Cancellations

If conditions are warranty, the home coach may cancel a game by 12pm on Friday if games are played at 11am on Saturday and at least four (4) hours before game time starting at 4pm on Saturday.

Rescheduling shall be at the convenience of both coaches involved and the Commissioner. The Commissioner and officials are to be notified immediately of any cancellations. If the home team's field is closed on Saturday and the visiting team can supply a field, the game shall be played at the visiting site. The Original Home team shall be required to man the entrance gates and receive all revenue from the gate. The visiting team shall be responsible for concessions and receive full concession revenue. All revenues are net of any expenses. The cost of the officials and security shall be split between the two (2) townships.
A game-day forfeit in which advance notice is not provided to the visiting team and the league commissioner shall be considered a violation of league enforcement rules. The forfeiting team will be responsible for all game-day expenses incurred by the home team.

Game Day Cancellations Policy:
No refunds for game day cancellations.
This policy must be posted at all gates and clearly communicated to parents.
If a game is canceled due to same-day weather conditions, the rescheduled game will have free entry.

Forfeit Penalties (Replacing Forfeits as a Punishment with Fines):

First Offense: $500 fine + 1-game suspension for the coach and involved party (warning issued to the director).
Second Offense: $750 fine + 2-game suspension for the coach and involved party + 1-game suspension for the director.
Third Offense: $1,000 fine + season suspension for the coach and involved party + 2-game suspension for the director.

Game Requirements

Shoes / Mouthpiece

Football shoes or all-purpose shoes with rubber cleats are the only approved footwear. (Metal cleats are not allowed.)
Mouthpieces shall be worn while on the field of play. Officials state one mouthpiece per player; no mouthpiece shall hang from the helmet.

Fields

All games shall be played on an eighty (80) yard field except for 14U games that will be played on a 100-yard field.

Game Times

The following schedule shall be generally followed with exceptions approved by the League Commissioner:

- 5th Quarter Mini Mite games shall begin at 10:30 am or 3:30 pm.
- All Mini Mite games shall begin at 11am or 4pm.
- Mighty Mite games shall be ready for play at the end of the Mini-Mite game as soon as officials are ready.
- Pee Wee games shall be ready for play as soon as the officials are ready at the end of the Mighty Mite game.
- 14 U will start based on the agreement of the two townships

If a team forfeits a game, the next age group shall have 45 minutes until their game starts.

Game Duration

There shall be four (4) quarters of ten (10) minutes duration. There shall be a ten (10) minute halftime and (2) minutes between quarters for the Mighty Mite and Peewee teams. There shall be four (4) quarters of ten (10) minutes duration, ten (10) minute halftime, and two (2) minutes between quarters for the Mini Mite teams. If there is a 5th quarter, the Mini-Mites shall play four (4) eight (8) minute quarters. Any Mini Mite team with 20 or more players must play a 5^{th} quarter. If an organization does not have a 5th quarter team, it must notify the opposing organization 48 hours before the division game. Otherwise, both teams shall play the 5th quarter team with available players from the regular mini-squad. Suppose the organization does not agree to play with the offending organization otherwise. In that case, it shall be considered a violation under the league enforcement rules and will apply to the mini-game thereafter. *Alternative formats (in the event notice is not provided) should be considered, such as 9 on 9, 8 on 8, 7 on 7, and so on, to allow all kids to participate in pre-game. The organization directors and coaches shall agree on a format to facilitate game day.*
Teams are allowed 15-minute halftimes during their homecoming games each season.

Rosters

Each coach must obtain (download) the opposing team's roster from the league Google Drive ("EWFL General Folder/Public"). If a team does not have a roster posted to the league clearinghouse, the team shall forfeit the game. Game forfeiture rules apply. The game may still be played under forfeit as an exhibition game to avoid game forfeiture rules.

- Weigh-in will begin for the Mini Mites at 10:15 a.m. or 3:15 p.m. (If a Mini Mite shows up at 11:25 a.m. or 4:25 p.m., the coach from the opposing team has the right to refuse to let him play.)
- Weigh-in for the Mighty Mites shall begin at halftime of the Mini-Mite game.
- Weigh-in for the Pee Wees shall begin at halftime of the Mighty Mite game.
- Weigh-in for 14U will be based on the two township agreements

Compliance vs. Noncompliance

A COMPLIANT player has been DECLARED on the team roster, possesses a Photo ID (or the DMV-issued Paper Copy in the original season), and makes weight. A non-COMPLIANT player is missing any of these items. If a team does not have sufficient COMPLIANT players to participate, PLAY THE GAME, but the NONCOMPLIANT team will sacrifice a win. The team will be penalized under a predetermined forfeit for utilizing NONCOMPLIANT players.
The game will be considered a double forfeit if both teams are non-COMPLIANT.
Before NONCOMPLIANT kids participate, they must present an Official Birth Certificate and a copy of their latest School Report Card, weigh them, and be DECLARED on the Team Roster before the game.
This is an effort to promote games played without sufficient COMPLIANT players. This process may be continued throughout the season until sufficient COMPLIANT players have been satisfied and games can be played as normal.
The EWFL is encouraging gameplay within the league. Our league is competitive, and all teams must comply to qualify. As stated above, games should be played as they affect not only the kids, the opposing team's kids but also all the supporting structures that allow our games to happen each weekend. Each organization should field teams and participate in games. "No-shows" are not considered valid options. Games of 9 vs. 9, 7 on 7 should be attempted before a "No Show" forfeit is considered.

Game Play

If a team is not ready to begin the game at the start time, the official shall throw a flag for technical, unsportsmanlike conduct.

Rules

EWFL plays by the National Federation of High Schools (www.nfhs.gov), rules with the following exceptions:

Clock

The game clock shall be applied under 25 seconds and 40 seconds per NFHS, but some leniency should be considered for the first two weeks, and then the rules should be followed.

Coach on the Field

Only one (1) coach is allowed on the playing field during the Mini Mite game. The coach must remain ten (10) yards from where the ball is placed for play. If the coach does not adhere to the rule, the league may revoke "coach on the field" privileges for the remainder of the season.

Sideline Personnel

The only people allowed on the sidelines are coaches and other approved personnel (trainer, managers, Team Mom, Team photographer(s), water boy(s), etc.), football players, cheerleaders, cheer coaches (team mom, teen, etc.), sponsors, and the chain gang. Press people must stay behind fences and off the sidelines. (Other than the football players, (only approved folks with ID badges are allowed on the sideline) This rule intends to keep spectators and unauthorized personnel off the field. The Head Coach is responsible for maintaining the conduct of sideline personnel and will be held accountable for any violations.

Spectators running onto the field during play.

The safety of players, coaches, and officials during a football game is of utmost importance. Any interference by spectators on the field poses significant risks. If a spectator runs onto the football field during a game, the officials will immediately stop to protect all involved. Such actions disrupt the game flow and create potential hazards for everyone present. To uphold the integrity and fairness of the sport, the team with which the unruly spectators are associated will be subject to forfeiture. This decision serves as a stern reminder of the spectators' responsibility to maintain a respectful and safe environment, promote sportsmanship, and support their teams from the designated areas provided for them.

Chain Gang

Chain gangs must be at least 13 years old and should be placed on the home side of the field. There is to be no cheering or coaching from the chain gang. If a team

hosts a playoff and does not have a team playing, the higher-seed team shall cover the chain crew. Host site personnel shall cover all other home team requirements.

Scoring

Touchdowns are six (6) points. Extra points are one (1) point if scored by running, passing, or kicking from the two (2) yard line or two (2) points from the four (4) yard line (running or passing only). The team scoring a touchdown must immediately signal to the official if they are going for one (1) or two (2) points.

Kickoff

Kickoff shall be made from the thirty (30) yard line. Kickoff after safety and/or touchback shall be from the twenty (20) yard line. There shall be no kickoff for the Mini Mite teams. The ball shall be placed on the forty (40) yard line for kickoff only.

Kickoff / Kickoff Return (Limited Skills Players)

If an organization doesn't have enough skilled players (due to OWA's) during the kickoff or kickoff return, the ball should be placed on the 25-yard line of the team that will normally receive the ball. (OWAs cannot participate in kickoffs or returns unless both teams have enough OWAs to match the opponent.) Remember, OWAs are not allowed to advance the ball.

Field Goals

Field goals are three (3) points. Extra points are one (1) point when kicked after a touchdown from the 2-yard line.
**Goal post will not be required for playoff games being some teams do not have them*

Mercy Rule

Revised Mercy Rule Policy (Aligned with NCHSA Guidelines):

Point Differential Threshold:

- If a team leads by 42 points, the mercy rule is enforced.

Game Clock Adjustment:

- Running clock remains in effect, stopping only for:
  - Halftime
  - Injuries
  - Team timeouts
  - Official timeouts (safety or rule enforcement)

Mandatory Player Participation:

- All players must have the opportunity to play.
- Head coaches will meet at midfield to discuss lineup adjustments.

Game Format Adjustments:

- Special teams (kickoffs, punts, field goals) may be modified or eliminated to reduce injury risk.
- One coach per team may be on the field for instructional purposes, but must remain silent after the huddle breaks.

Forfeit & Safety Considerations:

- A game cannot be forfeited unless:
  - Both head coaches mutually agree due to safety concerns.
  - A game official determines that the environment is unsafe.
- Unapproved forfeits will be considered unsportsmanlike conduct and reviewed by the league board.

Fairness & Sportsmanship:

- The winning team must rotate in non-starters to ensure equal playing time.
- Losing teams may receive adjustments to enhance player experience while maintaining game integrity.

Penalties

All fifteen (15) yard penalties shall be ten (10) yards. Five (5) yard penalties shall be five (5) yards.

Blitzing

This rule applies for Mini Mites only: There shall be no blitzing. There shall be no more than seven (7) players on the line. Linebackers shall play three (3) yards off the line. All linemen must be down in a 3—or 4-point stance. The center is PROTECTED and may not be affected until after completing the QB-Center Exchange.
There shall be one offensive warning. The warning shall cause a five (5) yard penalty. ** Defensive ends may stand up**

Punting

This rule applies to Mini Mites only: The coach shall tell the official they will punt. This can occur from anywhere on the field; at that time, the defense is not

allowed to rush the punter. Once the ball is kicked, it shall be down where it stops or if the receiving team catches it. If the receiving team catches and fumbles the ball, the ball is dead at the point of contact. If the ball hits an offensive lineman, the ball shall be placed at the previous spot of play. If the defensive team rushes the kicker, this shall be a ten (10) yard penalty and automatic 1st down.

For example:

- *The punt is caught, and the ball is placed at the reception point.*
- *No punt is caught; the ball is placed where the ball comes to rest.*
- *If a punt catch is attempted but not caught, the ball is placed where the receiving team touched it or where it came to rest, whichever is more favorable to the punting team (i.e., if the receiving team attempts to catch the ball and it rolls forward, no yardage is gained).*

Safety

This rule applies for Mini Mites only: If safety occurs during the game, all NFHS rules apply. Since the field is 80 yards, there will not be a kickoff; the ball shall be placed on the opposing team's 30-yard line, and the scoring team shall return it.

Winner Declared

All regular-season and playoff games must have a winner unless it is a non-conference game, and then both head coaches may agree to end in a tie. High school rules shall be used in a tie at the end of the regulation game. The score shall be broken by placing the ball on the defensive team's ten (10) yard line and giving them four (4) downs to score. The ball shall change hands and give the other team the same opportunity. This procedure shall continue until there is a winner. A flip of a coin shall decide the defensive team for the first four (4) downs of overtime play.

League Conferences Champion

The first-place team at each conference at the end of the regularly scheduled games shall be declared the League Conference Champion. In the event of a tie or tie for first place, the champion will be determined by conference win, head's up and the strength of the team's schedule. A second-place trophy, smaller than the first-place trophy, shall be presented to the second-place team. If there is a tie for second place, the same process will be followed.

Playoffs

Each season, the EWFL hosts a league playoff in each division to determine the League Champion. The league consists of four (4) conferences, and each conference champion gains an automatic bid to the playoffs. To qualify, a team must have a win percentage record of 0.500 or better. Teams that are split shall

have at least 90 minutes to leave one location and go to the following location. That game schedule should be amended to allow families and coaches to attend games for the organization.

League Champion:

The teams with the most conferences wins will be titled the conference's champion in each division and will have an automatic spot in the playoffs.

The playoff selection process is as follows:

Conference Wins	Playoff
#1	Overall Wins
#2	Conference Wins
#3	Strength of Schedule
#4	Head's up

Any ties during season play will be decided by criteria issued in the league Championship Play Policies found on the league website (www.ewfl-football.com)

Postseason requirements for host teams

- Super Bowl – Needs to be played at a High School or Equivalent
- Playoffs – Games need to be played at a Middle or High School or equivalent
- All Game locations must have lights and adequate parking at both the Playoffs and Super Bowl games
- Goal post will not be required for playoff games being some teams do not have them

Protests

Any parent, volunteer, or coach bringing a protest before the League must follow a chain of resolution (in order) as follows:

1. Submit the Complaint to the Organization's Director.
2. Appeal the Complaint to the Conference Commissioner.
3. Appeal Complaint before the League Board.

All complaints that reach the Commissioner level must attach a $50 protest fee. Verbal notification must be made to the Conference Commissioner within forty-eight (48) hours of the protest. The Commissioner must receive written notice or electronic mail of protest within five (5) days. The protesting Director should

notify the opposing Director as soon as possible, and by the Conference Commissioner.

Protests regarding an official's call or judgment will not be considered. All games shall be considered final at the end of the contest, except for coach, team, or organizational infractions that may warrant a forfeit. A form may be submitted to the League regarding any feedback (positively or negatively) by completing the Game Official Feedback Form (see **Appendix A** or www.ewfl-football.com for forms).

Enforcement

Compliance with league rules, policies, and moral standards is mandatory and shall be the focus of each parent, coach, and director. Non-compliance with these rules shall be considered at the discretion of the Board and the League Commissioner.
The League may reprimand, require education, suspend, or remove the organization or individual found guilty of non-compliance with rules and regulations.
The League may levy a monetary penalty of up to a thousand dollars ($1,000).
Before imposing and assessing enforcement actions, the League, through the Rules Committee, shall, as a part of its deliberation, take into consideration the following factors:

1. The nature, gravity, and persistence of non-compliance.
2. The appropriateness of imposing a monetary penalty is considered alone or in combination with other punishments.
3. Whether the non-compliance(s) were done willfully and maliciously, and
4. Any other factors that would either mitigate or aggravate the non-compliance(s) found to exist?

During gameplay, enforcement falls under the responsibility of the game officials. The EWFL uses the North Carolina High School Athletic Association (NCHSAA) Officiating Department to coordinate and schedule officials for each league contest. Each official used in league play must be qualified and meet NCHSAA educational requirements. In the event of any disqualifications, ejections, or other unsportsmanlike activities cited during a game by the official, the EWFL follows the policies of NCHSAA at the link below:
http://www.nchsaa.org/sites/default/files/attachments/Ejection%20info%20from%20handbook_0.pdf
The board will review all unsportsmanlike or ejections reported by the game officials to the league if further league enforcement is warranted.

EAST WAKE CHEERLEADING RULES

Season Rules

The East Wake Cheerleading season officially begins on August 1st. No cheerleading squad may begin practice before August 1st. Any squad beginning before August 1st will not be allowed to compete in the East Wake Cheerleading Explosion for that year.

Holding tryouts for participation in this league is not permitted. If your organization has a limited number of uniforms, you may set a reasonable maximum limit. Registration should be as follows, but it is up to your town's rules and requirements.

- Returning cheerleaders have the first choice for a spot.
- Siblings of returning cheerleaders have the second choice.
- Any spots left at this point are open to the public on a first-come basis.

Age Range

Age requirements for cheer will be the same as football as follows:

• Mini Mites	6-8 years old
• Mighty Mites	9-10 years old
• Pee Wees	11-12 years old
• 14U 13-14	only if 13-14 football team with organization
• Mascots	recommended for ages 4-5 Maybe younger at each town's discretion

Participants may be under the age requirement for a squad but not over.

There will be no Mini Mite to Pee Wee advancement for any cheerleader. All exceptions must be reviewed and approved by League Director and League Assistant Director. ****First Time cheerleaders MUST cheer on their age-appropriate squad. If an 8yr old has cheered 1 yr for your town, then they can move up one level. 5yr old mascots will be allowed to move up to Mini Mite Squads and participate in Cheer Explosion. Cheer Directors shall ensure that all squads are age appropriate. At the Cheer Director's discretion if moving up cheerleaders is needed it shall be based on age, skills and parental consent.*, Cheerleaders may practice as long as your town allows per week. There is no time limit on practices.

Cheer Camps

Cheerleading camp may be held in addition to the above time limits for each squad, with no time limit. These camps are to be held until the season starts on August 1st.

Each town is allowed to host a cheerleading camp open to the public prior to August 1st. Cheer camps will follow the dead period as football during the month of July.

Cheer Requirements

- **BIRTH CERTIFICATES** are required for all participants
- There will only be five coaches and two managers/teen helpers per team allowed for games. This will also be the same for each participating squad during the cheer explosion.
- Stunt Safety Clinics will be operated by certified Stunt Safety Instructors. Two clinics will be held in July/August of each season at the instructor's convenience and are required for directors and coaches participating in the EWFL Cheer Explosion or Competition event.

Cheer Explosion Rules

The showcase will be divided into 2 categories. Small Division and Large Division. This will be decided at the October meeting based on the average number across the squads at each level: Mini Mite, Mighty Mite, Pee Wee, and 14U. Once you have been placed in small or large, even if a cheerleader drops out, the squad must stay in the category they were originally entered in—mascots to perform a routine before the divisions.
*****Deduction for breaking the rule is listed within the rule. No deductions for cheer explosion. Applies only to competition. Please keep your perspective on the music selection and dance routine. Refrain from inappropriate music and dance choreography*****

Cheer Explosion will consist of a Spirit/Dance Routine

Spirit/Dance

This division may consist of cheers, stunting, dancing, and tumbling, which you may perform in any way you choose. Stepping is not allowed. Coaches can only cheer during crowd response cheers. There is no minimum time limit.
The maximum time limit is three minutes. The music has no maximum time limit if the routine does not exceed (3) minutes.

Spotters

Adult spotters may be part of the pyramid and assist as needed. Their job is to be present to prevent accidents.

Stunting/Pyramids

All pyramids must have 2 side bases and a back base. When building your stunts, you may not build higher than 2 people high. (Meaning primary base should have both feet on the floor.) Basket tosses are not allowed. No release moves.

You May Not Stunt Outside During Cheer Explosion; you will only be allowed to stunt during warmups. (See director-approved stunt list if any questions on stunts are allowed.)

Mascots

Mascots may cheer during the season games and sit with their team at the Cheer Explosion. They will be able to do an exhibition routine should the town decide to have them participate.

Props/Signs

Props **are allowed but must be used during the routine. They are not allowed to be left on the edge of the mat without being used.** Signs 16" x 20" or smaller are allowed and can be made of any material. Megaphones are not allowed to exceed (2).

Professional Assistance

NO PROFESSIONAL HELP!! You may not have your routine choreographed by a paid professional.

Attire

Cheerleaders must compete in full cheerleading attire. (No bare feet, accessories, etc.). There will be no glitter (hair, body, face, etc.) or bobby pins allowed for cheer explosion. Stud Earrings are the only approved earrings for cheer explosion.

Conduct

There should be an adult with each squad at all times. All participants and coaches should demonstrate good sportsmanship at all times.

Order of Participation

We will draw in order of participation, and each team will receive 10 minutes (total for all three squads) on the gym floor prior to the exhibition for warming up. We will warm up in order of participation. If a Squad misses their assigned warm up time, it will not be able to be made up.

Awards

For the EWFL Cheer Explosion, all participants will receive a cheer medal. Cheer medals should display that Explosion is an EWFL event, not the host team's event. Medallions shall not be a signature medal of the host town.

Cameras

Snapshot/video cameras are allowed.

Food

There is to be NO food inside the exhibition area or designated area for the cheerleaders. Hosting town should appoint a monitor for the appropriate locations to deter this from happening

Music

Music – There will be one boom box allowed per town in the event of an issue with the music on the sound system provided by the host town. If the music messes up, the performing squad will be allowed to start from the stopping point only with the use of the boom box. ***DJ will be behind the girls performing and coaches need to stand with the DJ to ensure music is playable. Directors are to ensure that all music is age appropriate for their towns. With cheer explosion there is no system in place to deduct points as would be for cheer competition. If you are in doubt about your music selection, please ask.

Host Organization

Hosting town must participate in Cheer Explosion. That town will not be considered to host again until it has gone through all towns.

Stunt Approval

There will be no verbal approvals on stunts. The existing stunt list is approved for the 2025 Cheer Explosion by all directors.

THERE WILL BE A DEADLINE FOR ALL ACCUSATIONS, RUMORS, ETC. THEY NEED TO BE DIRECTED TO ALL PARTICIPATING DIRECTORS AT THE VERY LATEST BY THE MONDAY PRIOR TO CHEER EXPLOSION. ANYTHING REPORTED AFTER THAT WILL NOT BE DISCUSSED.

Game Day Communication

Cheer Directors or designators shall meet and greet the visiting director/coaches prior to or on the contest day. Home team Cheer directors or designee shall inform and address half-time exchange for cheer and ensure the game announcer/press box staff refrain from playing music during this time. Halftime should be limited to a maximum of three minutes for both teams. This ensures that both teams have a chance to perform if they desire.

These rules are made up and voted on by each director present at each meeting. Those directors present at the meeting may amend rules at each yearly meeting. Everyone is welcome and encouraged to be a part of this league. It is up to Directors give copies of these rules to their coaches and make parents aware as well.

(For 2026 Season)

GOOD LUCK TO ALL!!!!!

League Brand

All member organizations represent the league in all their actions and decisions. Therefore, please use good judgment in how your organizations show themselves on off-season, practice, and game days. Furthermore, the league logo has been prepared to share our pride in our history. This logo has been made for all organizations in its unaltered state. Different logo variations may be allowed only if approved by the League Commissioner. The files for the league logo are available by request.

Social Media

The East Wake Football League utilizes social media openly and positively to support the league and its participating programs in the best interest of our individual participants. Social media use is solely at the discretion of the league, where positive reinforcement and support are fundamental and primary. Any negative posts or comments under the sole discretion of the league shall be immediately removed, and the posting offender shall be banned from future posts.

Meetings

The league will conduct meetings from time to time to manage the league and share organizational and rule changes. Each organization shall be represented by its director or a responsible designator at each meeting. If an organization may not attend a meeting and cannot appoint a designee, it may assign a proxy to another organization or the league commissioner. Absences from these meetings are discouraged and may result in your organization not being represented in league discussions and votes. Repeated absences from league meetings are grounds for dismissal from the league.

Contact Information

EWFL can be found online at www.ewfl-football.com.
EWFL can be found on Facebook at: https://www.facebook.com/ewflfootballleague/info

EWFL Board Administration:	Commissioner:	Ms. Suzanne Greenly
	Treasurer:	Mr. Napolean Mills
	West Commissioner:	Mr. Corey Harris
	East Commissioner:	Mr. Len Boykin
	North Commissioner:	Mr. Chris Hardy
	14U Commissioner:	Mr. Matthew Cates
	Cheer Commissioner:	Mrs. Sharlene McDoe

Email: director@ewfl-football.com

Appendix A

“WHERE FOOTBALL BEGINS AND A TRADITION CONTINUES”

2026 East Wake Football League, www.ewfl-football.com

Certificate of Completion

Agreement ID: 6a47e0b5f9eb1e9c523b68e0
Agreement name: 2026 EWFL Rules
Status: Approved

Agreement history

Signer	Timestamp

Sharlene Mcdoe

Email: smcdoe@yahoo.com
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Location: Knightdale

Sent: Jul 3, 2026 at 16:17 (UTC)
Viewed: Jul 5, 2026 at 00:20 (UTC)
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Len Boykins

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Sent: Jul 3, 2026 at 16:17 (UTC)
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Corey Harris

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Sent: Jul 3, 2026 at 16:17 (UTC)
Viewed: Jul 3, 2026 at 19:17 (UTC)
Signed: Jul 3, 2026 at 19:18 (UTC)

Agreement approved: Jul 7, 2026 at 16:19 (UTC)

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Certificate of Completion

Agreement ID: 6a47e0b5f9eb1e9c523b68e0
Agreement name: 2026 EWFL Rules
Status: Approved

Agreement history

Signer | **Timestamp**

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Sent: Jul 3, 2026 at 16:17 (UTC)
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Chris Hardy

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Sent: Jul 3, 2026 at 16:17 (UTC)
Viewed: Jul 3, 2026 at 16:33 (UTC)
Signed: Jul 3, 2026 at 16:44 (UTC)

Agreement approved: Jul 7, 2026 at 16:19 (UTC)

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