



FBU NATIONAL CHAMPIONSHIP

THE PATH TO NAPLES

FOOTBALL UNIVERSITY NATIONAL CHAMPIONSHIP

10U Official Playing Rules

Subject to change, revision, addition, amendment at the discretion of the FBU National Championship and its governing body.

All FBU National Championship Tournament games will adhere to the rules outlined by the National Federation of State High School Associations (NFHS). Directors, Team Directors and Team Coaches should familiarize themselves with these rules and the [2025 NFHS Rule Book](#).

A) Tryouts/Practices & Athlete Qualifications

- ❖ 10U Teams may begin All-Star Tryouts on 8/1/25 and are authorized to start padded practices on 11/1/25
- ❖ 10U team members CAN NOT turn 11 years old before 8/01/25; must be born on or after 08/01/2014
- ❖ There are no restrictions on the number of players from an existing youth, travel or middle school team that are rostered on an FBUNC 10U National Championship Team

B) On-Field

- ❖ Coaches manage all playing time for athletes – there are no minimum snap counts in any phases
- ❖ All players must wear appropriate on-field equipment while participating – Certified Helmet, Shoulder Pads, Hip/Thigh/Knee/Tail Pads, Mouth Guard, Cleats, etc. | **Per NFHS, players may NOT wear Tinted Visors**
- ❖ Games will be officiated by registered officials to ensure that games follow official NFHS game rules, and that game play maintains high level of sportsmanship and fair play
- ❖ Sideline to press box communication involving radios, headsets and cell phones is permitted ONLY between official members of the coaching staff
- ❖ Players may NOT wear electronic communication devices on the field of play to communicate with coaches during game play (earpieces, etc.). 1st penalty is 15-yard unsportsmanlike. 2nd penalty is ejection of player & coach. Player may communicate electronically with coaches in the press box while the player is on the sidelines and not actively in the game, but NOT while on the field of play.
- ❖ Each game will include an officially certified Trainer who will be responsible for servicing any injuries conducted during game play and filling out injury assessment
- ❖ Minimum of three (3) conditioning days with just helmets and contact limited to five (5) days in a single week
- ❖ A play clock will be utilized for all games except for "Mercy Rule" (+24 points), injuries or timeouts
 - Anytime a team is up by 24 or more points, the clock will run. Once a team is winning by 24 points or more, the team may no longer pass the ball or run a reverse
 - Teams ahead by 24 or more points will no longer kickoff. The ball will be placed at the 40-yard line and the offensive team will take over on downs from there
- ❖ All games are played until a winner is declared – see OT Rules below
- ❖ Quarters: 8 minutes | Halftime: 8 minutes
- ❖ Positional jersey number rules do not apply, and Team Jerseys will be provided
- ❖ Up to four captains per team are allowed at coin toss ceremony
- ❖ Sideline to press box communication involving radios, headsets and cell phones is permitted
- ❖ Teams have a choice of either kicking the extra point or attempting a running/passing conversion from the 2-yard line – all options (kick, run or pass) are worth 2 points.
- ❖ Kickoffs: Ball will be placed at the 30-yard line on receiving teams end of the field. There will be no kickoffs.
- ❖ Team in possession of the ball can elect to either live punt or if the offensive has not crossed mid-field, they can elect to have the ball spotted 20 yards downfield where the opposition takes over 1st Down

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C) Game Balls

- ❖ Only Wilson-branded TDJ or higher – there will be NO exception to this rule. Failure to adhere will result in monetary penalty
- ❖ Teams are encouraged to bring their own balls for tournament play, but FBU will provide one (1) Wilson TDJ ball at each field location

D) OT Rules

- ❖ All game rules will apply except the line-to-gain shall always be the goal line. The try will not be made when it is not required to break the tie
- ❖ When the score is tied at the end of the fourth quarter, the referee will instruct both teams to return to their respective team boxes. There will be a three (3) minute intermission during which time both teams may confer with their coaches
- ❖ All officials will assemble at the 50- yard line, review the overtime procedures and determine the number of time outs remaining for each team. Each team shall be permitted one additional time out for each extra period plus any unused regulation game time outs
- ❖ At the end of three (3) minutes the Head Linesman will go to the team on the side of the field where the line- to-gain equipment is located, and the Field Judge to the other team, to inform the coaches of the number of time outs remaining and to escort the respective team captains to the center of the field for the coin toss
- ❖ The visiting team captain shall be given the privilege of calling the coin while it is in the air. The winner of the toss shall be given choice of ball possession or designating the direction of the offense for the overtime period(s)
- ❖ To start the overtime, the offensive team (A) shall put the ball in play, first and goal, on the defensive team's (B) 10-yard line. Team A shall have a series of four downs. The series shall be terminated by any score by Team A or if Team B has possession at the end of any down. Team A shall be awarded a new series when any of the following events may occur:
 - There is a change of team possession during the down and the ball belongs to Team A at the end of the down
 - Team A recovers a scrimmage-kick (field-goal attempt) between the goal lines after it has been touched first by Team B beyond the neutral zone
- ❖ If Team A scores a touchdown, it is entitled to the opportunity to try for point, except when it is unnecessary to break the tie. A field goal attempt is permitted during any down. If the defensive team gains possession by recovering a fumble or intercepting a pass, the ball remains alive until that down has ended. This provides the defensive team (B) the opportunity to score following a recovery or interception
- ❖ After Team A has completed its series, Team B will become the offensive team with the ball in its possession at the 10-yard line. The same end of the field will be used for both possessions in order to insure equal game conditions and conserve time
- ❖ If the score remains tied after each team has been given one series, the procedure shall be repeated until a winner is determined. There will be an intermission of two (2) minutes during which the loser of the original post regulation coin toss will be given first choice of the options. If additional overtime periods are required, first choice of the options will be alternated
- ❖ The team scoring the greater number of points in the overtime shall be declared the winner. The final score shall be determined by totaling all points by each team during the regulation and overtime period

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E) Recruiting Boundaries and Team Composition

- ❖ FBU National Championship 10U teams may consist of up to 40 participants and all student-athletes must meet age requirement for the team on which there being certified – a player can be younger, but NOT older
- ❖ Team members will be composed of eligible athletes from the nearest city that a team calls home base. Participants that do not have a team in their state will be allowed to tryout and roster for the next nearest team to them as determined by the Governing Body
- ❖ If a player is certified on a roster the previous year he will not be permitted to roster to another team unless 1) that team is located within 25 miles of his home address or 2) the previous team has withdrawn from the current year tournament
- ❖ If said player has a bona fide move with proof of change of address, he can petition the Governing Body to roster with a new team. These cases will be handled on an individual basis and be submitted to the Governing Body by that areas Team Director (not the head coach)
- ❖ **If any coach is found guilty by the Governing Body of recruiting previously rostered athletes from another team, they could risk suspension from the tournament**
- ❖ Any Coach that was rostered and or certified to a team will need a release from that Team Director to move to another (team, city, or state) team in consecutive years. This rule is not applicable to coaches that sit out the previous year and were not rostered. This rule does not apply to a coach wanting to move from one age group to another for the same (team, city, or state) he was rostered previous year
- ❖ Any appeals to this rule/amendment will need to be submitted to the Governing Body at least 30 days prior to the first round scheduled games in that calendar year. NFHS Definition of a Bona Fide Move - A student/athlete whose parents and or legal guardians make a bona fide move completely out of one school zone into another may be granted permission to transfer all his or her rights and privileges to the team that serves the area where his or her parents reside

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