

San Diego Youth Football and Cheer Conference

Rules and Regulations

2023 Edition



Member of American Youth Football and Cheer, Inc.



NFL PARTNERS



PART I-SDYFCC STRUCTURE

SDYFCC is dedicated to the boys and girls of the community who participate in youth football and cheer, and to their safety and enjoyment. The rules for SDYFCC activity of any type as published in this book are to be followed meticulously.

Failure to enforce them can result in legal actions and/or loss of Association Charter.

Each family and each adult volunteer in the program must be covered by medical and liability insurance of some type. Although SDYFCC football/cheer is a statistically safe sport, such insurance should include coverage for “participant risk.” All SDYFCC football and cheer activities are open to both boys and girls, including “mixed” teams/squads. However, for the sake of convenience, some of these rules refer to participants as if of the male gender only.

This rulebook and the Conference By-Laws **DO NOT BECOME PERSONAL PROPERTY**, but belong to the team or association that the volunteer belongs. Both are to be returned to the parent organization when the volunteer leaves.

PHILOSOPHY & GOALS OF THE SDYFCC

Football is an international program operated for the benefit of its youthful participants. Since 1960 the Program’s philosophy has been to develop well-rounded young men and women who learn not only the fundamentals of football, cheerleading, dance, and step, but also the importance of an education, in an atmosphere conducive to developing sound mind, body and character and having a good time while participating!

The general objectives of SDYFCC football are to inspire our youth, regardless of race, belief, religion or national origin, to practice the ideals of sportsmanship, scholarship, and physical fitness.

SDYFCC strives to make the game “fun” for all boys and girls. Coaches must constantly keep in mind the ages of our participants. The program stresses learning lessons of value far beyond the playing or cheer days of the boys and girls involved, such as: self-discipline, teamwork, friendship, leadership, good sportsmanship, and their education.

With such goals in mind, and by providing an opportunity to participate in an organized, supervised environment with emphasis on maximum safety and participation, SDYFCC offers young men and women an exceptional experience.

Beginning in 2004, ALL volunteers must submit to a mandatory background check, all meaning, Conference Directors, Association Board Members, Parent Volunteers and all coaches, Flag, Tackle and Cheer, this will be done by methods approved by the Conference. This is done solely to protect our children.

PART II-SDYFCC STRUCTURE

DEFINITIONS

SD1: CONFERENCE

The term “Conference” means the highest local authority (HLA). The Conference has total jurisdiction over all Associations and Teams.

SD2: ASSOCIATION:

Associations are organizations that sponsor and administer one or more teams. They raise money; buy equipment, recruit coaches, secure fields, etc.

SD3: DIVISION:

Division has several meanings, the most common of which refers to one of the seven (7) Age classifications. 7U (Flag), (8U) Tiny Mite, 9U (Mitey-Mite), 10U (Junior Pee Wee), 11U (Pee Wee), 12U (Junior Midget), and 13U/14U (Midget).

SD4: TEAM:

A team is the universal, basic unit of an organization. At minimum, a team consists of a group of participants organized under the direction of a coaching staff in each Age division. Each football team may have a maximum of two cheer squads, one primary cheer and/or one dance/step squad.

INTRODUCTION TO THE RULES

SD1: The rules contained herein ARE REQUIRED to be enforced by the Conference and each Association in the SDYFCC.

SD2: FOR ALL PURPOSES, THE SDYFCC PLAYING SEASON SHALL BE DETERMINED BY THE CONFERENCE AT THE BEGINNING OF EACH YEAR FOR THAT SEASON.

All members of the Conference and Associations; administrative personnel, coaches, volunteers, parents, players and cheer participants are subject to disciplinary action for violations of SDYFCC rules and regulations at any time during a stated playing season.

SD3: NO RULE WILL BE ADDED AFTER THE BEGINNING OF THE CURRENT SEASON UNLESS IT IS A SAFETY ISSUE. THE BEGINNING OF THE SEASON IS DEFINED AS GAME 1 (or any deadline set by the Conference prior to game 1) OF THE REGULAR SEASON.

SD4: CHANGES OR AMENDMENT TO RULES

No playing rules changes to be made at the beginning of the season unless there is a safety issue. Rules may be changed by simple majority vote outside of the regular playing season considered (January up to Game Week 1 or any deadline set by the conference prior to Game week 1) of the current season. Changes or amendments will normally be submitted in writing to all Presidents and Executive Board Members for review/discussion prior to submitting a formal motion at general conference meetings.

PART III-SDYFCC REGULATIONS ALL PROGRAMS

ARTICLE 1: POWERS/AUTHORITY OF CONFERENCE

SD1: The Conference has, among its powers, the obligation and authority to enforce its rules.

SD2: An Association may not make Conference rules less strict, i.e., it cannot increase/decrease maximum age, grade, or abolish Mandatory Play, etc.

SD3: Associations may also establish their own rules, which shall have full force and effect within their own jurisdiction and will be fully supported by SDYFCC, provided:

- A. Said rule(s) is(are) consistent with those appearing in this book;
- B. Said rule(s) is(are) adopted in accordance with procedures outlined in the SDYFCC by-laws.
- C. Copy of said rule(s) is(are) on file with SDYFCC.

ARTICLE 2: BOUNDARIES

SD1: SDYFCC is responsible for the establishment and administration of Association boundaries. Associations shall not infringe upon the territorial rights or boundaries of another chartered Association. Petitions for any changes, modifications to charter areas, established agreements or recruiting assignments of open charter areas will be submitted to the Conference for review and resolution each January, or sooner if it is deemed an emergency request.

ARTICLE 3: COACHES REQUIREMENTS

A team's or squad's coaching staff is in complete charge of the team or squad whenever it is together on the practice or playing field, traveling as a group to and from practice sessions and games, or together for any team function, such as a banquet. The coaching staff is under the direction of the Head Coach; other coaches are called Assistant Coaches. The following applies to all coaches:

SD1: A Head Coach must be at least 21 years of age.

SD2: An Assistant Coach must be at least 18 years of age and a high school graduate or hold a GED Certificate. A team/squad may have a maximum of seven (7) assistant coaches, plus a maximum of four (4) Coach-Trainees for a max total of 12 team staff members.

SD3: Teams/Squads are permitted to carry up to 4 Coach-Trainees, who must be a minimum of 16 years of age (or within 2 years of age within the division they are coaching). Trainees must complete the same paperwork as a participant, i.e., contract, physical, report card etc.

SD4: The Head Coach will determine the assignments of the coaching staff.

SD5: All tackle football coaches must be the holder of a current Red Cross Certificate in Community CPR and First Aid or its equivalent. In addition, all coaches must complete The USA Football Youth Certification course or equivalent NFHS courses approved by the Executive BOD.

SD6: Coaches are to be selected by methods approved by Conference rules and/or by-laws, if an applicant has been Convicted or plead guilty to a crime that requires you to register with any law enforcement agency, an offense involving a firearm or weapon (listed on the coaches' application), that application can/would be denied. All coaches must submit to a mandatory background check, there are no exceptions.

SD7: Once **approved** for a coaching position, the coach is considered a volunteer **at will** and can be terminated at the discretion of the Association or Conference at any time. Coaches are automatically terminated at the close of each season. To coach the following year, Association/Conference approval is required.

Any violation of the rules committed by a coach during the season, even though the hearing is not held until after the close of the season, is still under the jurisdiction of the sponsoring Association and/or Conference.

SD8: Coaches do not make team or Association/Conference policy. Rather, they carry it out. However, on the playing and practice fields, the coaching staff is in complete charge and shall not be interfered with except in cases of rules violations and any other conduct deemed by higher authority to be contrary to the welfare of youth.

SD9: The Head Football Coach has final responsibility for his/her actions, those of his/her assistant coaches, players, staff and parents.

SD10: The Head Cheer Coach has final responsibility for his/her actions, those of his/her assistant coaches, cheer participants, staff, and parents.

SD11: SDYFCC shall establish its own rules regarding the placing of coaches with sons, daughters or siblings within its own boundaries.

ARTICLE 4: REGISTRATION

A candidate cannot begin practice with a team or squad until he/she has “signed up” and completed “all conference forms.” To register, the candidate must sign a standard SDYFCC contract. The registration fee should be collected at this time. All coach trainees and teen demonstrators under the age of 18 must be certified in the same manner as all other minors participating in SDYFCC Football, Cheer and Dance. All candidates must furnish the following:

SD1: PARENTAL CONSENT:

A written statement from either parent or the legal guardian, stating that the child has his or her permission to play, cheers, or dance. The Conference will supply a standard form.

SD2: MEDICAL EXAMINATION:

A signed statement from an examining **medical physician, nurse practitioner or physician’s assistant** that the candidate is physically fit and there are no observable conditions which would prohibit him/her from playing football or cheer/dance.

Note: If regular school medical examination was performed after January 1 of the current year, and the results are releasable to parents, a copy of such a report may be used in lieu of a new examination. The Conference will supply a standard form.

***SPECIAL NOTE: A person with a loss of limb may participate if the individual has a signed statement of approval from an examining physician and that the use of an artificial limb is no more dangerous to players than the corresponding human limb and does not place an opponent at a disadvantage.*

SD3: PROOF OF AGE:

A certified copy of the birth certificate on file bearing the seal of the issuing office of the state of birth is the best guarantee of reliability of claimed birth date. Passports are also reliable. Military ID cards are acceptable. Certified wallet-size certificates issued by a state or commonwealth are acceptable. **Any other alleged “proof of birth date,” including photocopies of “originals,” are to be accepted only upon the willingness of the team administration to have its schedule forfeited should fraudulent application later be determined.**

SD4: PROOF OF ACADEMIC GRADE:

Proof of academic grade will be determined by final Spring/Summer report of the present year. For example, if the child promoted from 3rd grade and will enter 4th grade, the child is considered league grade 4th. However, if the child was held back for whatever reason and will repeat the 3rd grade, the child will be considered league grade of 3rd.

SD5: SCHOLASTIC FITNESS:

Proof of satisfactory progress in school is required. A 2.0/70% or the equivalent shall be the minimum grade point average acceptable to participate. In cases of doubt or conflict of opinion, a written statement by the school administration shall be deemed final.

NOTE: This rule as it relates to scholastic grades may not be made more stringent by any team, association. No local team/squad may be eligible to participate in Conference Championships and/or bowl games if it has not met SDYFCC scholastic requirements.

ARTICLE 5: RECRUITING

Associations will recruit and register participants exclusively within their own home territory as prescribed by boundary maps provided the conference. If found guilty of illegal recruiting, a \$100 fine will be imposed for each occurrence.

ARTICLE 6: WAIVERS

See the Conferences “Waiver Policy” for the 2022 season.

ARTICLE 7: FREE AGENTS

SD1: All players or cheerleaders must register within their approved charter areas. Participants may play outside of their approved area by obtaining a Special Waiver from a (Vice)Commissioner.

SD2: Member Associations will make every effort to absorb financial hardship cases and will not offer or encourage the individual to accept a waiver to another Member Association. If the Member Associations are unable to absorb the cost, forward the request to the Conference for review and resolution. Violations of the policy will carry the same penalty as illegal recruiting, \$100.00 fine each occurrence.

ARTICLE 8: FORMATION OF TEAMS AND SQUADS

Tryouts of any kind within SDYFCC are prohibited. Tryouts are defined as any means used to determine the level whereby a participant is placed on a team/squad, including assessments, evaluations, or any other method used to place a participant in SDYFCC. Not more than 36 players shall be assigned to a football team [7U max 24] at the start of conditioning.

ARTICLE 9: MANDATORY CUTS

Any participant must be cut who:

SD1: is found to have signed up because of parental pressure or tells team management he/she does not really want to play/cheer/dance.

SD2: refuses or cannot furnish the four (5) required items- Parental Consent, Medical Examination, Proof of Age, Proof of Academic Grade and Scholastic Fitness.

SD3: is found to be simultaneously trying out for a high school tackle football team, or who, once the season starts, is found to be participating on a high school tackle football team or cheer squad. However, participation in a school flag football program, if required by the curriculum of the school PE program, or participation in non-SDYFCC cheer squad tryouts only, during the SDYFCC season, are allowed.

SD4: is a member of any other organized SDYFCC football/cheer team/squad or non-SDYFCC football/cheer team/squad during the SDYFCC season (including pre-season practice and games) or participating in non-SDYFCC football/cheer team/squad practices/games/competitions over SDYFCC practices and regular/playoff/championship games or competitions

SD5: attempts to intimidate fellow participants/coaching staff/Association and/or Conference board members in practice by word and/or physical deed. No refunding of fees shall be required.

SD6: is an extreme discipline problem (and then, only with the concurrence of the Association).

ARTICLE 10: VOLUNTARY CUTS

A participant shall be considered a voluntary or “self-cut” participant when he/she simply no longer shows up at practices or games of his/her own free will. While voluntary cuts are not charged to any team for the purpose of these regulations, a coaching staff may attempt to disguise its cutting pattern by arranging practices in such a way as to discourage participants of lesser ability into quitting on their own. While these practices are not common, they have been known to occur and are considered intentional avoidance of the rules, regulations, and are, therefore, punishable as a result of a hearing. If a team or cheer squad loses 20% or more of its assigned participants before certification, it is mandatory that the association investigates the causes for the participants voluntarily leaving the team or cheer squad and takes whatever appropriate action may be needed. The results of this investigation shall be reported to the Conference and the Conference shall have final authority as to whether appropriate actions were taken.

ARTICLE 11: CERTIFICATION

SD1: Certification is that process whereby the team or Association will file with the Conference, a complete roster of players and a complete roster of cheer/dance participants for the regular season schedule.

SD2: Rosters must be certified by the date established by the Conference.

SD3: This will be accomplished on the official SDYFCC Football or Cheer roster form, or on any form developed by the Conference.

SD4: Certification must be completed before the opening game of the regular Conference schedule. The procedures for accomplishing certification are discussed hereafter. **[See the Conferences Eligibility Manual for additional information/procedures.]**

To be certified onto a team or squad roster, a participant shall qualify under the following:

- A. Eligibility according to residence shall be decided by the Conference when the candidate resides in an area outside of the boundaries authorized for the association.
- B. Each association shall attempt to assign a first-time participant to the lowest age and grade division for which he/she is qualified.
- C. Once certified for a particular grade/age division, a participant shall not be permitted to recertify to a lower division of play during the current season under any circumstances but based on the information.
available shall be permitted to approve recertification to a higher division of play.
- D. Ages shall be verified by birth certificate as specified in Article 4, SD3.
- E. Grades shall be verified by Spring Report Academic report card as specified in Article 4, SD4.
- F. Associations will require a new picture of a football player or cheer participant every year.

ARTICLE 12: RETENTION OF ELIGIBILITY

Once certified, a participant must meet the following requirements to retain eligibility:

SD1: Transfer policy in case of change of residence will be decided by the Conference.

SD2: Retain parental consent.

SD3: Maintain sound physical condition.

SD4: Continue to maintain sound scholastic standards. In cases of doubt, the Conference shall have the right to require a written statement by the school administration, which shall be deemed final.

ARTICLE 13: DROPS AND ADDS

SD1: A team or squad may add participants to its certified roster as long as said roster was certified below the maximum number permitted, or to replace those originally certified and no longer on the team or squad for any valid reason.

SD2: SDYFCC shall establish the Drop & Add cutoff date.

ARTICLE 14: NO ALL-STARS

All-Star teams or squads are prohibited in SDYFCC. Any Association found to play a game(s) with All-Star players or perform cheer/dance at a competition or exhibition event with All-Star cheer participants, from different rosters of regular season teams or squads will have its charter revoked. This rule does not apply to Conference All-Star Teams.

ARTICLE 15: PRACTICE

SD1: DEFINITION: To prevent possible bending of the rules and as a protection for children, practices are defined as a gathering of players or cheer participants, without minimum number, in the presence of at least one (1) coach, where one or more of the following activities take place:

- A. chalk talk
- B. viewing of fundamentals videos
- C. group conditioning
- D. individual skills sessions (QB, receiving, blocking, tackling, kicking, etc.)
- E. group skills sessions
- F. dummies and other inanimate contact
- G. play run-through without pads (shorts & T-shirt)
- H. play run-through with equipment, but without contact
- I. Intra-squad scrimmages with full pads and equipment

Use of a football field is not required to satisfy the definition of a “practice session.”

SD2: Pre-season practice shall not begin until the date established by the Conference. The actual date will be determined in accordance with other factors determined by the Conference in establishing a common starting date for all teams within its jurisdiction.

SD3: All practices must be attended by at least one person holding a Red Cross Community CPR and First Aid Certificate, or its equivalent or by an EMT or volunteer physician (such as a parent of one of the participants).

SD4: JULY 24TH – AUGUST 19TH: 8U–14U - No team or squad may schedule more than 10 hours of practice per week. Practice week is defined as Monday – Saturday. Not more than 2 1/2 hours of practice may be scheduled on any day. 7U: Max 4 days of practice – 2 hours per day. *[Exception – 7U may practice 5 days the week of July 24th only].*

SD5: AUGUST 21ST – SEPTEMBER 2ND: 8U-14U - Practices are not to exceed 2 hours per day and 8 hours per week. 7U – Max 3 days of practice – 1.5 hours per day.

SD6: Beginning September 4TH: 8U-14U - Practices are not to exceed 2 hours per day and 6 hours per week. 7U – Max 3 days of practice – 1.5 hours per day.

SD6: BREAKS: Break time is not counted against the hours of allowed practice time.

SD7: CONTROLLED INTER-SQUAD SCRIMMAGE: Beginning July 29TH, teams may engage in joint practice sessions with other team(s) in what are called controlled inter-squad scrimmages.

SD8: Any player added after a team has formed and/or after the season has started, must be subject to the same 10 hours of conditioning before any contact.

SD9: The following exercises and drills are banned from all practices and pre-game warm-ups; leg lifts, neck bridges (sometimes referred to as neck rolls), bull in the ring, Barrel Rolls and all drills and exercises not generally accepted as safe and that may not be reflective of actions that would normally occur during the course of a football game. ***Leg lifts with knees bent are acceptable.***

ARTICLE 15A: LIMITS ON FULL CONTACT

SD1: AB-2127 Interscholastic sports: full-contact football practices: concussions and head injuries:

Full Contact is defined as tackling to the ground. Full contact is limited to 2 practices during the week, Monday – Friday. Full Contact periods cannot last more than 90 minutes in any one practice.

For Games/Scrimmages/Practices occurring on Saturdays, Full Contact is allowed. Teams cannot exceed the weekly practice hour limits and Full Contact periods are limited to 90 total minutes. Saturday is not counted in the 2-day maximum limit.

SD2: Teams are allowed 2 blocking/tackling “THUD” days during the month of August. Beginning September 5th only 1 “THUD” practice is permitted. Players are permitted to wear “SHELLS” (Helmet and Shoulder Pads) during “THUD” days’ - person to person contact is allowed, however tackling to the ground is not. Coaches should use these days to develop good blocking and tackling techniques without players being brought to the ground. Although contact is allowed it should be limited. All contact periods cannot exceed 90 minutes.

ARTICLE 16: TEAM CHECK IN

All check-ins will be conducted as follows:

SD1: Head Coaches shall present rosters and associated documents to the weigh master (or designated Association personnel) and line up team at check in area 45 minutes prior to the scheduled start of the -game for document audit and safety check.

SD2: Home teams check in first with the visitors immediately thereafter. Cheer squads will be checked in after check-in of players. The weigh master (or designated Association personnel) must check the roster for team staff names and check badges prior to the game.

A: COMING TO CHECK-IN: Teams will remain quiet. No loud chants of any kind will be permitted, loud hand clapping or any other disturbance that interferes with or distracts from the game or cheerleading that is in process, will not be tolerated. Head Coaches that need this type of motivational action to prepare their team must do it out of the stadium and earshot of the crowd. Bad chants, on or off the field will not be tolerated. Failure of Head Coaches to cooperate with this policy and permits this type of annoyance, can be charged with violation of a written policy (conduct unbecoming) by the Head Coaches of games in process, Head Coaches of team getting ready to play and/ or the Host Field Member Association President. Penalty if found guilty; suspension for one game away from the team (Sunday to Sunday). Repeated offense suspended for the remainder of the season.

B: Check-in is complete when the last player in line of the visiting team has checked in. Only one team official from each team will be allowed at the check-in. Late players will sit in the stands, wait until half time to check in and play the second half. Late coaches must check-in with personnel before taking sidelines.

TAPE: Tape may be used only to help support equipment, (i.e., around the waist or thighs to hold up uniform or wrist or ankle for added support). Unnecessary TAPE must be removed prior to check-in or the player will be disqualified for the game.

JEWELRY: No jewelry of any type is permitted to be worn by players or cheerleaders. See Rule Book (Rule 12) for medical emergency bracelets or religious medallions.

JERSEY: The visiting Head Coach shall contact the team he/she is scheduled to play no later than Wednesday to clarify game time and jersey color to prevent a game conflict. Officials determine conflicts. *NFHS JERSEY NUMBERING SYSTEM:* Is recommended by this Conference, but not required.

HANDSHAKE PRIOR TO GAME:

Teams and Cheerleaders will line up on the 50-yard line before the start of the game for the traditional handshake. Teams/Cheerleaders will remain on their sideline after the game. **NO HAND SHAKING AFTER THE GAME.** Shaking hands after the game will result in a \$100.00 fine per team.

AFTER CHECK-INS: Teams (including cheerleaders) waiting for their game to start shall remain well behind (five yards or more) the goal posts or designated area, remain quiet and in no way interfere with the game in process.

INJURIES: Players with any type of bandage, cast (soft or hard), etc., are not eligible to be checked in or play on game day. Cheerleaders – Supports, braces, etc., which are hard and unyielding or have rough edges or surfaces shall be appropriately covered. A child with a leg/ankle cast requiring the use of crutches or unyielding support devices (knee brace with metal supports) must sit in the stands and will not be allowed to participate or sit on the field with their squad. A child with an arm/wrist cast or unyielding wrist support device may participate in cheers/sideline chants but may not participate in stunting or tumbling with their squad. Children with large bandages (covering stitches) will not be on the field participating in any physical activity.

SD3: Weigh(t) Master, Association or Conference personnel must wear standard identification badges visibly on their jacket, cap or other part of clothing.

SD4: Member Association Home Team greeting committee shall greet visiting team, Cheer squad to inform them of warm-up area, check-in time, and location. The announcer will greet parents and fans; inform them of any safety precautions peculiar to the stadium, bleachers, location of restrooms, and snack bar. Additionally, an announcement will be made that there will be no introduction of tobacco (including smokeless), alcohol or drugs and that a Zero tolerance for violations of any of the above is the norm.

SD5: Additionally, announce that bicycles, skateboards, roller blades or boom boxes are not allowed in the stadium!

SD6: Announcer will state that only authorized personnel will be allowed on the field, Team personnel with cameras must check in with the Member Association Official in the Announcers Booth and that all picture taking will be accomplished from the stands except for news media personnel who are allowed on the field.

ARTICLE 17: CAMPS

SD1: No SDYFCC Association or personnel associated within shall require or mandate that a football team or cheer squad, in part or in whole, with or without coach(s) attend a football or cheer camp. There shall be no exceptions. However, a SDYFCC football or cheer team/squad, in part or in whole MAY attend a camp, providing the following conditions are met:

- A. Coach or other team-affiliated personnel does not make it MANDATORY.
- B. Camp provides as part of its services an accident insurance plan for camp participants.

SD2: Any camp, whether for players or cheer participants, shall not be endorsed or sponsored by Association, or Team, which does not provide as part of its services, an accident insurance plan for the camp participants.

SD3: Upon the request of Associations, SDYFCC will attempt to provide, camps for football and cheer, which will be either free or for a nominal charge, the camps will provide as part of their services accident insurance and will not be underwritten by the Conference.

ARTICLE 18: IMPORTANT POINT-MEDICAL

The home team or hosting organization has the responsibility to provide medical coverage at each game or competition. In the absence of a physician and or ambulance on the site, the minimum safety requirement will be the presence of one individual associated with the home team/host organization who is currently EMT qualified or is currently certified in Red Cross Community First Aid and Safety or its equivalent. Work together with your local EMT to establish an emergency plan that fits your specific area and needs. Your emergency plan should include, but not be limited to, the following:

- A. Introduce or identify health care provider to visiting coach.
- B. Home team/host organization review emergency plan with visiting team.
- C. Designated duties for coaching staff and or athletes.
- D. "How to call EMS" next to phone, know the location of a land phone.
- E. Specific directions to your facility for emergency medical service (EMS);
- F. Emergency numbers.
- G. Injury report forms.
- H. Treatment authorization card or contract.
- I. List of administrators that the coach is required to contact.

Practice your emergency plan early in the season and repeat often throughout the season. A similar plan should be in place for teams traveling to away games. All teams are required to have a staff member carry the entire team's medical release forms and emergency numbers for all players and cheer participants in case in an emergency their parent(s) or guardian must be reached. Having the family physician's number opposite the participant's name is also recommended.

ARTICLE 19: CHARGING ADMISSION

No mandatory admission shall be charged to participating players, cheer squads, or coaching staff members of a team playing any SDYFCC game, whether it is a regular season game, post-season game, post-season bowl game, or Conference playoff game and championships.

Admission will be charged at the SDYFCC Cheer Competition and Conference Championship Games, (and any other event involving the rental of any facility) to all others including parents, siblings, relatives, fans, etc.

ARTICLE 20: PROTESTS

SD1: Only protests involving the eligibility of a player or cheer participant shall be considered.

SD2: Protests are decided in accordance with the administrative procedures of the Conference.

SD3: Teams and Associations have the responsibility to communicate protests as soon as they are known to exist. Lack of prompt notification may result in denial of the protest.

ARTICLE 21: REFEREES

SD1: 7U division will utilize three 3 Referees.

SD2: 8U – 14U will utilize 4 Referees.

ARTICLE 22: CONFERENCE ALL STARS

SDYFCC may choose to participate in All Star Conference play or Travel Championships. The formation of All Star Teams and Coaches selections are at the discretion of the All-Star Team Coordinator, and all information will be communicated to all Associations during the current season. Provisions and restrictions will become fully enforceable by the Conference.

PART IV-ENFORCEMENT POLICY

POLICE POWERS/HEARINGS & APPEALS

All SDYFCC Associations will be called upon from time to time to do the following:

- A. Resolve disputes within their organization.
- B. Take action to enforce SDYFCC rules and regulations.
- C. Discipline both adult and juvenile members.

NOTE: SDYFCC DOES HANDLE APPEALS.

However, each Association is advised to set up its own tribunal to handle matters in a timely fashion at the association level.

WARNING: Failure to do so could result in being taken to court.

MINIMUM MANDATED PENALTIES

Minimum mandated penalties for specific offenses are required by the rules to assure that punishment for the most serious infractions will occur on a uniform SDYFCC basis.

SD1: ADULT OFFENSES

RUN-UP SCORE: A finding of “guilty” shall result in Probation at a minimum; Suspension if the conduct is found to have been intentional; and Dismissal in the case of a repetitive pattern (malice).

ENDANGERMENT OF JUVENILES: (i.e. physical, verbal or psychological abuse, , dispensing of prohibited substances, etc.). Suspension for 1 year, or permanent suspension upon repeated offense.

TEACHING PROHIBITED OFFENSIVE & DEFENSIVE TECHNIQUES: Suspension for 1 year, or permanent suspension upon repeated offense.

FIGHTING: Probation or Suspension for 1 year, or permanent suspension upon repeated offense.

CHEATING: Suspension for 1 year; permanent suspension upon second offense.

THREATS: Probation or Suspension for 1 year; permanent suspension upon second offense.

GAMBLING ON GAME OUTCOME: Suspension for one year.

LACK OF COOPERATION/OBSTRUCTION: Suspension until compliance is achieved.

VIOLATION OF MANDATORY PLAY RULE: 1st violation: Suspension; 2nd violation: dismissal.

FALSIFICATION OF DOCUMENTS:

Any individual found guilty of falsifying documents (**birth certificate, contract, physical, report card, report cards, or Scholar Athlete forms, etc.**) will be automatically suspended for a minimum of one year.

EJECTION: If a Coach is ejected from a game for any reason, he/she is suspended for a minimum of 2 weeks - Sundays to Sundays with ABSOLUTELY no contact with the team. If he/she has a child(ren) that participates on said team, he/she may take and pick up child(ren) to/from practice.

SDYFCC EXECUTIVE BOARD OF DIRECTORS HAS THE AUTHORITY TO DETERMINE THE TOTAL TIME OF A SUSPENSION OR DISMISSAL AT ITS DISCRETION.

SD2: JUVENILE OFFENSES:

- A. **Fighting 1st offense:** removal from the game and up to a 2-week suspension. 2nd offense: suspended from team for the balance of the season.
- B. **Disrespect for coaches, game and team officials:** 1st offense: removal from the game and up to a 2-week suspension. 2nd offense: suspended from the team.
- C. **Badgering opponents by word of mouth with the purpose of intimidation:** 1st offense: removal from the game and up to a 2-week suspension. 2nd offense: suspended for the rest of the season.
- D. **Ejection:** If a player is ejected, the Conference Coaches Director will immediately notify the Member Association President and Head Coach of the ejected player and that player is suspended for 2 weeks (Sunday to Sunday) including practices.
- E. Any participant who is disqualified during regular playing time will not be eligible to participate in overtime. Any participant suspended by a Member Association or the Conference that attempts to check -in for a game will be suspended for an additional two (2) weeks. The Head Coach will be on suspension for one (1) week inclusive of the game.

SD3: TEAM AND ASSOCIATION OFFENSES

A. FAILURE TO KEEP FAITH WITH JUVENILES & PARENTS: is defined as any deliberate practice of a team or association that places the health, welfare and safety of juveniles in jeopardy, or exploits or treats them in such a manner that the juvenile becomes a “tool” of the team. To file this charge, the violation must result from team or association policy, and not be an aberration of one individual. This implies that the practice is carried out by order of, or with the knowledge of, the association and no steps are taken to end it. **MINIMUM PENALTY:** Probation of the Association coupled with permanent suspension of its president and all others who participated in the practice. Upon a second offense, the association will be suspended until all officers are removed.

B. FIGHTING/RIOTING/INCITEMENT TO RIOT: Game related: First offense forfeiture of the game; Second Offense; forfeiture of the season. Scrimmage-related: at the discretion of Conference. If a playoff game is stopped due to fighting/rioting/incitement to riot, the game will be called and subsequently reviewed by the conference for determination of continuation and/or outcome of the game.

PROHIBITIVE CONDUCT

The Conference Rules List Adult, Juvenile, Team, and Member Association Offenses, including, violating the mandatory play rule, and utilizing an illegal player, etc. In addition to the above mentioned offenses, this Conference has established additional prohibitive conduct that will not be tolerated and are considered a detriment to good order and sportsmanship.

1. No Member Association, Officer, Director, Coach, or agent thereof, and no Officer, Executive Director or agent of the Conference, and no player/cheerleader, and no parent or guardian of a player/cheerleader shall:
2. Tamper with a player/cheerleader or coach properly affiliated with another Member Association.
3. Fail to immediately refer charges against any Officer, Director, Coach, player/cheerleader or other person that is a member or has status of any Member Association who has violated any of the provisions of this section.
4. Publicly criticize any member of status with a Member Association, Conference, and or game officials. Complaints of this nature will be in writing and forwarded to the Conference Commissioner or Hearing Officers.
5. Fail to present a team at the game site, etc. On time, unless such failure is caused by an unavoidable accident in travel or conditions beyond control. Removing a team from the field during a game unless directed by a referee. Violation of this sub-paragraph, subject to the Hearings Commission, such team could forfeit a win or tie and incur sole liability for the financial loss suffered by the opposing teams Member Association. The Hearing Officer will make such determination.
6. Utilize Coach/Assistants (Flag, Tackle, or Cheer) without prior approval of the Executive Directors.
7. Fighting, physically or verbally abusing any Coach, player/cheerleader, official, spectator (parent, fan, etc.) or other participant in the Conference.
8. Engage in unsportsmanlike conduct, unethical recruiting, of the use of profane language, whether on the field or as a spectator.
9. Fail to abide by the team doctor or physician's decision in all matters pertaining to injuries. Fail to require physical examinations for all players/cheerleaders prior to commencement of conditioning practice.
10. Filming an opponent's scheduled game (including pre-season) is allowed so long as it is done from the stands or any publicly designated area. Coaches may freely exchange game film between each other to prepare their teams for upcoming games.
11. **NO COACH, TEAM PARENT OR ANY OTHER PERSON** having a direct relationship with another Member Association may be present at another Member Association’s team's practice session unless prior approval is given by the Member Association President. Violation of this Rule can/will result in a suspension of the offending party(ies), forfeit, or any other punishment deemed appropriate by the Conference Hearing Officers.
12. Film any practice, scrimmage, or game except by a team representative. Violation by a team representative is punishable by not being allowed to participate in the Championship Play-offs.
13. Fail to comply with the following crowd control policies:
14. Home Field – Only authorized personnel are allowed on the sidelines during games, Referees, Coaches, Players/Cheerleaders, Chain Crew, Mandatory Play Monitors and Member Association President. If the field is not fenced, as a minimum it should be roped off to keep spectators at least 10 yards from the playing field.
15. Failure to comply with home field rules. (i.e. no noise makers, no sunflower seeds, parking in restricted areas, adhering to restrictions at fields with artificial turf, etc.)

Any violation in the above rules will result in immediate removal from said Member Association.

PART V - SDYFCC 11-MAN TACKLE FOOTBALL

PLAYING RULES

Except as specifically modified for SDYFCC Football, all games are to be played under the state rules for varsity football of the applicable governing body- the National Federation of State High School Athletics. It is recommended that each coach purchase a copy of the current year's high school rules.

Write to the National Federation at PO Box
690, Indianapolis, IN, 46206,
web address: www.nfhs.org or to the NCAA at PO Box 6222, Indianapolis, IN, 46206-
6222 web address: www.ncaa.org

RULE 1: AGES

SD1: CUTOFF-CONFERENCE AGE:

7U-14U the player's age on July 31st of the current year shall be the players' age for the coming season.

SD2: OPERATION OF SCHEMATIC:

The schematic provides a uniform series of basic years of age/grade qualification for each division of play. (See Rule 1, SD4)

SD3: TACKLE AGE/GRADE SCHEMATIC

DIVISION NAME	GRADE	AGE
8U	N/A	8 – Cannot turn 9 before 8/1
9U	N/A	9 – Cannot turn 10 before 8/1
10U	N/A	10 – Cannot turn 11 before 8/1
12U	N/A	12 – Cannot turn 12 before 8/1
13U	N/A	13 – Cannot turn 13 before 8/1
14U	N/A	14 – Cannot turn 14 before 8/1

NOTE: Kids can play up from their division; however, they will NOT be able to play down for any reason.

RULE 2: ROSTER SIZE

SD1: MAXIMUM ROSTER SIZE:

8U – 14U: Not more than 36 players shall be certified onto a team roster. A team with less than 16 certifiable players will not be permitted to form and play.

SD2: MINIMUM ROSTER SIZE:

A minimum of 13 players must be dressed and eligible to play in each game. Any team which forfeits two successive games by reason of an insufficient number of players, shall be investigated by the Conference for a determination as to whether to forfeit the balance of the season.

RULE 3: MANDATORY PLAY RULE

The following shall be the Minimum Mandatory Play Rule (MPR) for all SDYFCC teams 8U – 14U. All MPRs should be based on eligible players at the time of the game.

- 16-25 players - 8 plays
- 26-30 players - 6 plays
- 31-36 players - 4 plays

- A. Kickoffs, extra points and free kicks can be used to fulfil the MPR requirement.
- B. A play shall not count toward fulfillment of the MPR if the play results in a penalty that causes the down to be replayed.
- C. All players shall be provided with their mandatory plays by participation in “active” plays, without the intent to minimize the action or integrity of the plays. Plays such as, but not limited to, having the center snap the ball to the quarterback, and then the quarterback falls to the ground, while substitutes are playing the other positions shall NOT be considered as active plays.
- D. All players shall receive their mandatory plays by the end of the third quarter, or they shall enter the game at the start of the fourth quarter and remain in the game until they have received their required number of plays.
- E. A Team May Declare Prior to The Start of The Game that One Player Can be Exempted from The MPR Requirement. This Exemption is Only for A Player That Will Kick - Off, Kick Extra Points, or Punt the Football. This Exempted Player Cannot Under Any Circumstances Play Any Other Position (Referenced Above) on The Field for The Entire Game That They Were Declared Exempted.

RULE 4: THE FIELD AND MARKINGS

SD1: The home team is responsible for the preparation of the playing field and all required accessories for a game. All fields will be equipped and marked in accordance with high school standards. Lime and other caustics shall not be used. All tackle teams will play on a 100-yard field.

SD2: The bench area is reserved for players and coaches only. The sideline areas are reserved for the game MPR staff and chain crew, with the balance of the sidelines kept clear except for the presence of medical (ambulance) and law enforcement personnel, and authorized members of the press. Each Association shall be permitted to determine on which side of the field the chain crew shall operate. In the absence of a Conference stated position, the local high school rules shall apply.

RULE 5: GAME BALL

SD1: SDYFCC follows the NFHS Rule Book pertaining to the color of the football. The ball shall be of a good grade of leather, rubber or composite material with specifications in the area of:

<u>Manufacturer</u>	<u>7U, 8U, 9U</u>	<u>10U, 11U, 12U</u>	<u>13U, 14U</u>
Nike	K2/Pee Wee	TDJ	TDY
Rawlings	ST5PWB	ST5JB	ST5YB
Spalding	Mitey Mite	Junior	Youth
Wilson	K2/Pee Wee	TDJ	TDY

Equivalent footballs may be used, but the specifications must fall within the range of those specified above for each division of play.

SD2: The use of stick-um on the football or the application and use of such on any player’s hands is not allowed.

SD3: If a team is found guilty of using a lower division ball, that game in which the ball was used will be forfeited, no exceptions.

SD4: SDYFCC will follow the NFHS Rule Book pertaining to the color of the football.

RULE 6: PLAYER DESIGNATIONS

SD1: Each player shall wear a number between 0 and 99 inclusive.

SD2: During a game in which a PA system is used, the number of any player committing a foul shall not be publicly announced.

RULE 7: REQUIRED EQUIPMENT

The following items shall be worn by players in all divisions beginning with physical contact in practice sessions:

- A. Helmet: Only helmets bearing the NOCSAE Seal of Certification (No OLDER than 2021) may be worn. All helmets must bear the current NOCSAE approved “Warning Label” in a visible position on the outside of the helmet. This “Warning Label” is the same label that is furnished by all helmet manufacturers and quality reconditioners. (Note: Regulations regarding chin straps and face guards are to be followed per the National Federation or NCAA regulations, whichever is applicable.)
- B. Shoulder Pads
- C. Pants: One Piece or Shell
- D. Hip Pads
- E. Tail Pad
- F. Thigh Guards
- G. Knee Pads
- H. Jerseys
- I. Mouth guard (Keeper Strap required) **no white allowed. Clear ok with braces only.**
- J. Athletic Supporter (male players only), Compression shorts or one-piece compression undergarment.
- K. Shoes: In all divisions of play: sneakers, molded rubber cleats (soccer style) are permitted. Detachable rubber/plastic cleats are permitted in all tackle divisions, length shall not exceed ½ inch. **No metal cleats are permitted.**
- L. Eyeglasses: When worn, shall be of athletically approved construction with non-shattering glass (safety glass) or contact lenses.
- M. Any additional equipment worn by players shall be approved by the Conference.
- N. Jewelry of any type shall be prohibited, except religious or medical medallions, which must be covered by the player’s uniform.
- O. The wearing of headgear is prohibited, **i.e. scarves of any kind, beads, decorative hair ornaments, doo-rags or stocking caps.**

RULE 8: BLOCKING AND TACKLING RESTRICTIONS

Both the National Federation and NCAA rulebooks contain extremely strong language on blocking and tackling. It is the responsibility of every SDYFCC coach to be fully informed of, and abide by, all such rules of the governing body (National Federation or NCAA). In addition to other specific prohibitions in the National Federation and NCAA rulebooks, no butt blocking, chop blocking, face tackling or spearing techniques shall be permitted. If such techniques or any others forbidden by the National Federation or NCAA rulebooks are taught by SDYFCC coaches, said coaches shall be dismissed from the program, upon being found guilty following a hearing.

RULE 9: LENGTH OF PERIODS

Maximum length of periods by division of play is:
8U – 14U.....10 minutes

RULE 10: INTERMISSION LENGTH

Between 1st & 2nd; 3rd & 4th quarters.....2 minutes
Between 2nd & third quarters.....10 minutes

RULE 11: TIME CLOCK

The referee shall decide where the clock will be kept if the field is not equipped with a scoreboard timing device. In any event, the referee has final authority to have the clock kept on the field if, in his judgment, the home management’s clock operator is not qualified.

RULE 12: TIME-OUTS

8U-14U = 3 timeouts per half

RULE 13: PLAYERS

SD1: It is STRICTLY PROHIBITED for a player or group of players to participate in any contact practice session or game with a team from another division of play (i.e., 12U vs. 14U).

SD2: Injured player: Once removed or carried off the field, by reason of injury, a player shall not re-enter the game without the approval of a currently certified EMT, paramedic, a person certified in First Aid and Safety, or available licensed physician.

SD3: Players removed from game with Concussion symptoms cannot return to any activity until standard concussion protocol is followed.

RULE 14: REGARDING INELIGIBLE PLAYERS

Forfeiture of all games in which the ineligible player was a member of the team shall be the penalty applied to the team involved. There shall be no exceptions.

SD1: There are five (5) unequivocal definitions of an ineligible player, from which there are no appeals:

- A. Over age or underage
- B. Residing outside of legal boundaries without mutual agreement of appropriate Associations.
- C. Failure to prove scholastic eligibility or proof of current grade.
- D. Falsification of data concerning any of the above.
- E. Participation in school tackle football or any other non-affiliated football program and SDYFCC Football in the same season.

SD2: Participation in any post-season play may also be prohibited upon recommendation of the Conference.

RULE 15: SCORING VALUES

Touchdown	6 points
Point after TD by run or pass	1 point
Point after TD by kick	2 points
Safety (awarded to opponent)	2 points
Field goal	3 points
Forfeit (offended team wins by)	2-0

RULE 16: SCORES

SD1: LOPSIDED/INTENTIONALLY RUN UP SCORES:

The AYF lopsided score rule is 36 Points or 5 touchdowns or whichever comes first. Once the score differential reaches 36 points, or 5 touchdowns, the game clock will become a running clock. Once the clock becomes a running clock it can only be stopped for injuries and official or team time outs. It will be the losing team’s preference as to whether they will receive a normal kickoff, or they may choose to take the ball on their own 40-yard line. The winning team is prohibited from running any misdirection, counter, reverses or “trick plays” of any kind. Skill position starters must be replaced whenever possible. Conferences and Associations cannot limit the winning team to only running between the tackles. Mandatory plays must be completed regardless of the score or game clock. If the winning team does not complete their required mandatory plays, the full force of the mandatory play rules will be in effect. In the event the game ends with a 36-point differential, the Conference shall appoint an investigator, to determine whether or not the score has been intentionally run-up. Said investigator shall:

- 1. Contact the Head Coach of the winning team to ask what steps he took to keep the score lower.
- 2. Contact the Head Coach of the losing team to get his statement.

If the two statements agree, the matter shall be closed, as it comes under the category of lopsided score. If the two statements are in disagreement, a full investigation shall be conducted by the Conference.

SD2: FULL INVESTIGATION:

When the statements of the coaches are in disagreement, the Conference shall require the Head Coach and all Assistant Coaches of each team to submit written answers to the following questions:

- A. What in your opinion caused the lopsided score?
- B. Is there any ill will or animosity among the coaching staff of Team A toward the coaching staff of Team B?
- C. To your knowledge, have there been any threats between and among the children prior to the game?
- D. Has your team ever been involved in a lopsided score before?
- E. What actions were taken by the coaching staff of Team A to prevent the score differential from reaching 36 points after it reached 25 points?
- F. In retrospect, is there anything you feel could have been done to prevent the score differential from reaching 36 points? If so, what?

Based upon the answers to the foregoing questions, the Conference shall determine whether to conduct a Hearing. The answers to these questions may not be used in any way at the hearing, unless presented at the hearing by one of the witnesses.

RULE 17: SIDELINE PERSONNEL

The only personnel positioned within a team box during the game will be the head coach, assistant coaches, and coach trainee or trainer. All badged personnel must be listed on the roster. Team parents are not permitted on the sidelines.

RULE 18: RADIOS AND COMMUNICATION DEVICES

No radios, cellular phones, or other communicative devices shall be allowed on the field during the game. Persons found in violation of this rule will be subject to suspension as determined by the hearing officers. This rule applies to football coaches, cheer/dance/step coaches, team parents, and participants.

RULE 19: PRACTICE

In addition to the requirements for practice in Article 15, the following also apply:

SD1: PRE-SEASON: See ARTICLE 15 PRACTICE:

SD2: WARM WEATHER PRECAUTIONS:

Teams must guard against serious heat problems, which in extreme high school and college cases have occasionally resulted in death. The training regimen of any team practicing under high heat and/or humidity conditions must:

- A. Limit or eliminate laps entirely. Do not assign laps for disciplinary reasons.
- B. Schedule practices for early evening, after sun is low in sky.
- C. Give players all the water they want to drink, when they want it. Do not substitute soft drinks for water.
- D. Each coach must keep an eye on all players and his fellow coaches for the slightest sign of heat exhaustion or fatigue.
- E. A fifteen-minute break is mandatory in the middle of each practice, not to be counted against practice time.

SD3: MANDATORY BREAKS:

A mandatory 10-minute break after each hour of practice shall be required. **Break time is not counted against the hours per week or per day allowed practice time.**

SD4: FULL PROTECTIVE EQUIPMENT REQUIRED:

At all practices, pre-season or in-season, where person-to-person contact with tackling to the ground takes place, each player must be dressed in the full complement of protective equipment described in Rule 7, "Required Equipment."

SD5: CONTROLLED INTER-SQUAD SCRIMMAGE:

After August 6th, teams are permitted to engage in joint practice sessions with other teams in what are called controlled inter-squad scrimmages.

In a controlled inter-squad scrimmage, there is prior agreement between coaching staffs that:

- A. Coaches will be permitted on the field.
- B. Long time-outs are taken between plays so that coaching staffs can instruct and critique their players.
- C. Coaching staffs may inform each other of the plays they are going to run so one team can concentrate on its offensive sets while the other improves its defense and vice-versa.
- D. Officials can be present during scrimmages.
- E. Game score is not kept; scoring is not the primary goal.
- F. No official time is kept other than to assure the practice maximum is not violated. A mandatory ten- minute break is taken at the end of one hour, said break not to be counted against the allowed practice time.
- G. No player or team is permitted at any time to engage in a controlled scrimmage or any form of contact drills involving a player or players, or team from a different Age division of play.

RULE 20: SCHEDULES**SD1: SCHEDULED GAMES**

A. The chart in sub-section B summarizes the number and types of games teams may play during a season by each Grade/Age division.

B. A Conference may schedule a maximum number of total season games as shown in Column D. The maximum number of each type of game permitted by division of play is shown in columns A, B, and C. A Conference may schedule fewer regular season games than the maximums shown in column B, but not less than six (6).

Division	(A) Pre Season Games Max	(B)Regular Season Games Max	(C)Post Season Games Max	(D) Number of Games Max
7U	2**	8*	2**	12**
8U	2**	11*	2**	15**
9U	2**	11*	2**	15**
10U	2**	11*	2**	15**
12U	2**	11*	2**	15**
14U	2**	11*	2**	15**

* Regular Season Schedule includes any Conference playoffs.

****Additional games to be approved by the Conference**

In any division, a team may play any combination of games in columns A, B, and C (up to the maximum in each column), but shall not exceed the total number of games in Column D. Pre-season exhibitions (Column A), Conference playoff games (part of Column B), and post-season bowl games (Column C) are not required to be played.

SD2: SCHEDULING PROHIBITIONS:

A. Under no circumstances will a team be allowed to play a game, scrimmage, or practice against a team of another division (i.e., 12U vs. 14U, etc.).

B. No team may schedule a game against a team whose ages and grades are not FULLY in compliance with those printed in this rulebook, unless it is approved by the Conference, i.e. Junior All American, Pop Warner, etc.

SD3: COMMON REQUIREMENTS - ALL SCHEDULING:

The following requirements apply to all scheduling beginning with practice and ending with post-season bowl games:

A. After the start of the season, **No Association or team, on its own, may arrange a game. All games, regardless of type, must be arranged through or with the approval of the Conference.**

B. A period of at least four (4) full days (96 consecutive hours) will elapse between the end of any game for a given team and the beginning of the next game for pre-season exhibitions, regularly scheduled Conference games, post-season and bowl games. The Conference shall be permitted to waive the four (4) full days (96 consecutive hours) season. Exceptions to this policy can be granted by The Conference.

RULE 21: POST-SEASON BOWL GAMES

SD1: Each team in the 8U Division and above is permitted a maximum of three (3) post-season bowl games.

SD2: For a team to be eligible for bowl game participation, the following conditions must be met:

- A. All requests for Bowl Game participation must be made through the Conference Scheduling Director or his/her designee.
- B. Requests to participate must be made by the designated Association official only.
- C. All Associations must be in good standing to have their teams eligible for post-season play.
- D. All bowl game contracts shall require the written approval of the Associations involved.

SD3: Football organizations outside this Conference may require different weigh in/check in procedures. The Conference will try to get information and let the Head coach know of any differences that may occur, prior to the game(s).

SD4: All special criteria such as fees, etc., shall be immediately sent to a team expressing interest in playing the game.

SD5: The applicable state standard (NCAA or National Federation) will be the only rules in effect at all bowl games.

SD6: Any Association or team that arranges a bowl game(s) without approval from the Scheduling Director or his/her designee, will be subject to disciplinary action, and will include a fine of \$500.00, no exceptions. SD7: Any team that does not fulfill its contractual obligation to participate in a post-season game will automatically be fined \$300.00, no exceptions.

RULE 22: TIE BALL GAMES

SD1: The Conference shall have the option of breaking ties in all regular season and post-season games.

SD2: Ties shall be broken in Conference playoff/championship games using the established high school tiebreaker.

SD3: Ties during regular season games are allowed to stand as ties.

SD4: In all Conference Championship Games, the “ten-yard overtime procedure” tiebreaker as outlined in local National Federation High School Rules will be used without exception.

SD5: Sudden Death tiebreakers are prohibited.

RULE 23: CONTACT WITH OFFICIALS

If a player or adult should strike (hit) or threaten a game official, the offender shall be subject to suspension or to being banned from SDYFCC activities for life.

RULE 24: AYF CHAMPIONSHIP ELIGIBILITY

SD1: Must be declared Conference Champions. Information on the AYF Championships will be distributed at a later date. You can also access the AYF website at www.americanyouthfootball.com for current information.

SD2: Must have filed a certified roster with the Conference by the specified cut-off date.

SD3: It is recommended that the corresponding cheer squads accompany football teams competing at all games.

SD4: All teams must be accompanied with a copy of the certified roster, Conference registration forms with photo identification, birth certificates, medical release forms, and scholastic eligibility forms.

SD5: An absentee sheet for any participant absent from a certified roster must accompany said team.

RULE 25: 8U DIVISION ONLY: Coaches will be allowed on the field (1 offense and 1 defense) for the first 4 regular season games. Beginning week 5 coaches must remain on the sidelines. Coaches on the field is optional for the first 4 weeks. Coaches should use this opportunity to help teach and develop kids as they are new to tackle football. When the referee indicates “10 seconds” left on the play clock, all coaches must back as to not interfere with play.

PART VI-SDYFCC 7U (FLAG) FOOTBALL RULES AND REGULATION'S INTRODUCTION

In addition to the general regulations found in Parts I-III, the following SDYFCC Flag rules govern all participants playing Flag Football.

ARTICLE 1: ORGANIZATION

The FLAG DIVISION is the youngest unit of our organization, which consists of teams in the same age division.

ARTICLE 2: REGISTRATION

Each team must conform to the all registration provisions, as the tackle divisions.

ARTICLE 3: DIVISION OF PLAY

SD1: Flag Division age cut-off date is July 31st of the current year and shall be the participants Division age for the coming season.

SD2: There are no height or weight restrictions on Flag Players.

Division Name: 7U

Ages: 5 – 6 – 7

SD3: Cheerleaders shall follow the overall age and division of play referenced in SD2 above. In addition, all flag cheer squads must follow the SDYFCC Cheer Guidelines as outlined in the Cheer section of this rulebook.

SD4: Ages shall be verified by methods outlined in Part III, Article 4, SD-3.

SD5: If a player starts a season in one division, he/she must finish in that division.

SD6: A player is ineligible if he/she is a member of a school tackle program or if he/she is playing SDYFCC tackle football. He is also ineligible if he/she is competing in another flag football program (unless as part of school curriculum).

SD7: A player shall furnish a written consent to play from either parent or legal guardian.

SD8: A signed statement from an examining physician that the candidate is physically fit and there are no observable conditions, which would contra-indicate him playing football or her cheering. Note: If regular school medical examination results are releasable to parents, a copy of such report, if not older than January 1st of the current year, may be used in lieu of a new examination.

ARTICLE 4: FLAG FOOTBALL RULES

SD1: A Team consists of eight players. The offensive team must have five (5) players on the line of scrimmage and three (3) backs (off the line of scrimmage/in the backfield). All players are eligible pass receivers. The defensive team must have exactly five players on the line.

SD2: Each team roster shall have a maximum of 24 players, and a minimum of 10 players. A forfeit will result when the minimum is not met.

SD3: Only players appearing on the official team roster form (supplied by SDYFCC) are to be counted as players. The Roster is completed before the first game of the season and verified by the league in a process called "Certification."

SD4: Mandatory Play Rule: 10-16 players will play a **minimum of 8 plays**; 17 or more players will play a **minimum of 4 plays**. Failure to abide by this rule will result in forfeiture of that game. 7U Division plays Single Platoon Football. All players may play offense and defense.

SD5: A team will have 25 seconds to put the ball in play after the ready signal.

SD6: Defenders cannot line up over the center. Additionally, players lined up in the "A" gaps cannot make contact with the center until center has raised head (or in a position to protect them self after the snap).

RULE 1: PLAYING FIELDS

SD1: The field shall be rectangular with lines and zones and shall conform to the two-design mentioned below.

A. 80-yard field: This field measures one hundred yards in length, divided into 4 zones of twenty yards each between two end zones of ten yards each. It is 40 yards wide.

B. Goal Posts are unnecessary as points after TD (conversion) are made only by passing or running and there are no field goals kicked.

C. A conversion line will be marked 3 yards from the goal line and at an equal distance from each sideline.

SD2: The following field equipment will be used:

A. A Down Marker will be used to indicate the number of the down.

B. A Zone Marker will be used to indicate the distance to go for a first down (placed at the forward zone line).

C. Corner Flags with flexible staffs will be placed at the four sections of the end zones and the sidelines. Soft pylons may be used if flags are unavailable.

RULE 2: EQUIPMENT

The SDYFCC will determine which ball will be used during Flag games, see Tackle Rule 5 for grid.

SD1-PROTECTIVE HEAD GEAR REQUIRED

SD2-FLAGS

- A. Each player must wear a belt with the number of flags designated as “standard” by SDYFCC, which will be either 2 or 3 flags.
- B. The flags will be attached to a belt and extend or hang from each side of the player’s body. When using three flags, the third will hang from the rear of the player’s body.
- C. Flags will be 14-20 inches long and a minimum of 2 inches wide.
- D. The belt must be tight to prevent being turned around during a de-flagging.
- E. Flag teams will use standard red and yellow flags.
- F. The securing of flags to the body, waist or belt, other than provided by SD-2-B, is illegal.
- G. Jerseys cannot be worn over flags.
- H. If a player’s flag is inadvertently lost, he is ineligible to handle the ball.
- I. Flags are to be in sharp contrast with the color of the pants. If the flags are not in sharp contrast, the team will be penalized with a 5-yard illegal procedure penalty. The opposing team may administratively protest the game.
- J. Flags cannot be cut or twisted.

NOTE: The flags will be attached to a belt made for that purpose. Such a belt has equal resistance at the point of attachment of flags, thereby ensuring an equal effort necessary to de-flag a player.

SD3: GAME UNIFORMS

- A. All team members must wear the same color jersey. **Shirts** or upper parts of the uniform **shall not** hang in such a way that covers the flag belt. The referee will require that all shirts are tucked into the pants to avoid this situation. Should a player continue to intentionally ignore this rule **an unsportsmanlike penalty must be assessed (10 yards)**.
- B. All jerseys will be clearly numbered.
- C. Any type of pants may be worn.
- D. Jerseys will be tucked in at all times.
- E. Sneakers are the preferred shoes; however, non-detachable, rubber-cleated shoes are allowed. No other footwear is acceptable.
- F. All players must wear an athletic supporter or compression shorts. G. Soft helmets are allowed but not required.

SD4-EYEGLASSES

Eyeglasses, when worn, shall be of athletically approved construction with non-shattering glass (safety glass).

SD5-MOUTHGUARDS

Mouth guards (no clear or white) are required no keeper strap is necessary.

RULE 3: PROHIBITED EQUIPMENT SD1: Spiked or street shoes.

SD1: Padding of any kind, including hard surface padding such as shoulder pads, hip pads, and helmets.

SD2: Hard metal or any other hard substance on a player’s clothing or person.

SD3: Anything that conceals the flags.

SD4: Slick or sticky substances such as grease or glue.

SD5: Any equipment, in the opinion of the referee that will endanger or confuse players.

RULE 4: THE RULES OF THE GAME

SD1: PLAYERS

The single-platoon rule is always in effect.

SD2: TEAM CAPTAINS

- A. Each team will have at least one captain on the field at all times during the game.
- B. The captain will address the referees only on matters of interpretation and to obtain information.

SD3: TEAM COACHES:

One coach for each team will be permitted on the field in the Flag Division.

SD4: TIME There will be:

- A. Two 25-minute halves for the Flag division. The 1st half will have a running clock, and the 2nd half will also have a running clock but the **last two minutes of the 2nd half will be regulation play**.
- B. One (1) time-out per half. Timeout will rollover to 2nd half if not used.
- C. Five (5) minutes between halves.

SD5: KICKOFFS

No kickoffs – Ball will be placed on the offense’s own 30-yard line after a score, to start a game or 2nd half. If a team is losing by 35 points or more, the ball will be placed at the Midfield (40-yard line)

SD6: PUNTING

No Punts. On 4th down, the offense can declare a “PUNT”. There will be a 40-yard walk off and a change of possession. The offense can choose to “go for it” on 4th down. Punting is not mandatory. The 40 yard walk off cannot result in the ball being placed inside the 20 yard line.

SD7: DOWNS (First down and zone to go)

- A. Each team will have four consecutive downs to advance the ball into the next zone or to score a touchdown.
- B. Once a team enters into the next zone, it is a first down and a new series of downs begins.
- C. A team failing to move the ball into the next zone will lose possession. The opposing team takes over at the point where the ball is declared dead and begins its series of first down and zone to go.
- D. The forward part of the ball touching any line will be the determining factor in measuring for a first down.
- E. A down will be repeated if provided for by the rules (See Rule 13.)
- F. When the offensive team is within the last zone and has a first down, it will be first down and goal to go.
- G. At the conclusion of each down, the referee will place the ball in the center of the field (equal distance from sidelines-not on a hash mark).

SD8: DE-FLAGGING

- A. There shall be no tackling of the ball carrier, passer, or kicker.
- B. The player carrying or having possession of the ball is down when the flag is removed from his waist (deflagging). The defensive player shall hold the flag above his head and stand still.
- C. The defensive player cannot hold or push the ball carrier to remove his flag. An accidental touch of the body or shoulder while reaching for the flag shall not be considered a violation; however, touching of the head or face shall be considered a violation.
- D. A defensive player may not run over, push, or pull a blocker away from him. He may push him sideways if he gets past him, but he cannot push the blocker down.
- E. A defensive player must go for the passer’s flag. He cannot touch the passer’s arm.

SD9: BLOCKING

- A. A blocker must be on his feet at all times while blocking. All linemen, except the center, must not assume the three-point stance or otherwise spring from a coiled or crouching start. Instead, they must simply stand at the line of scrimmage and await the snap. The center, though crouching, if he is to block, must first stand straight up.
- B. Cross body and roll blocking are not permitted.
- C. Blocking shall be done with the arms and body in the form of shoulder and brush blocking only.
- D. A defensive player cannot block or push a ball carrier out-of-bounds.
- E. Butting, elbowing or knee blocking is not permitted.
- F. There will be no two-on-one blocking for the ball carrier beyond the line of scrimmage.
- G. Blocking a player from behind is not permitted (clipping).
- H. There will be no interlocking blocking.
- I. A defensive player will be restricted in the use of his hands to the blocker’s body and shoulders

SD10: BALL CARRIER

- A. The ball carrier cannot use his hands or arms to protect his flags. The defensive player must have the opportunity to remove the ball carrier’s flags.
- B. The ball carrier cannot lower his head to drive or run into a defensive player.
- C. Stiff-arming by the ball carrier is illegal.
- D. The ball carrier cannot spin or hurdle to prevent a defensive player from removing his flags.
- E. He may run in any direction until the ball is declared dead.

SD11: CENTER (also see SD9:A)

- A. The center must snap the ball between his legs.
- B. He must have both feet on the scrimmage line with no part of his body beyond the forward point of the ball.
- C. He may adjust the long part of the ball at right angles to the scrimmage line for one time only.

SD12: PASSING

- A. All backfield men are eligible passers.
- B. Passing will be attempted from behind the line of scrimmage only.
- C. A lateral pass is a pass thrown parallel to the line of scrimmage or back toward the passer's own goal line. A lateral pass is not considered a forward pass.
- D. A forward pass is a pass thrown from behind the line of scrimmage toward the defensive team's goal line. Forward passes that are intercepted are live. The intercepting team may

SD13: RECEIVING

- A. All players are eligible to receive forward passes.
- B. A receiver may catch a ball even if he steps out-of-bounds or out of the end zone as long as he comes down with one foot in bounds.
- C. Two or more receivers may touch a ball in succession resulting in a completed pass.
- D. If an offensive and defensive player catches a pass simultaneously, the ball is declared dead at the spot of the catch and the passing team is awarded possession.
- E. An offensive player cannot be out-of-bounds and return in-bounds to catch a pass. This will be ruled an incomplete pass.

SD14: DEAD BALL

All balls touching the ground are immediately dead (except kickoffs and punts). For example, the ball is declared dead at the following times:

- A. When the ball carrier touches the ground with his body, other than hands or feet.
- B. When the ball carrier's flag has been pulled.
- C. If a pass receiver or ball carrier has a missing flag (ball is dead at that spot).
- D. Following a touchdown, safety or touchback.
- E. When the ball goes out-of-bounds for any reason.
- F. If the center snap hits the ground before reaching a backfield man.
- G. When the ball hits the ground as a result of a fumble or muffed ball. ***THERE ARE NO FUMBLE RECOVERIES IN SDYFCC Flag.***
- H. If a lateral pass touches the ground (ball is declared dead at that point). If a lateral pass goes out-of-bounds, the ball is ruled dead at the point it crosses the boundary line.
- I. If a forward pass strikes the ground or is caught at the same time by an opposing player(s).
- J. When a player on the kicking team touches a punt before a player on the receiving team.
- K. A free catch (cannot be advanced).

RULE 5: SCORING VALUES

Touchdown 6 points

Safety 2 points

Points after touchdown: Passing 2 points Running 1 point

Forfeit (offended team wins by) 1-0

RULE 6: TIE GAME

SD1: Tie games will go into the record as such and will not be played off in regular season play. There is no overtime in SDYFCC Flag.

SD2: All Tournament Games:

- A. Ball will be placed in the center of the field. The referee will toss a coin in the presence of the two team captains. The winning captain will have the option of putting the ball in play at mid-field.
- B. Each team will have four (4) consecutive downs and the winner will be the team gaining the most yardage in its series of downs (penetration).
- C. Penalties will count as plus or minus yardage.
- D. Intercepted passes will count as incomplete passes.
- E. If the yardage is still the same at the end of each team's four down series, the series will be repeated.

RULE 7: INJURED PLAYERS

Once removed from a game because of injury, a player must sit out at least one down, and may not re-enter the game without the approval of attending medical personnel.

RULE 8: PRACTICES

SD1: Practice shall not begin until a date is determined by the Conference.

SD2: Practices are limited to three days per week, not to exceed 1-1/2 hours each practice, **AFTER** the first game

week of the season (August 23rd). **PRIOR** to August 23rd, practices are limited to four days per week, not to exceed 2 hours duration.

RULE 9: SCHEDULES

Maximum number of games per season shall be as follows for each division of play:

Pre-Season	Regular Season	Jamboree	Travel*
2	8	1	1 *Must be approved by SDYFCC

RULE 10: PENALTIES

The 80-yard field will be assessed ten (10) and five (5) yard penalties. With this in mind, references to penalties will be given as (15-10) and (5-5) in the following listings.

SD1: KICKOFFS:

Not applicable – No kickoffs in Flag.

SD2: LINE OF SCRIMMAGE-Centering

- A. Offside, defensive or offensive (5-5)
- B. Illegal snap (5-5)
- C. Failure to observe 30-second rule (5-5)
- D. Illegal motion-more than one backfield man in motion (5-5)
- E. Illegal formation, offense (5-5)

SD3: PUNTING

- A. Failure to announce to the referee-(5-5) and punt is repeated, or the receiving team may take the ball at the spot where the ball is declared dead.
- B. If the kicking or receiving team enters the neutral zone before the punt-(5-5) from the spot where the ball is declared dead after the kick.
- C. Less than five players on the line of scrimmage for the offensive or defensive team-(5-5) from where the ball is declared dead after the kick.
- D. De-flagging a receiver after a fair catch signal-(15-10) from the spot of the foul.

SD4: PASSING

- A. If an illegal forward pass is thrown and intercepted, the play will continue until the ball is declared dead. The intercepting team has the option of possession from that spot or accepting the penalty (5-5).
- B. Passer crosses the line of scrimmage-(5-5) and loss of down.
- C. Intentional grounding-(5-5) and loss of down.
- D. Offensive pass interference-(15-10) from line of scrimmage and loss of down.
- E. Defensive pass interference-first down from spot of infraction for the offensive team.

SD5: DELAY OF GAME

- A. Continuing to play after the ball is dead-(5-5) from spot where the ball is dead.
- B. Recovering a fumble or falling on the ball (5-5).
- C. Advancing a fair catch (5-5).
- D. Unnecessary delay of game for any reason (5-5).

SD6: FLAG WEARING AND DE-FLAGGING

- A. Tackling (15-10).
- B. Wearing the flags illegally (5-5).
- C. Ball carrier using his hands to prevent defensive player from deflagging (15-10).
- D. Holding, pushing, or hitting the ball carrier while de-flagging - (15-10).
- E. Leaving one's feet while de-flagging-(15-10) from spot of foul.
- F. Wearing one flag (5-5).

SD7: ILLEGAL HAND-OFF

- A. If the ball is handed forward beyond the scrimmage line-(5-5) and loss of down.
- B. Handing or snapping a ball to a lineman (5-5).

SD8: ILLEGAL SUBSTITUTIONS

- A. More than eight (8) men of the field (5-5).
- B. Substitution(s) while the ball is in play or before it is declared dead (5-5).
- C. Disqualified player entering game (15-10).

SD9: BLOCKING

- A. Leaving feet to block (15-10).
- B. Cross body blocking or roll blocking (15-10).

- C. Illegal use of hands by blocker (15-10).
- D. Holding a defensive player (15-10).
- E. Defensive player blocking or pushing the ball carrier out of bounds (15-10).
- F. Butting, elbowing or knee blocking (15-10).
- G. Defensive player using hands illegally (5-5).
- H. More than two blockers for the ball carrier (on one Def. player) beyond the line of scrimmage (5-5).
- I. Clipping (15-10).
- J. Interlock Blocking-(15-10) from spot of foul.

SD10: BALL CARRIER

- A. Stiff arming-(15-10) from spot of foul.
- B. Lowering head to drive or run into defensive player (15-10).
- C. Use of head (15-10).
- D. Use of hands or arms to protect flags (15-10).
- E. Spinning or hurdling (5-5).

SD11: UNNECESSARY ROUGHNESS

- A. Offensive and Defensive (15-10).
- B. Disqualification of guilty player or players if repeated.

SD12: UNSPORTSMANLIKE CONDUCT

- A. Fighting (15-10)-offenders ejected from game.
- B. Defensive player pulling offensive player's flag to make him ineligible for play (15-10).
- C. Insulting and abusive language (15-10).
- D. Interference with progress of the game by coaches or any other team personnel (15-10).
- E. Illegal play (15-10).
- F. Team leaving field before game is completed (15-10). Failure to return-Forfeit. Win for team remaining on the field.
- G. Failure of home team to control players or fans (15-10).
- H. Forfeit if not controlled.

RULE 12: PROTESTS

SD1: Only protests involving rules' interpretations, or the eligibility of a player shall be considered-never the judgment of an official in calling a play.

SD2: Protests are decided at the local level in accordance with the administrative procedures of the Conference.