

North Suburban Youth Football League

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Tackle Playing Rules

Article I – Coaches Duties and Responsibilities

Section A: The coaching staff shall consist of the head coach and assistant coaches as selected by the head coach and approved by the Executive Board.

Section B: Every head coach and all assistant coaches must register on the league’s website and be registered and certified through the USA Football program. They must also pass a background check each year prior to coaching for any organization in the NSYFL. Should an additional coach be added to an organization’s staff during the season, they have two weeks to complete registration, certification and apply for a background check. This allows the Executive Board time to review all registrants. Tackle and Flag Coordinators from the Board will be responsible for enforcing the certification process of all coaches at the appropriate age level represented.

Section C: Any coach that has been registered as a coach by a respective team in the NSYFL is prohibited from coaching on any other team within the NSYFL without consent from the organizational head of the

said team he is leaving. If consent is not given, that coach is prohibited from coaching with any other team within the NSYFL for two (2) full seasons. After the two-season suspension, the coach must reapply with the NSYFL.

Section D: Every team or organization shall have one (1) designated representative or alternate attend every mandatory meeting. Mandatory meetings are as follows:

- Discussion of rule changes (Usually early January)

- July meeting to receive packets for upcoming season

- Clinics held by the Board

- Any meeting the Executive Board designates as mandatory

Section E: If any player within a team or organization is ejected from a game for any reason, at the minimum, the player will be required to miss the next four quarters of game play, starting the quarter following the ejection of the game he or she was involved in. If any manager, coach or fan within a team or organization is ejected from a game for any reason, at the minimum, they will be required to miss the next game he or she was involved in. The board/disciplinary committee can enforce a longer suspension if necessary. It is up to the head official to notify a league official of the ejection. The league official will notify the organization's qualified representative and it will be up to the team representative to ensure any ejected person serves the suspension. Any team member found to have participated in a game where a suspension has been enforced shall cause that team to forfeit said game and the team representative will be subject to a punishment to be determined by the Executive Board for any person in its organization who does not serve the suspension. The head official will also notify both head coaches, at the time of ejection, as to who is being ejected and the reason.

Section F: Team representatives may protest a game where they believe an incorrect rule interpretation was made. Each protest will cost \$100, and if the protest is overturned the cost will be refunded to the team. If the protest is upheld, the cost will be added to the team's bill if they have not paid for their season team fees yet. If the bill has been paid in full, the money will be collected from the team representative. Protests are to be announced immediately during the game to the head official, who will be responsible for notifying the rules and regulations executive board member. Upon a protested game happening, the rules and regulations board member must decide and notify both teams involved on a protest within 48 hours of the conclusion of the day the protest was made.

Section G: Protest judgements made by the rules and regulations member of the executive board or suspensions resulting from ejections from a game (players, coaches, and fans) can be appealed to the executive board within 24 hours of the judgement or ejection taking place via a written document to the league president. The president must notify both teams involved that the appeal has been filed, and the executive board must meet to discuss the protest and render their judgement with 48 hours of the day the written appeal was received by the league president. All appeal judgements made by the executive board are final.

Article II – Team Duties and Responsibilities

Section A: A team shall be comprised of the coaching staff and eligible players representing a specific age level.

Section B: Each individual team shall equip all members of their team by the standards adopted by the Missouri High Scholl rules or as otherwise stated herein.

Section C: Only all-purpose molded field turf, detachable cleat or tennis shoes shall be acceptable. No metal spike or metal portion of a spike should be visible at any time.

Section D: All team uniform colors and team names shall be approved by the general Membership and no conflicting colors for each division shall exist at games. Any major change of an existing team color shall be approved by the Executive Board by March 31 of the current year. Any new team entering the

league after January 1, 1995 must have home and away jerseys if the team colors are the same color of an existing team in the league.

Section E: All tackle divisions will not have a maximum number of players per team.

Section F: A team will forfeit all games in which an ineligible contestant has participated. Each Head Coach is responsible for the eligibility of his own participants and disciplinary action of an 8-day league suspension.

Section G: Each team will provide the game ball used while their team is on offense. One ball can be used if both head coaches agree on the ball to use. The decision of the head official is final in matters involving the acceptability of a ball for game purpose.

Section H: Game balls for each group should be leather or composite, and size will be as follows:

Flag –K2 Football

3rd Grade –K2 Football

4th Grade –K2 Football

5th Grade –TDJ Football

6th Grade –TDJ Football

7th Grade – TDY Football

8th Grade –TDY Football

Section I: The 3rd –8th Grade divisions may practice 4 days a week, with each practice being no more than 2 hours in duration, before the first scheduled game. After the first scheduled game teams may practice no more than 3 days a week. Any organized activity with members of a team, (film, chalk talk, walk through, whether in pads or not, etc.) will be considered a practice.

Section J: Any violations for practice times and days shall result in disciplinary action by the Executive Board.

Section K: Online registration will be available beginning April 1st on www.nsyfl.com and through the tryout periods. Late registration will begin on the fourth day of practice and run through the second week of game play.

Section L: Practice begins each year on a designated Monday set by the Executive Board. Club sponsored pre-season speed and agility sessions may begin after registration opens. The speed and agility pre-season work out will be limited to one (1) two (2) hour session per week. Each coach that is conducting a workout must be registered with NSYFL for the coming season. Each team must provide a workout schedule to the board with times and locations for these pre-season workouts. All participants must be registered with the league for the coming year. No football protective gear may be worn for these sessions. Each organizer will be required to keep an attendance log and provide that to the league upon request. These sessions will be limited to returning players from the associated team, free agents, or new recruits.

Section M: There shall be no camps organized by any NSYFL organization or its members (coaches, managers, players, parents of players, etc.), nor will any organizations coaches or members help, in any way, with outside camps run by others unless written approval is on record with the Executive Board. No organized practices by any NSYFL organization or its members (coaches, managers, players, parents of players, etc.) will be held before the date set by the Executive Board. Penalties against organizations for violation of this rule will be determined by the Executive Board.

Section N: Key volunteers within an organization are required to pass a background check and will be issued a badge by the NSYFL board to be displayed at all times at a park. Any volunteer who has been issued a badge must always properly display their correct badge while in parks. Volunteers must also display their appropriate badges at all games. Failure to display proper identification will result in an 8-day suspension.

Section O: Any organizations utilizing a Kansas City Parks and Recreation field is required to have all mobile trailers and equipment removed from the city park no later than four weeks from the date of the

championship game. Violations of this rule will result in the organization being fined for each day after the deadline that a trailer or other equipment is not removed, in an amount to be determined by the Executive Board.

Section P: There is no maximum on the number of teams an organization can have per grade level.

Section Q: The Oklahoma drill will not be allowed in any practice. No modification of such drill will be allowed. The Oklahoma drill is defined as laying two athletes on the ground head to head or standing back to back between two bags; where upon the coaches signal each spring to their feet or turn and face each other where one tries to tackle the other.

Article III – Player Eligibility

Section A: A player shall be considered eligible for participation under the grade of which he/she is currently enrolled in school. If a player is in a lower grade than they should be based off of age (i.e. started school late, moved from a different area, or held back a grade level), that player must not be over one year older than their current grades age requirements on January 1st of the year following the season. If a player is eligible to play in another division based on their date of birth, the Executive Board must be appealed to for a player to play in a different division.

Section B: New players may be eligible to join the league at any time through the second week of games begins and participate in league games if they meet all league requirements and are approved by the Executive Board (Reference Article II, Section B). New players need to be properly registered and weighed-in prior to the first game in which they participate. They must also be in pads eight (8) days prior to the first game in which they participate. Any new player joining a team after the first weigh-in and prior to the second game of the season will be treated as having missed the first weigh-in and will have five (5) pounds added to their actual weight at the time they weigh-in.

Section C: No player may play for a different organization until all equipment is returned to the previous organization in the same condition for which it was received. All organizations must report violations to the league prior to June 1st of the coming season for any outstanding violation of the immediate prior season. The league will distribute this list of players to each organization no later than June 30th of the same year. Any organization allowing a player to participate with their organization will be subject to disciplinary action from the board.

Section D: All players must be registered on the NSYFL website by the end of the first week of practice. All paperwork must be approved by the board at the time of the first weigh-in. Failure to complete either of these steps will result in the player not being weighed in, therefore the player will be ineligible to participate in week 1 games. The player will be subject to a five (5) pound penalty and will remain ineligible to participate until he/she is registered on the NSYFL website, all paperwork approved by the board and the player is weighed in. There will be only one first weigh-in and any player who misses it will have five pounds added to their actual weight at the time they do weigh-in. A second weigh-in will be held the after the fourth game at a time and place to be determined by the Executive Board. A third weigh-in will be held for any team participating in the gold division play-offs. Any player required to participate in the third weigh-in will weigh-in at the time and location determined by the Executive Board. Anyone who misses the second or third weigh-ins will be ineligible to carry the ball.

Section E: If at any official weigh-in a ball carrier fails to make the weight limits set for his age division, his helmet stripe will be removed, and he will forfeit his eligibility to participate as a ball carrier for the remainder of the current season, including post season. He will be allowed to play in all league games but not as an eligible ball carrier.

Section F: 3rd Grade Weight Limit: All ball carriers must weigh 95 pounds or less. Second Weigh-in: All eligible ball carriers who weighed 86 pounds or more at the time of the first league weigh-in must appear for the second weigh-in or permanently lose ball carrying eligibility. Third Weigh-in: Only those teams participating in the gold division play-offs are required to attend the third weigh-in. All eligible

ball carriers who weighed 90 pounds or more at the time of the second league weigh-in must appear for the third weigh-in or permanently lose ball carrying eligibility.

Section G: 4th Grade Weight Limit: All ball carriers must weigh 110 pounds or less. Second Weigh-in: All eligible ball carriers who weighed 101 pounds or more at the time of the first league weigh-in must appear for the second weigh-in or permanently lose ball carrying eligibility. Third Weigh-in: Only those teams participating in the gold division play-offs are required to attend the third weigh-in. All eligible ball carriers who weighed 105 pounds or more at the time of the second league weigh-in must appear for the third weigh-in or permanently lose ball carrying eligibility.

Section H: 5th Grade Weight Limit: All ball carriers must weigh 120 pounds or less. Second Weigh-in: All eligible ball carriers who weighed 111 pounds or more at the time of the first league weigh-in must appear for the second weigh-in or permanently lose ball carrying eligibility. Third Weigh-in: Only those teams participating in the gold division play-offs are required to attend the third weigh-in. All eligible ball carriers who weighed 115 pounds or more at the time of the second league weigh-in must appear for the third weigh-in or permanently lose ball carrying eligibility.

Section I: 6th Grade Weight Limit: All ball carriers must weigh 135 pounds or less. Second Weigh-in: All eligible ball carriers who weighed 126 pounds or more at the time of the first league weigh-in must appear for the second weigh-in or permanently lose ball carrying eligibility. Third Weigh-in: Only those teams participating in the gold division play-offs are required to attend the third weigh-in. All eligible ball carriers who weighed 130 pounds or more at the time of the second league weigh-in must appear for the third weigh-in or permanently lose ball carrying eligibility.

Section J: 7th Grade Weight Limit: All ball carriers must weigh 160 pounds or less. Second Weigh-in: All eligible ball carriers who weighed 151 pounds or more at the time of the first league weigh-in must appear for the second weigh-in or permanently lose ball carrying eligibility. Third Weigh-in: Only those teams participating in the gold division play-offs are required to attend the third weigh-in. All eligible ball carriers who weighed 155 pounds or more at the time of the second league weigh-in must appear for the third weigh-in or permanently lose ball carrying eligibility.

Section K: 8th Grade will be an unlimited ball carrying weight division.

Section L: Any player wanting to move up to the next Grade Level can move up only one tackle division per insurance coverage to the next age level without taking up a roster spot at the new level.

Section M: Any tackle player who plays for any team must provide written proof that he has undergone a physical examination within two years of the date on the physical form, per MSHSAA, or alternatively he may provide a written release of liability signed by his custodial parents on a form to be provided by the league. Failure to submit proper forms will result in disciplinary action by the Executive Board.

Section N: Any player that plays for a school affiliated football team or any organized football league other than the NSYFL during the NSYFL season, will be considered ineligible and may not participate in the NSYFL while actively participating in the school affiliated football team season or any organized football league season has been completed, including post-season play.

Article IV – League Contracts

Section A: Section A: No athlete shall play in any game unless he/she has officially provided the following documents either electronically or in hardcopy:

- Birth Certificate (certified copy), hospital certified or other proof of birth including official US Government I-95 form
- Physical Exam Form (except flag)
- Parents Code of Conduct
- Players Code of Conduct

Section B: All league contracts shall be official at the first weigh-ins.

Section C: All players must play for their respective teams with which they are under contract until they are released or until they complete their second year with an organization.

Section D: If a coach releases a player without protest, a paper release form provided by the league shall be signed by the respective head coach as well as the appropriate League official and no further action by the board shall be necessary. In case of a protest, the coaches will appear before the Executive Board and the Executive Board's decision shall be final.

Section E: Falsification of any of the documents as provided under these rules shall result in automatic suspension for the player or coach from the league.

Article V – Playing Fields, Postponements and General Conduct of Games

Section A: The Executive Board shall decide in which area each member team shall practice and on which field's league games shall be played.

Section B: Each team shall be responsible for the preparation of the playing fields and all required accessories for the game, i.e., down markers, chains, goal flags, yard markers, p.a. system, etc. The home team shall provide chain crew on home side of the field.

Section C: Official games shall be played at times and places to be determined by the Executive Board. A schedule of official games shall be prepared and distributed to all head coaches prior to the first game.

- Game officials are charged with the responsibility of seeing that the game is conducted properly and in accordance with the rules governing play.
- The game official must and shall always be in complete control of the game. The head official may call on the Executive Board member present to assist him in questions regarding control of the game.
- No official 3rd or 4th grade division game shall be started with less than two (2) officials, unless approved by the Executive Board member, and all other divisions with less than three (3) officials. If an Executive Board member is not present both head coaches must agree.
- Starting times may be delayed for no more than thirty (30) minutes; if all three officials have not arrived by then, the game shall be postponed and rescheduled.
- One (1) official at each game shall have a proper timing device.
- The officials or their representative shall meet with the Executive Board prior to the official season and at any time it is felt necessary by either party.
- All game officials will be provided by an Executive Board approved third party.

Section D: Decisions to postpone games due to adverse weather or field conditions shall be made by the Game Official, and any such postponed game shall be rescheduled by the Executive Board. Any game postponed during the first half of play shall be replayed in its entirety. If a game is postponed during the second half of play, the game will resume play starting at the second half and the half-time score shall apply.

Section E: The NSYFL Executive Board will furnish each head coach with a current Missouri High School rulebook. Each head coach should have a copy in their possession. The Executive Board shall also have the head official present at the January or February meeting to discuss the new high school rule changes and/or other matters pertinent to officials.

Section F: Chain crews consisting of a maximum of four persons, will be provided by the home team, will be positioned on the home team side of the field and will be at least 16 years of age.

Article VI – Special League Rules

The current rules governing Missouri State High School football shall apply except for certain variations as approved by the league.

Section A: All official games shall be four nine (9) minute quarters. There shall be one-minute intermissions between the 1st and 2nd quarters and the 3rd and 4th quarters. Half time shall be seven (7) minutes with a three (3) minute warm up period. At the conclusion of the warmup period, players must be breaking huddle to line up for play to begin. The play clock starts once the ball is spotted by the referee at the end of the three (3) minute warm up period. If kickoff does not occur by the expiration of the play clock, the team responsible for the delay will receive a delay of game penalty. The play clock will follow the MSHSAA 40/25 rule. This will be kept by the head official.

Section B: Any team which is unable to field eleven (11) eligible players within ten (10) minutes of the scheduled starting time for a game shall forfeit to the opposing team. The forfeit shall be official in league standing and will be recorded with a score of 13-0.

Section C: All eligible ball carriers shall have a 3/4 inch or larger contrasting (from the helmet) solid colored stripe affixed to the center of the helmet to designate eligibility as a ball carrier. A non-eligible ball carrier may not have a stripe of any kind affixed to the center of the helmet. If a player without a contrasting solid stripe advances the ball, a major penalty will be assessed.

Section D: No ineligible ball carrier may line up in an offensive end or backfield position, except for a punter or place kicker or holder. On every play there must be an eligible player with a stripe at each end of the offensive line of scrimmage and in all backfield positions. Any ineligible player lining up as an end or in the backfield will result in a major penalty. Any player may punt, hold or kick for extra points or field goals. If he is an ineligible player without a stripe he must report to the referee before assuming one of those positions and the referee must notify the opposing head coach. Failure to report to the referee will result in an immediate major penalty after the team has become set for said play. Any play in which the punter, holder or kicker does not have a stripe can only be a kick. No fakes, no Runs to avoid a blocked kick or run because of a bad snap. Violations shall result in the play being immediately blown dead and a penalty imposed. On a punt or field goal attempt the penalty will be a ten (10) yard penalty on an eighty-yard field and fifteen (15) yard penalty on a one-hundred-yard field from the line of scrimmage and the ball given to the receiving team. On an extra point a ten (10) yard penalty on an eighty-yard field and fifteen (15) yard penalty on a one-hundred-yard field will be imposed on the ensuing kickoff without a retry.

Section E: Field size shall be eighty (80) yards long, goal to goal and fifty (50) yards wide. 7th and 8th Grade division games are required to use a 100-yard field when available. 3rd Grade, 4th Grade, 5th Grade, and 6th Grade may use a 100-yard field if available and both head coaches agree.

Section F: For the 3rd Grade and 4th Grade divisions, no kick-off will occur. The ball will be placed at the twenty-five (25) yard line on an 80-yard field and the thirty-five (35) yard line on a 100-yard field to start a new possession after a score. For 5th grade division games and above, the field shall be marked for kickoff from the thirty-five (35) yard lines on an 80-yard field and 40-yard line on a 100-yard field. The kicking team must line up on the yard line the ball is spotted on and may not get a running start prior to the ball being kicked. Safeties shall be kicked or punted from the twenty (20) yard line on an eighty (80) yard field and the twenty-five (25) yard line on a one hundred (100) yard field. Touch back ball shall be placed on the twenty-five (25) yard line on an eighty (80) yard field and the thirty-five (35) yard line on a one hundred (100) yard field.

Section G: For 3rd and 4th Grade games, in the 4th quarter of a game in which the scoring team is trailing, in lieu of an onside kick, the scoring team may elect to take the ball at their own 25-yard line on an eighty (80) yard field and their own 35-yard line on a one hundred (100) yard field, 4th and 20 yards.

Section H: One (1) point shall be scored for passing or running successfully on conversions. Two (2) points shall be scored for a successful kick on conversion. For the 3rd Grade and 4th Grade division, a pass or kick on extra points will be worth two (2) points. For the 3rd Grade and 4th Grade division, if a kick on an extra point is attempted, there will be no rush allowed from the defense. The defense may attempt to block the kick by holding their hands in the air and jumping. The use of another player to gain

leverage or height on an attempted block is prohibited. The offense must declare an extra point is being attempted and may not fake the kick.

Section I: All age divisions will have a spread rule if there is a 24-point lead or greater, the ball will be placed at mid-field to start play if the leading team scores. If the losing team scores, they will have the option to kick-off or give the leading team the ball on the 20-yard line. In all age divisions when a team leads by 30 points or more anytime during the game, the clock will become a running clock, stopping only for timeouts and injury. The clock will resume when the official places the ball. If the gap closes, regular play will resume. The running clock will remain in effect for play-offs and the championship game.

Section J: All rule infractions with penalties shall be assessed in accordance with Missouri State High School football rules on one hundred (100) yard fields. On games played on eight (80) yard fields, all rule infractions with penalties shall be assessed in accordance with Missouri State High School football rules, except that major penalties shall be assessed at ten (10) yards, or one-half the distance to the goal line when the ball is between the goal and the twenty (20) yard line.

Section K: Team sidelines are reserved for players and officially registered staff only. The officially registered staff shall consist of no more than eight (8) individuals including coaches, trainers, stat personnel, etc. Any team in violation of this rule, upon the discretion of the referee, can be penalized for un-sportsmanship conduct. A barricade shall be placed no closer than five (5) yards from the sideline; also, a 2-yard box from the 20-yard line to 20-yard line shall be marked for the coaches to stand in.

Section L: The receiving team will have their choice on any kickoff that goes out of bounds of taking the ball on their own 30-yard line on an eighty (80) yard field, the 40-yard line on a one hundred (100) yard field, or at the spot it went out of bounds.

Section M: The Executive Board will provide personnel to run an operating electronic clock during playoff and championship games.

Section N: Overtime will consist of each team getting 4 downs to score from the 10-yard line. Point after touchdown will be included in the points total to determine a winner. A turnover will result in a loss of possession. Officials will conduct a coin toss to decide choice of first possession. One time-out per overtime will be given to each team regardless of how many they have used during regulation. If score is still tied after 3 OT periods play will begin at the 5yd line for a maximum of 2 periods. If after 5 total overtime periods the score is still tied it will be declared a tie unless it is a playoff or championship game. In that situation the teams shall continue to play from the 5-yard line until a winner is decided.

Section O: Any 3rd Grade, 4th Grade, or 5th Grade team facing a 4th down will have the choice of the following (3) three options:

(1) Run a play.

(2) Punt the ball with no rush or return. The offense must declare a punt and no fake punts are permitted. This option can only be done on 4th down. Any quick kick play will not have protection from the defensive rush. The ball may be downed at any part of the field including inside the 20-yard line. The offense may not release from the line of scrimmage until the ball is punted. The offense may not use this play to intentionally run time off the clock once the ball is snapped and prior to the punt. The defense may have up to 3 players lined up off the line of scrimmage but must line up at least 8 players on the line of scrimmage, may not cross the line of scrimmage prior to the ball being punted and may not release from the line of scrimmage to setup the return blocking scheme until the ball is punted. The receiving team will have the opportunity to fair catch the ball in the air or allow the ball to be downed by the defense or receiving team after it touches the ground. No return of any kind will occur during a punt. No turnover of any kind will occur during a punt.

(3) Opting to have the ball moved twenty (20) yards from the line of scrimmage on an eighty yard field for 3rd and 4th Grade and fifteen (15) yards from the line of scrimmage on an one hundred yard field or thirty (30) yards on a one hundred yard field for 3rd and 4th Grade and twenty five (25) yards for 5th

Grade, but never inside the opponents 20-yard line. This option can be done only on 4th down. The decision to move the ball must be made prior to the play clock expiring. Once the decision to move the ball has been made, the game clock will stop and an additional ten (10) seconds will be run off the game clock. The receiving team will receive the ball 1st and 10 from where the ball is placed because of the. The half or game can never end because of running ten (10) seconds off the clock. (The receiving team must be given the opportunity to execute on play)/

Section P: During the regular season for third grade tackle, one coach is allowed on the field in each team's offensive and defensive huddle. Once the huddle breaks, the coach must stay at least five yards behind the furthest player in the offensive backfield and defensive secondary. Once the ball is snapped, no coach on the field may communicate with any players on the field in any way. This is only for the regular season. During the postseason, no coaches will be allowed on the field.

Section Q: All regular season rules are in place for playoff games unless specifically noted in the rules, except gold division championship game halftimes will consist of twelve (12) minutes with a three (3) minute warm up period.

Article VII – Division and Playoffs

Section A: Post Season Play – 'Gold' division playoffs will consist of the top four teams, the 'Silver' division playoffs will consist of the 5th through 8th place teams and the 'Bronze' division playoffs will consist of the 9th through 12th place teams. If there are more or less than 4, 8 or 12 teams, the playoffs will be determined by the board no later than the fourth week of the season.

Section B: Each division's standings will have an overall record and a divisional record. The overall record is the result of all regular season games played. The divisional record is the result of all official games played. The divisional record is the record used for playoff seeding purposes. If the number of teams in a division cause there to be an uneven number of repeat games, only one game will be considered official for the playoff seeding purposes to ensure that no team has an advantage on who they play on their duplicate game. If the number of teams in a division cause there to be an even number of repeat games, the results of both matchups will be considered official for the playoff seeding purposes. The game that is considered official in the event of repeat matchups will be determined by a coin flip at the conclusion of the last regular season game at a site and time to be determined by the board of directors and announced to the teams no later than the Wednesday before the final weekend of regular season games.

Section C: In the event that the divisional records result in a tie in the playoff standings, the tie breakers will be as follows:

If two teams are tied:

1. The result of the head to head game(s) played against each other in the divisional record standings will apply.
2. If those results were split, the +/- 13-point system in games the teams played each other will apply to find the top seed.
3. Won-loss record against common opponents in divisional games.
4. The +/- 13-point system against common opponents in divisional games will apply.
5. Coin Flip.

If three or more teams are tied:

1. The result of all of the teams head to head game(s) played against each other in the divisional record standings will apply.
2. If those results were split, the +/- 13-point system in games the involved teams played each other will apply to find the top seed.

- a. If this gives a clear one seed, we start over again at step 1 with the remaining teams. If it does not give a clear one seed (i.e. two or more teams are tied and a clear number one is not established), we move on to the next tie breaker.
3. Won-loss record against all common opponents in divisional official games.
 - a. If this gives a clear one seed, we start over again at step 1 with the remaining teams. If it does not give a clear one seed (i.e. two or more teams are tied and a clear number one is not established), we move on to the next tie breaker.
4. The +/- 13-point system against common opponents in divisional official games will apply.
 - a. If this gives a clear one seed, we start over again at step 1 with the remaining teams. If it does not give a clear one seed (i.e. two or more teams are tied and a clear number one is not established), we move on to the next tie breaker.
5. Random Draw to determine top seed, then the process would start back over at step one in the appropriate tie breaker category.

Section D: The Executive Board will assess entry fees for each playoff week of games. Fees will be announced to participating teams by the Monday before the first playoff game.

Section E: All teams qualified for the playoffs will participate or the team(s) choosing to not participate will be fined \$500.

Section F: If a division begins and completes the season with a certain amount of teams, but there is a team(s) who decides to not participate in the postseason, the official regular season game played against that team(s) will still count towards seeding for the postseason. The remaining teams who were lower in seed than the team not participating will move up a seed to determine the final playoff seeds. If this causes age divisions to have five eligible teams the fourth and fifth place team would have a play in game earlier in the first week of the playoffs to determine who will play the number one seed the first weekend of the playoffs. If this causes age divisions to have nine eligible teams the league will attempt to find an opponent for the new nine seed to play on the lower tier championship Saturday. Please note that this rule only applies when a team drops out of the playoffs after the season is complete. For divisions that start and end the season with the same amount of teams, please refer to Article VII Section A of this rulebook.

Article VIII – Fees, Fund Raising and Miscellaneous

Section A: Each team will make application each year to join or return to the league by June 1st.

Section B: The Executive Board shall assess entry fees for each season in an amount to be determined by the Executive Board. All outstanding fees must be paid in full before the start of the first league games. Any team which defaults in payment of the league fees will not be eligible to participate in the league games until payment in full is made and all scheduled games of such defaulting team which are not paid due to default in payment, will be forfeited unless board approves.

Section C: Championship trophies and awards will be determined each year by the Executive Board.

Section D: Weigh-ins: Each organization may have a head coach as registered with the league at weigh-ins. The only person allowed to view weigh-ins is the head coach. The coaches may waive the right and are not required to be present. A record will be kept of head coaches at the weigh-ins to use as a reference for questions concerning weights. Only head coaches will be allowed around scale area.

Section E: New teams: Any existing team from another league may enter this league in the division with which they exist. There will be a one (1) year probation.

Section F: Cheerleaders - All cheerleaders that are in the 3rd grade and/or above must have a physical form and sign a contract approved by the board. All organizations must pay a fee set by the Executive Board before the 1st official game to be eligible to cheer and be covered by League insurance. All paperwork is to be handled by the board appointed cheerleader representative.

Section G: Organizations must report all scores to the league via phone or email at their earliest convenience.

Flag Football Rules

Previous Articles I through VIII apply except as modified or noted below.

Article I – Coaches Duties and Responsibilities

Sections A through G: Apply as written

Article II – Team Duties and Responsibilities

Sections A and B: Apply as written

Section C: Equipment standards shall be modified to include:

- Competitive flag players must wear a soft shell helmet.
- Level 1 and Level 2 flag players will not be permitted to wear a helmet.
- Each player must wear a mouthpiece.

Section D: Teams are responsible for providing their own jerseys. Each team must have home and away jerseys for each player. One jersey must be white and the other a dark color with contrasting numbers. Flag belts will be the type to attach the flags with pop connectors and must be a different color than the pants worn by the players.

Section E: The flag division teams shall be limited to a maximum of sixteen (16) players with a minimum of eleven (11) (unless otherwise approved by the Executive Board due to lack of available players – i.e. team has only ten (10) players due to low enrollment).

Section F through H: Apply as written.

Sections I: The flag division may practice no more than five (5) hours in the aggregate per week; beginning the first Monday after official league signups. After games begin, teams may practice no more than three (3) hours in the aggregate per week.

Section J: Apply as written.

Section K: Flag rosters will need to be reported to the League no later than one (1) week after official league practice begins.

Section L through O: Apply as written.

Section P: Each organization will not be limited to the total numbers of Flag teams per organization.

Section Q: Does not apply.

Section R: Flag Football shall consist of 3 divisions; Level 1 (Pre-K, Kindergarten & 1st grade), Level 2 (Kindergarten, 1st & 2nd grade) and Competitive (1st & 2nd grade). Organizations are not required to have a team at every division. It is up to each organization as to what division(s) they will participate in with the following in place and if it meets the 2nd grade and below guidelines:

- Competitive flag team shall not have any Kindergarteners or pre-k players without Executive Board approval.

Section S: The Board of Directors reserve the right to modify flag division age range, rosters sizes, grade pairings and number of teams a given organization can field within division based on extenuating factors.

Article III – Player Eligibility

Section A: A player shall be considered eligible for participation in flag football under the following requirements:

- Grade Limit: Level 1 (Pre-K, Kindergarten & 1st grade), Level 2 (Kindergarten, 1st & 2nd grade) and Competitive (1st & 2nd grade) – If a player is eligible to play in another division based on their

date of birth, the Executive Board must be appealed to for a player to play in a different division.

Section B: New players may be eligible to join the league at any time and participate in league games, through the second (2nd) scheduled game.

Section C: Apply as written.

Section D through K: Does not apply.

Section L: Any 2nd grader moving up to the 3rd Grade division because of age will not be counted against the roster limit or under any contract. Any 2nd grader who moves up for any reason other than age, that player will be considered as a roster spot and under contract. That player will need to follow the same release rules.

Section M: Modify to state: Flag division players are not required to undergo a physical examination.

Section N: Apply as written.

Section O: Added, Players are allowed only one roster spot, so no player may concurrently occupy multiple division roster spots. To include but not limited to flag or tackle roster spots. Violations will result in disciplinary action by the league.

Section P: Added, If a player on a 3rd Grade tackle division roster elects to quit and is eligible to participate in the flag football division, this player may move to the flag football division team if roster space is available. Once this has occurred, the player may not return to the 3rd Grade tackle division team during the current season. If no roster spots are available on the flag football roster, the team may petition the league to expand beyond the sixteen (16) players roster limit. The petition must be made and approved by the Executive Board in writing.

Section Q: Each organization shall have the right to not accept kindergarteners if they so choose.

Article IV – League Contracts

Section A: Apply as written

Section B: Does not apply.

Section C: Modified to state: All players must play for their respective teams with which they are under contract until they are released or until they complete their current season with an organization.

Section D & E: Apply as written.

Article V - Playing fields, postponements, and general conduct of games

Sections A & B: Apply as written.

Section C: Official games shall be played at times and places to be determine by the Executive Board. A schedule of official games shall be prepared and distributed to all head coaches prior to the first game.

- Game officials are charged with the responsibility of seeing that the game is conducted properly and in accordance with the rules governing play.
- The game official must and shall always be in complete control of the game. The head official may call on the Executive Board member present to assist him in questions regarding control of the game.
- No official Competitive division game shall be started with less than two (2) officials, unless approved by the Executive Board member, and all other flag divisions (Level 1 and Level 2) with less than one (1) official. If an Executive Board member is not present both head coaches must agree.
- Starting times may be delayed for no more than thirty (30) minutes; if all officials have not arrived by then, the game shall be postponed and rescheduled.
- One (1) official at each game shall have a proper timing device.

- The officials or their representative shall meet with the Executive Board prior to the official season and at any time it is felt necessary by either party.
- All game officials will be provided by an Executive Board approved third party.

Sections D through F: All apply as written.

Article VI – Special League Rules

Section A: Modified to include: Flag football Competitive Division games shall consist of two (2) fifteen (15) minute halves with a running clock. The clock will stop for first downs, touchdowns, extra point attempts and for the last two (2) minutes of each half. The clock will restart when the ball is placed after the extra point attempt. For Level 1 and Level 2 flag, games shall consist of two (2) twenty (20) minute halves with a running clock. The clock will stop only for timeouts and injuries. For both divisions, a five (5) minute halftime will begin immediately after the conclusion of the first half of play.

Section B: Modified to include: Any flag football team unable to field eight (8) players within ten (10) minutes of the scheduled starting time for a game shall forfeit to the opposing team and will be recorded with a score of 13-0.

Section C: Does not apply.

Section D: Five (5) players are required on the line of scrimmage. The outside players on the line of scrimmage are an eligible receiver.

Section E: Modified to include: The flag football division field size shall be 60 yards long, goal to goal and 50 yards wide.

Section F: The ball is placed at the 20-yard line at the beginning of each half and after each score/safety.

Section G: Does not apply.

Section H: Modified to include: Scoring for points after conversions: One (1) point running – Two (2) points for passing

Section I: Spread Rule - Competitive Flag only, if there is a 24 point or greater lead, the clock will become a running clock, stopping only for time outs and injuries.

Sections J & K: Applies as written.

Section L: Does not apply.

Section M: Applies as written.

Section N: Competitive Flag is the only division that will have overtime. All overtime rules apply as written.

Section O: No punts – A team opting to punt will have the ball advanced 20 yards but never within the opponent's 20-yard line.

Section P: One (1) coach is allowed in each team's offensive and defensive huddle in competitive flag. Two (2) coaches are allowed in each team's offensive and defensive huddle in Level One Flag and Level Two Flag.

Section Q: All regular season rules are in place for playoff games except for halftime will consist of seven (7) minutes with a three (3) minute warm up period.

Section R: Special Flag Rules:

- Eight (8) players on a field at a time.
- Each player shall play at least one quarter of each game.
- Each team is given two (2) one-minute timeouts per half. Unused first half timeouts do not carry over to the second half.
- The ball is dead at the spot if it touches the ground (e.g., fumbles and laterals)
- Any inadvertently lost flag results in a dead ball at the spot of the fallen flag.
- In Level 1 and Level 2 Flag games only, defensive lineman may not line up on the line of scrimmage in the A-Gap or over-center and no defender lined up on the line of scrimmage shall

cross the neutral zone through the A-Gap. Only linebackers lined up 5 yards off the ball at the snap may cross the neutral zone through the A-Gap or over-top of center. The offense may only run through the A gap after a hand-off has been executed to a player lined up at least 5 yards behind the line of scrimmage or lined up outside of the tackles in a balanced formation. Quarterback sneaks through the A gap are prohibited.

- Blockers may obstruct defenders by using the extension of the arms within the framework of the offensive player's body and shall be restricted to the defensive player's body between the waist and the shoulders. The blocker must be on their feet always. Blocking in the back, cross body blocks, roll up blocks, and interlock blocks are prohibited. Illegal contact is a 10-yard penalty.
- Defenders may rush. No defensive player may line up directly across from the center or make initial contact with the center until the center can snap the ball and in a position that will enable him to protect himself.
- Ball carriers must avoid contact. It is the official's judgment to determine if the ball carrier sufficiently attempted to avoid contact. An out of control ball carrier may be penalized for accidental contact if deemed excessive by the Official. Penalties are ten (10) yards from the previous spot.
- Flag guarding – ten (10) yard penalty from the spot of the foul. Flag guarding includes any attempts to intentionally protect a flag (lowering of shoulder, stiff arming, holding flags, etc...) and is up to the discretion of the official as to if the action taken by the offensive player was intentional.
- Tackling is a ten (10) yard penalty from the spot of the foul and an automatic first down. The Official may award a touchdown.
- Delay of game Clarification: It will be up to the discretion of the Officials to determine if a team is taking too much time to run their next play. Also, a team that is in the lead of a game may not stall to protect their lead. For Competitive Flag only, each team will only have 45 seconds to run a play after the ball is placed. Failure to do so will result in a delay of game call. Delay of game shall be five (5) yards and loss of down.
- A defender who intercepts a legal forward pass may advance the ball. All blocking and ball carrying rules apply to the intercepting team as they would to an offense.

Article VII – Divisions and Playoffs

Section A through C: Apply as written.

Article VIII - Fees, Fundraising and Miscellaneous

Sections A through C: Apply as written.

Sections D: Does not apply.

Sections E through G: Apply as written.