



TUALATIN VALLEY  
YOUTH FOOTBALL LEAGUE

## 2018 TVYFL RULES / POLICIES REMINDERS

As a coach, it is your responsibility to understand and comply with all of the Bylaws, rules and policies that govern the TVYFL. These guidelines can be found in the following documents. You must know, understand, comply with, and teach from the:

- NFHS Rule Book 2018
- TVYFL Bylaws

In addition to the above-named documents, there are other tools to reference for TVYFL policies and expectations:

- TVYFL Weigh Guidelines
- TVYFL Differences in Grade Level Rules of Play

### RULES, POLICIES AND BYLAWS FREQUENTLY VISITED

- Level 3/4 11-Man Only – No more than 6 defenders are allowed on the line of scrimmage, with other defensemen at least 3 yards off line at snap, unless your opponent is inside your 10-yard line (goal line defense is allowed inside 10-yard line with no limit to number of defenders on line of scrimmage). For the purpose of counting defensive players on the line of scrimmage, the line of scrimmage extends to the sidelines, the “box” does not matter, and it does not matter what position a defensive player is playing.
- Level 3/4 Rookie Tackle Only – No more than 3 defenders are allowed on the line of scrimmage. See Rookie Tackle rules of play for further description
- Level 3/4 Rookie Tackle Only – Length of quarters will be 15 minutes running time. Time will only be stopped for time outs or in the event of an on the field injury.
- Level 3/4 11-Man and Rookie Tackle – No special team play is allowed at the 3/4 level.
- Level 3/4 Only – No head-to-head coverage of the Center.
- Filming/scouting is allowed at every grade level.
- Player registration for each association will remain open through June 15; 11:59pm.
- Level 5/6 – There will be no special teams with the exception of extra points and field goals. There shall be no rushing on any field goal or kicked extra point plays. A team shall declare if they are going to undertake such a play within a reasonable time prior to undertaking it.
- Level 5/6 – If a situation occurs where a team decides they want to punt the ball, they will declare their intent to the head official and the ball will be advanced 25 yards from the current line of scrimmage and turned over to the opposing team’s offense. However, the 25-yard advance cannot place the receiving team any deeper than their own 5-yard line. Example: Team is on opponents 26-yard line and chooses to declare for a punt. The ball would be placed on the 5-yard line, not the 1-yard line. There will be no actual punting at this level.
- Enforcement of the Minimum Play Rule is by a team or Member filing a grievance that during a game a team did not follow the rule. An investigation by the Division President will take place including review of the Play Count Sheet, video evidence, and parent and player accounts. If a violation is found the penalty will be forfeit of the game by the offending team and possible suspension of the Head Coach.

- Association that neglects to provide a knowledgeable, responsible field greeter at their home site may be subject to a sanction or fine to be determined by the Division Co-Presidents.
- Each association will arrange a coach’s meeting with a Division President for the purpose of reviewing Bylaws, rules and policies. This meeting must take place after Bylaw changes are approved and before the first officiated contest (includes jamborees) each year.
- Disrupting or attempting to disrupt the offensive team’s cadence is prohibited.
- Spectators, players and coaches are prohibited from using artificial noise makers.
- Players that line up in the backfield or on either end of the offensive line must be eligible ball carriers. Jersey numbers have no correlation to positions.
- All ineligible ball carriers will wear a 1-inch wide horizontal stripe of a contrasting color on the front and back of their helmet.

**Title 3 Sec 13** – Blend level of play: Associations will only be eligible to participate in the Blend level of play if forming a full varsity or a full JV team is not possible due to insufficient numbers. A full team will be defined as 20 or more players. Teams that participate in this level of play, from a scheduling standpoint, will be matched, as closely as possible, with teams with similar number of 8th grade players. Example 10 or more 8th graders on a team will play in a division. Less than 10 8th graders, will play in another division. This could be expanded, depending on number of participating associations.

**Title 4 Sec 3 E** – The Co-Presidents of the Division approve such waiver. No waiver is required for 8th graders to play at the JV level or 7th graders to play at the Varsity level. No waivers are required if participating in the blend level of play.

**Title 4 Sec 4** – No player may participate in the designated divisions if they are the noted age before August 1. For example, someone who turns 15 on July 31 would not be permitted to participate at any level. A player, who turns 15 on August 1, could only play at the Varsity or blend level. Waivers can be granted to allow a player to play within a player's grade level (different age level) or at their appropriate age level (different grade level), this waiver will need Division President approval for the extenuating circumstance.

Division	Age
Varsity/Blend	15
JV	14
5/6	13
3/4	11

**Title 5** – All players playing in ball carrier and receiver position must be under the league weight limits for that grade level. On an unbalanced line, the uncovered lineman needs to be underweight regardless if you throw to him. Tight ends and / or tackles who are eligible receivers must be below the weight limits for that grade level. As soon as a player over the weight limit touches the ball the play is dead with the exception of the punter, kicker or placeholder for punts, extra points & field

goals. Team classification weight restrictions are as follows:

- A. (Rookie/Tackle) No weight limits apply
- B. (3rd/4th) 105 Pounds
- C. (5th/6th) 125 Pounds
- D. (Jr. Varsity-7th /8th) 150 Pounds
- E. (Blend level) 160 pounds
- F. (Varsity-8th) 175 Pounds

**Title 6 Sec 1** – Teams with 8 or more 8th grade players on verification day is a Varsity team. The exception to this rule is if a team is eligible for and chooses to participate in the Blend level. Any 8th grade player over 175.0 pounds on the Members certification day which shall not be before August 15th, must play at the Varsity level. In special circumstance cases, a player exceeding this weight, can be waived down to play at the JV level. This will be reviewed on a case by case basis and requires DP / President / Coach / Parent sign off

**Title 7 Sec 9** – The scoring values for games are as follows:

- Touchdown 6 points
- Point after (run) 1 point (2 points for Varsity and Blend only)
- Point after (kick) 2 points (1 point for Varsity and Blend only)
- Safety 2 points
- Field Goal 3 points
- Forfeit (offended team wins) 1- 0

**Title 8 Sec 7** – Baseline concussion testing is required for all 7th and 8th grade players in the TVYFL. A baseline test, once completed, is considered current for a 2-year period. Thus, all 7th grade players are required to have a baseline testing done. This test will be considered a current test for their 8th grade season as well, so, at the varsity or blend levels, only 8th graders, who did not complete baseline testing at the 7th grade level, would be required to complete this testing. It is important that test results and/or proof of testing is maintained from year to year so that proof of this testing can be put in books for verification. Testing must be completed before a player can put on pads and participate in any on field contact related activity.

**Title 9 Sec 11** – BREAKS DO NOT COUNT AGAINST PRACTICE TIME LIMITS AS STATED ABOVE. Any team activities, including but not limited to: team parties, watching tape/film, and all other similar activities do not count as practice. **Any team activities, including but not limited to: team parties, watching tape/film, and all other similar activities can occur no more than 90 minutes per week (Sunday to Saturday).** Warm-up and preparation time prior to a game on game day counts as practice time if it exceeds 1 hour. Any player training or camps organized, run, or coached by TVYFL association members after the start of the TVYFL season (3<sup>rd</sup> Monday before Labor Day) will be counted as practice time.

**Title 9 Sec 13** – After 6 hours of contact, teams are permitted to engage in joint practice sessions with other teams in what are called controlled inter-squad scrimmages. Prior to the onset of these scrimmages, both coaches MUST mutually agree on the guidelines to conduct these scrimmages. However, these scrimmages ARE NOT to be held between two different grade levels, but rather two

teams within the same grade levels. Scrimmages between associations count as a practice time. All the time warming up and preparing for a scrimmage counts as practice time. The 1-hour warm-up exception for games does not apply for scrimmages and does count against the weekly hour limitations.

**Title 9 Sec 14 – Contact limitation during practice.**

- A. Contact is described as any drill or scrimmage, in which the drill is run at competitive speed until the moment of contact even if the players stay on their feet, or the drill is run in game-like conditions and players are taken to the ground. (Examples of contact are but not limited to: lineman vs. lineman drills, player on player tackle drills, team scrimmages, etc...)
- B. Prior to Labor Day, there can be no more than 3.5 hours of contact per week. Excludes Jamborees)
- C. After Labor Day, there can be no more than 2 hours of contact per week.

**Title 10 Sec 5 – Weigh in takes place 30 minutes prior to the game with the visitors weighing in first. Each team will provide a weigh master that is not a coach at the scales at the time of weigh-in.**

- No more than 2 weigh masters from each team will be allowed at the scales during weigh-in. TVYFL executives and association board members are exempt from this unless they are coaching a team involved in the weigh-in.
- At the Rookie Tackle level, weigh masters will conduct a book/player verification with each team, but there will not be an actual weigh in for this level of play.
- Weigh in remains open for both teams until the home book is signed. A player arriving late after the weigh-in has closed is not eligible to play unless a prior waiver has been approved by the Division President the Thursday before game day. Players can only weigh in ONCE. Players over the weight limit must have their helmet marked with contrasting color tape on both front and back. Following is the minimum equipment that must be worn at weigh-in: girdle with pads (hip and tailbone), pants with pads (thigh and knee), game shoes, game shoulder pads and jersey. None of these items may be changed after weigh in. Any violation will result in a fine, suspension or expulsion. However, game shoes may be changed if: (1) field conditions reasonably require or (2) kicker chooses to use kicking cleat. In such instance, the opposing coach shall be informed of such change prior to the opening kick-off. No Coaches are allowed within 50 feet of the weigh in area during the weigh in process.

**Title 10 Sec 5 H – The Weigh Master may inspect cleats and mouth pieces and advise both coaching staffs of the possible equipment issue. They may not refuse to weigh the player or sign their player card for that game. Any disqualification of a player for equipment issue is up to the referee of the game. A Weigh Master can be removed from the field by the field greeter, association president or division president if they do not comply with this bylaw.**

**Title 10 Sec 15 –**

- 3/4 and 5/6 – No team shall lead by more than 35 points at any time during the game.
- JV, Blend and Varsity – Point differential over 45 points, at any point in the game, will require a report emailed by the winning head coach. This report will be emailed to both the winning and losing team's division president by 12:00pm PST Monday explaining the situation that caused the point differential including evidence of all efforts made to reduce the score. If the report is not turned in by 12:00pm PST Monday, the winning head coach is subsequently suspended

from all practices for the week and the next scheduled game.

**Title 10 Sec 17** – If at any point during the second half of a JV or Varsity game, a team is leading by 45 points; the head coach of the team that is behind may elect to have a running clock. Once this has been elected it cannot be reversed.

**Title 11 Sec 8** – No more than three coaches in the coaches' box. Per NFHS rules, the Coaches Area is a rectangle extending from the 25-yard line to the 25-yard line and from side line to at least 2 yards back from the side line.

**Title 12 Sec 4 C** – Blend divisions will be assigned based on # of 8th grade players registered on each team. Geography will be second criteria for division assignments for the Blend level.

**Title 12 Sec 6** – Playoffs will be conducted the first and second weeks immediately following the regular season for all JV, Blend level and Varsity Divisions using TVYFL regular season rules with the exception of the Kansas Plan as detailed in the bylaws.

- A. Playoffs for JV will be between 2 divisions in the same conference and take place in 2 flights: the gold (1 and 2 seeds from each division) and silver (3 and 4 seeds from each division). The pairing for the first round games in each bracket will be between the 1-2 seeds and the 3-4 seeds. The winner of those games will play in the gold or silver bracket championship the follow week.

For Varsity there will be two flights: the gold (1 and 2 seeds from each division) and silver (3 and 4 seeds from each division). The gold division will play for the overall 1st and 2nd place in the TVYFL. The Silver division will play for the overall 3rd and 4th place division. The seeding for the two flights will be determined by the executive board. There will be no re-seeding of brackets.

- i. Playoffs for blend for the 2018 season will not be determined until after it is known how many teams / divisions will be participating. When those numbers are finalized, the executive board will send out playoff details.