



## FSYFL RULES

Unless otherwise amended below, the current year's NFHS (National Federation of State High School Association) Laws of the Game shall apply. NFHS Laws of the Game and other resources are available at [www.nfhs.com](http://www.nfhs.com)

### 1. FSYFL Player Certification and Administration Rules

*Player and Team Certifications and Check ins* - Forty minutes prior to the start of the game all visiting and home team players, as well as, each team's head coach and a team representative must be present for the start of the check-in process. The head coach is responsible for reporting to the FSYFL site office with all members of his or her team to be checked in. Players should be lined up in alphabetical order by their last name. The opposing team representatives are entitled to check the opposing team players Hard Cards to insure the photo matches the player. Players are ineligible to play any game with the FSYFL if the following situations exist:

- If a team does not have their file folder. A game shall be forfeited and not played in the event of a team not having their file folders
- A player does not have a current player hard card or their paperwork is incomplete. A hard card must have all certified FSYFL stamps in place for the player to be eligible. Teams playing a non certified player will be subject to game forfeit and other possible disciplinary measures.
- If there is a discrepancy on the photo of any kind. In this event the FSYFL staff members may require the player to be re-weighed and/or re-certified.

The FSYFL certifies the weight and paperwork of each player prior to **their** first game of the season, and then once certified that player is no longer required to weigh in. All players will then be checked in with their photographs and jersey numbers only.

*Player additions and Attempts at Weight* - Teams may only add players up until the **start of the third game** following that time the team's roster is frozen and no changes may be made.

A player who is registered and paid to play in a given division is ONLY allowed to attempt to "make the required weight" for the first **THREE (3)** games of the season. At that time the player must be moved up to the next division roster. Please Note: FSYFL has a no refund policy for the league for players not making the weight classification.

*FSYFL Age and Weight Classifications* – The league ages for the FSYFL are based on July 31<sup>st</sup> the previous year. i.e. for the 2011 season the players age is determined by what age they were on July 31<sup>st</sup>, 2010. (Please note these are the players weights **without** equipment. Players may strip down to their boxers **ONLY** in their attempt to make weight.)

- *Peewee*            8 - 10 year olds - 105 lbs or less
- *Supers*            9 - 11 year olds - 120 lbs or less
- *Midgets*           10 - 12 year olds - 135 lbs or less
- *Junior Varsity*   12 - 14 year olds - 150 lbs or less
- *Varsity*            13 - 15 year olds – unlimited weight

2. *Coaches on the field of play* - Each team may have one coach on the field during play. Before the snap, both offensive and defensive coaches must be a minimum of 15 yards from the line of scrimmage. Coaches must be behind the end zone in red zone plays. The coach may not interfere with the play of the game or they will receive a fifteen-yard penalty. The following activities shall be construed as interfering:

- a. Moving players during a play or after the offense has broken the huddle
- b. Speaking or shouting to players during the play or after the offense has broken the huddle
- c. A coach is "caught" in the middle of the play or obstructing a play in any way. (It is the coaches responsibility to be out of the play no matter where the ball ends up)
- d. Having more than one (1) coach on the field in any area

3. *The Coin Toss* - In the presence of each team's captains, FSYFL staff will conduct the coin toss fifteen minutes prior to game start. Coin tosses will be conducted on the field with the referees. The referee will at his discretion choose th team to make the coin toss choice. Both coaches are responsible for obtaining volunteers to run the sideline chains and down marker, however at least one member of the 3 member chain crew must be from each team. The winner of the coin toss will then choose whether to be on offense or defense and the losing team will choose which side of the field they would like to start with. After halftime the teams will switch roles. On the FSYFL there are NO deferring rules with regard to the coin toss. The teams switch sides at half time regardless of the coin toss results. All parents must stand behind the parent line, caution line, or designated area 5 – 10 yards off of the sideline.

4. *Parents on the sidelines* - The only representatives allowed on the playing side of the parent line, caution line, or parent designated area are individuals with proper FSYFL identification. All teams will be given seven FSYFL coach badges prior to the start of the season. Only these seven coaches are allowed on the playing side of the parent line. The visiting team will be allowed to have three parent volunteers in addition the seven coaches to run the first down chains and down indicator. All other individuals must stay behind the designated area. Individuals found in violation of this rule will be subjected to a one game suspension and possibly longer depending on the severity of the problem. If a child is injured on the field, please allow the EMT to assess the injury, only the parent or guardian of the child will be allowed onto the field in these circumstances.

5. *Playing field size* - The playing field will be forty yards wide and eighty yards long, with a ten yard end zone.

6. *Game times* - The game will consist of two continuous 22 minute halves with a five minute halftime. The clock will be continuously running, only stopping for team and/or referee time outs. Each team is allowed two, thirty second timeouts per half. The timeouts can carry over to the second half. No overtime in the case of a tie (except in playoff games). In the last two minutes of the game, the team with a lead of more than 15 points cannot call a time out. The clock stops in the last 2 minutes of the game (i.e. the second half) for timeouts, penalties, incomplete passes and out of bounds running plays. There will also be one referee timeout at each 10 minute mark for water breaks where the clock will stop, however this referee timeout will be at the discretion of the referee crew. If the weather is not hot the timeout will not be implemented.

For the playoffs the overtime will be governed by a Kansas City Tie Breaker Rules starting from the 10 yard line, teams will be given 4 downs to score.

7. *Uniform code* - An FSYFL approved uniform, helmet, pads and mouthpiece are required to be worn in order to participate. Children may not tie any portion of their jersey for safety reasons. Children may

not wear any face shield that has a tint, all face shields must be clear. No jewelry, open toed shoes, or metal cleats may be worn.

8. *Game Balls* - The game ball must be comparative to a Wilson Traditional Youth Football. K2 for peewees, TDJ for Supers and Midgets, and a TDY for JV and TDS for Varsity. The officials will rotate balls from each team while they are on offense. All balls must be approved by the game official prior to the start of the game. Different sized footballs may be used by teams from the FSYFL standards, but these different sized footballs may only be used by the team for their offense drives only. These footballs should be approved by the officials prior to the start of the games.

9. *Game Scoring* - The methods of scoring and their value: Touchdown 6 points. There are NO field goals. Extra Point values are: 1 point for a **RUN** from the 5 yd line, and 2 Points for a **PASS** from the 5 yd line. Safety 2 points. Due to the fact that the points for/against is the 4th tie breaker for playoff contention, following every game the referee will sign and provide the FSYFL Field director with a Game Score Card of the game results. Head coaches from each team will be allowed 15 minutes (from game end) to go to the FSYFL site offices to sign the card and validate the game score. If there is a dispute on the correct score the FSYFL official will contact the referee and settle the dispute with all parties. If the Head coach fails to go to the FSYFL tent for the score validation within the allotted 15 minute time frame, the referee score will be deemed accurate and set.

10. *Team Sizes* - The game will be played eight on eight. Each team is advised to have a maximum of twenty players on their roster, however there are no rules governing a roster size.

11. *Minimum Play Rules* – The FSYFL as an organization does not have any minimum play rules. The numbers of plays that a given player receives is entirely up to the coach of the given team. The head coach has the authority to limit game playing time of any player on their team who continually misses practices without a valid excuse, or who may have caused disciplinary problems during a prior practice or a particular game.

12. *Unsportsmanlike behaviour* - Two un-sportsmanlike conduct violations by any player, coach, or spectator will result in an immediate dismissal of the violator, a fifteen-yard penalty and loss of down. The referee and FSYFL site director has the authority to dismiss a violator after one unsportsmanlike conduct violation based on severity. The game will resume once the violator has left the premises. Players and/or coaches ejected from a game will be required to miss the next game.

13. *Substitutions* - Substitution may occur between downs and any number of players may be substituted. Players must enter and exit the field promptly.

14. *Offensive and Defensive lineman rules* - The offense must have five players (no more or no less) lined up on the line of scrimmage for every play. The defense must have a minimum of two and a maximum of four players on the line of scrimmage for every play. (*The NFHS rule regarding Linebackers states "that defensive players within one yard of the football are considered lineman, therefore defensive secondary players must be a minimum of TWO YARDS North/South to be in an standing position"* The NFHS Rule on this issue is in place to define who can be legally blocked below the waist, legally blocked in the back and legally clipped). In the FSYFL the following rule applies. **All offensive and defensive linemen must be in a three or four point stance prior to the snap of the ball. Linemen are described as any player WITHIN four yards left or right of the football or (for defensive players only) WITHIN two yards behind the football.** As a point of clarification any defensive player within the eight yard by two yard rectangle (centered on the football) prior to the snap would be required to be in a three or four point stance. Therefore, a player will be penalized if their initial position is fine but right before the snap the defensive line or secondary player tries to time his

rush/blitz but he moves or arrives in the zone (i.e. within two yards) prior to the snap. In addition concurrent with this rule should a defensive end or defensive back approach the line of scrimmage at the snap and thereby violate the maximum defensive player rule this would also be a violation. While coaches can gain every advantage they can to disrupt the offensive play call, the focus of the referees will be FIRST to make sure players don't get hurt from getting cut below the waist by an illegal block ending their playing career, as well as making sure the rules are enforced fairly. The officials will consistently enforce the rule as interpreted.

15. The offense is given twenty five seconds from the spotting of the ball to the time they must snap the ball to begin the next play.

16. *Roughing the Center* - NO player may line up on, go over the top of, run directly into or "rough" the Center. The clarification here is that a defensive player on the defensive LOS shall not line up directly over the snapper (center) or run directly into the snapper from the guard/center gap on any scrimmage play. This will constitute roughing the snapper and result in a 15 yard penalty. Clearly the center will be "bumped" from time to time, or "shaved" as the defensive player shoots their gap, however the premise of the rule is that the initial intent of the defensive player should be to control their lane without, however an obvious intent simply to run directly into the Center in an unsafe manner. Once the Center begins to engage the block then "all bets are off" and the defensive player is entitled to engage as well. This is a thin line of judgment, however the referees have been given latitude here to determine intent of "roughing the snapper" in the same way as a "roughing the kicker" is concerned. This is about protecting the players more than anything.

17. The ball carrier is down according to high school football rules.

18. *Player down rule* - In the event a ball carrier falls to the ground as a result of contact or not, the player is down and the play is over.

19. *Fumbles* - A fumble ball may be advanced once it is recovered. Interceptions are live and can be advanced.

20. *Blocking* - Blocking below the waist is prohibited at all times. This is to protect all players on the field at all times.

21. *Kick Offs* - There are no kick offs. The ball will be placed on the 15 yard line at the beginning of the game, at the start of the second half and after any touch downs.

22. *Punting* - There are NO punts. For all 4th down plays, team coaches may choose to either; run the 4th down play or "declare" an intention to punt to the referee and the other team head coach. In the case of a declared punt the ball will be then be placed 25 yards further down the field from the 4th down line of scrimmage. Declared punts from within the 25 yard line of the opposing team will be measured as "half the distance".

23. *Safeties* - After a safety, the ball is placed at midfield.

24. *Mercy Rules* – The following mercy rules apply:

- If a team gets a lead larger than twenty-four (24) points at any time during the game, the losing team will start with the ball at midfield.
- For Regular Season Games Only – If a team has a lead of more than 24 **as well as** there being less than 5 minutes left in the game, that team may not throw the ball. All offensive plays should be running plays only. A 15 yard penalty will be assessed for each infraction of this rule.

- For Regular Season Games Only – A team with a lead of more than 18 points and who is in offense possession of the ball, with less than 50 seconds on the clock of the game, **MUST** kneel the ball. This intention should be relayed to the referees, at which time the defensive team is no longer allowed to call a time out.

25. *Injuries* - If a major injury occurs during the game, the EMT and FSYFL staff will make a discretionary call as to whether the game is to be cancelled. If the game is cancelled prior to halftime, the game will be made up on a future date and will be picked up where it was left off. If a game is cancelled after halftime, the game is considered final. In the event of a postponed game the referees will have both head coaches sign the referee score card with details of how the game ended, to ensure the same scenario will be applied at the start of the make up game.

26. *Coaches Meetings* - All coach's meetings are mandatory. One representative must be present for the coach's meeting or the entire team will be suspended for one game.

#### 27. *Roster and Season Rules*

- There will be no player additions to a teams rosters after the start of the 3<sup>rd</sup> game of the season. An addition is determined by full payment of the registration fees to the FSYFL registrar.
- No additional teams can be added up to and including midnight one week prior to the first game of the season.
- The final schedule will be provided to all coaches one to two weeks prior to the first regular season game.
- Scrimmages prior to the first season game are allowed.

#### 28. *FSYFL Certification Process*

The following points detail the exact process that the FSYFL uses to certify teams and players. Coaches should be aware of these steps so that their teams can be fully ready to play Game #1.

- *Complete the Players File Folder*- Coaches are required to complete the file folders with an insert for each player on their team. Items required in each insert are Hard Card with photo, Copy of Birth certificates, FSYFL Liability and Medical release forms.
- *Original Birth Certificates and Student ID's* – The FSYFL requires all players to present an original birth certificate and Student ID (or other ID) in order to be certified to play. These documents once presented and the player is certified, can be returned to the parents. A copy of the Birth Certificate is then stored in the team file folder inserts.
- *Pre-certification Meeting* - This meeting is held 7-10 days prior to season start in each region. All coaches are required to attend with their player file folders. The following activities take place at this meeting:
  - Each player insert in the Team file folders are checked for correct paperwork; hard card, birth certificates and liability forms. If complete the “Photo & Paperwork Verification” box is stamped.
  - Original Birth Certificates and Student ID's are checked and if complete the “Birth Certificate & Student ID” box is stamped.

*Note: The purpose of the Pre-Certification meeting is to complete as much of the players paperwork and certifications as possible. Any additional players that have incomplete paperwork or have been added after this time may be certified at the 1<sup>st</sup> game check in.*

- *First Game Weigh In* - All players on each team roster are checked against their hard card and photo and then weighed. If the player is qualified the hard card will be stamped with an FSYFL Weight certification stamp and the jersey number recorded. Once a player has been weighed and has the 3 certified hard card stamps they do not have to weigh again for the season. The team will still check into to the FSYFL registration tent prior to a game but verification will be done with jersey number and hard card photographs only
- *Second & Third Game Weigh In* - Due to the fact that teams are allowed to add players up to the **start** of the 3rd game of the regular season, all late addition and incomplete paperwork players will be weighed in and stamped at the 2<sup>nd</sup> and 3<sup>rd</sup> game weigh ins. Following the start of the 3<sup>rd</sup> game the final roster for that team will be frozen.
- *Fourth Game Weigh In* – At the fourth game check in the Head coach will be required to sign the frozen roster. This roster will then be placed into the front of the Team File Folder. No additions or changes will be allowed to the team from there on out.

NO PLAYER WILL BE ALLOWED TO TAKE THE FIELD WITHOUT:

- Full payment being made to the FSYFL
- Presentation of necessary Paperwork and certificates
- Making the required weight

29. *Game Check In Rules* - All players will be present at the field forty minutes prior to the start of the game. (For the **FIRST** game of the season coaches and teams are required to be at the weigh in 60 minutes prior to game time to finalize all pre-season paperwork) The coach will check in at the FSYFL designated offices. Team representatives may check opposing team's player Hard Card ID's prior to weigh-ins if required. The coach will line up his or her team in a single file line, an FSYFL staff member will call out and certify the Player Hard Card and sign the card for each game. FSYFL representatives will randomly check sidelines throughout the game to insure eligible players only are playing. The FSYFL warrants all weight certifications prior of the players **FIRST** game only thereafter players are certified for play based on photograph and jersey number identification.

30. *Players Missing Weight Classification* - A player who is registered and paid to play in a given division is **ONLY** allowed to attempt to "make the required weight" for the first **THREE (3)** games of the season. At that time the player must be moved up to the next division roster. Please Note: FSYFL has a no refund policy for the league for players not making the weight classification.

**The FSYFL league officials decision on any issue related to weigh-in is final.**

## SUMMARY OF PENALTIES

### Loss of five yards:

1. Delay of game
2. Encroachment
3. False Start
4. Illegal formation
5. Illegal forward pass
6. Illegal forward lateral
7. Ineligible receiver down field
8. Incidental face mask
9. Intentional grounding
10. Illegal substitution
11. Illegal shift or motion

### Loss of ten yards:

1. Holding
2. Illegal use of hands (hands to the face, block in the back)

### Loss of fifteen yards:

1. Un-sportsmanlike conduct (by a player, coach, or spectator)
2. Intentional or accidental coach interference while on field
3. Block below the waist
4. Clipping, tripping, chop block
5. Grasping an opponents face mask
6. Roughing the passer
7. Slapping a blocker's head
8. Illegal participation
9. Sideline interference
10. Illegal hit or block after a fair catch signal

### Disqualification:

1. Second unsportsmanlike facemask penalty
2. Fighting whether it is a player or spectator
3. Striking, kicking, or kneeing any player or spectator
4. Intentional contact with a game official
5. Two un-sportsmanlike fouls by a player or spectator (Referee may eject a player, coach, and spectator for one unsportsmanlike conduct depending on severity of action).
6. Any other act that is unruly, rough, and/or flagrant

## **RULE CLARIFICATIONS**

### **Equipment Requirements**

1. Multi bar facemask that meets the NOCSAE standard.
2. Helmet with properly fastening chinstrap that meets the NOCSAE standard.
3. A mouthpiece.
4. Shoulder pads that meet the NOCSAE standard.
5. Hip pads and a tailbone pad.
6. Thigh guards with any hard surface that has a minimum compression resistance of four to eight pounds.
7. Knee pads at least ½ inch thick must be worn over the knee and under the pants.

**No player shall participate while wearing illegal equipment.**

### **DISCIPLINARY PROCEDURES AND PENALTIES**

1. The players, head coach, and assistant coaches can be in the coach's box on the sidelines. The coach's box is between the twenty yard lines. These individuals must have proper identification to be on the playing side of the parent line. Failure to comply with this rule will result in a fifteen-yard unsportsmanlike conduct. All other parents, friends, and/or relatives must stay in the designated area, even if you are filming. Ladders are prohibited at each site to protect the children, fans, and staff.

2. Profanity and arguing with any game official, FSYFL staff, or opposing parent/coach is not allowed, **ZERO TOLERANCE**. This will be strictly enforced. Failure to comply will be handled as follows:

Coach will be ejected from the game and suspended by the league for up to three games. Coaches can only be reinstated at the league coordinator's discretion. Parent(s)/Guardian(s) will be ejected from the game and suspended for the following week's game. If the problem persists then the child of the parent/guardian may be suspended for one game. Players will be ejected from the game and suspended for the following week's game. If the problem persists then the child may be suspended for the season and banned from future participation in the league.

3. There will be no use of electronic devices between coaches and players during the game. Violation will result in immediate ejection from the game and suspension for the following week's game.

4. In addition, any individual who is ejected from a game for any reason is subject to a **ONE** game suspension, and if further occurrences take place up to and including banishment from the league. **NO REFUNDS WILL BE GIVEN FOR THOSE IN VIOLATION.**

5. FSYFL considers the code of conduct sheets that are handed out to each coach, included in his or her coach's packet at the parent orientation meeting, the first warning to all individuals participating in the league. These codes of conduct must be shared with everyone on the team.

6. Parents that are in violation of the parent lines or are not in the designated area determined by FSYFL at the game site will be ask to leave the field area and be suspended for one week.

7. Parents found engaging in verbal or physical violence with players, parents, coaches, referees, or FSYFL staff will be suspended indefinitely from the league.