



CENTRAL FLORIDA YOUTH FOOTBALL LEAGUE 2020 RULES, REGULATIONS, POLICIES & PROCEDURES

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CENTRAL FLORIDA YOUTH TACKLE FOOTBALL & CHEER (CFYFL)
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MISSION: Our organization will make every effort to ensure that every child with the desire to participate gets the opportunity. We are committed to instilling honesty, loyalty, integrity, teamwork, discipline, sportsmanship, respect, leadership, trust and commitment in our young participants. We believe these values and virtues are important to their growth in becoming positive forces in our community. We will instill in our youth the challenge of competition, the joy of victory, the reality of defeat and the spirit of teamwork. Our scholar athlete recognition program is to directly underscore the importance of academic achievement among athletes and by doing so it will prepare them for the challenges of high school and collegiate environments. These goals will be achieved through our dedicated volunteers, caring parents and corporate sponsors who wish to partner with our great football and cheer program.

INTRODUCTION TO THE RULES: The CFYFL follows the National Federation of State High School Associations (NFHS) National High School Football Rules in all cases except where noted in the following addenda. The NFHS rules will apply for all out of conference games and tournaments. Please read these rules carefully and contact the CFYFL Executive Board or Rule Committee if you require clarification or have any questions.

SECTION 1- ORGANIZATION:

Article (a)-EXECUTIVE BOARD: The Executive Board is responsible for overseeing all league matters. The Executive Board is made up of five members; President/Director, Vice President, Secretary/Treasurer and three At Large Members. The Executive Board has all voting privileges and leads, manages, and regulates the CFYFL and enforces CFYFL rules and regulations. (CFYFL membership is considered any CFYFL registered student athlete, coach, volunteer, official, approved vendor and the parents or family members of a registered student athlete.) All clinics, camps, demonstrations, combine's, or mailing lists for the same whether from inside the CFYFL or outside will require Executive Board approval prior to offering to any CFYFL member. In addition, any agreements whether verbal or written with photographers, videographers, municipalities, vendors, fundraisers and all contracts or purchase orders by outside groups with any individual, team or association within the CFYFL membership or for CFYFL membership related activities must have prior approval by the Executive Board.

Article (b)-MEMBERSHIP: Any recognized organization within the region or surrounding jurisdictions in the Central Florida area is eligible to petition for membership in the CFYFL. Prospective members must demonstrate and maintain an organizational framework with leadership, internal policies and rules absolutely consistent with the CFYFL and its policies and regulations and a commitment to uphold those rules and standards. All associations will enter a probation period of not less than one year.

Article (c)-FOOTBALL ASSOCIATIONS: The CFYFL defines its current local membership as associations made up of five tackle teams and one Bobble Head (8 on 8) team (comprising one from each division (See page 31 CFYFL Divisions). Each association will have a minimum of 3 local association positions headed by an **Area Director, Asst. Area Director, General Manager, Equipment Manager and Concession Director**. Each association is committed to recruiting within their boundary area and supporting local sponsors, area schools and sports programs. Each association is committed to supporting the CFYFL rules, the executive board and its rulings and the standards set forth in this document as well as the CFYFL mission statement (See SECTION-2 for General Association Rules).

Article (d)-COACHES: All CFYFL Coaches are required to be approved by the Board, pass the CFYFL background check, and are required to receive coaching certification and continuing education credits annually. This certification process, the specific point's required, as well as available clinics, is on the website. All clinics and standards are to be recognized, and approved by the CFYFL, AYF, the National Youth Sports Association and The State of Florida High School Football Association. **NOTE: All coaches are required to understand and follow the League rules, regulations and standards.**

*All coaches by their appointment to coach are bound by the "Coaches Pledge":

"Coaches Code" and the "Standard of Conduct" All coaches must be approved by and serve at the pleasure of the Local Association. Coaching assignments are for one playing season only and is therefore automatically terminated at the close of each season. Coaches must re-apply for coaching positions annually. The close of the season will be determined by the CFYFL and must not extend past December 30th of the current season

- Head coaches must be at least 21 years of age. The coaching staff and team moms will be under his/her direction and supervision. (Football & Cheer)
- Assistant coaches must be at least 18 years of age and have graduated from high school or hold a GED certificate, they must have a general knowledge of the game of football.
- Coach Trainees must be a minimum of 16 years old and may only carry out the instructions of the Head Coach or Assistant Coaches.
- All coaches must obtain their certification training point prior to the start of the season.
- All Head coaches are responsible for recruiting a minimum of 12-player for their team roster.
- Each team must have a coach that is the holder of a current Red Cross Certificate in Community CPR and First Aid or its equivalent.
- Head coaches are in complete charge of their players and parents. They are responsible for their own actions or inactions, their assistants' actions or inactions and the actions of their players.
- Head coaches & asst. coaches are required to be certified through the CFYFL certification program.
- Head coaches are responsible for **"Yelling Parent/Fan Chanting"**; obnoxious behavior, yelling at the referees, engaging fans from the opposing team, and any behavior outside the parent code of conduct during games and are aware of their actions influencing bad behavior by the fans.
- All coaches must approved be certified by start of the season

Article (e.)-Area Representatives, Coaches, Volunteers & Parents:

- ✓ All coaches, volunteers & parents will adhere and uphold the CFYFL code of conduct.
- ✓ All coaches, volunteers & parents will adhere to the 24 hr. rule. Simply stated, do not act out immediately but give at least 24 hrs to cool off from a situation and not react immediately.
- ✓ Coaches and volunteers will not blast mass emails to CFYFL members, coaches or representatives of the CFYFL. Affiliates' coaches & volunteers will not use any member email addresses or any information obtained from a position they held within the CFYFL (board member, coach, team mom & volunteer)
- ✓ Coaches or volunteers cannot run camps, clinic's or unsanctioned practices, without league approval
- ✓ All team names and logos are property of the CFYFL.
- ✓ Coaches & volunteers will refrain from reproducing any MDSE, i.e. t-shirts, hats, stickers, etc. without the express written consent of the CFYFL & the Executive Board.
- ✓ Coaches must wear an approved Polo / Golf shirt with team name & league logo (No Tee-shirts No flip Flops) must wear athletic type shoes
- ✓ The CFYFL holds the Nonprofit 501(C) 3 status, all associations, team names, equipment and material is property of the CFYFL. All fundraisers are coordinated through the CFYFL only. All donations (equipment, MDSE or currency) are the property of the CFYFL.
- ✓ All team MDSE/ equipment purchased are property of the CFYFL and must be returned at season's end.
- ✓ Coaches, players or parents are not permitted to alter any equipment, i.e. stickers or marking on helmets
- ✓ Coaches, team members or parents are not permitted or authorized to design websites or make any social media accounts in CFYFL team name at any time without league approval in writing

- ✓ All team books are to be returned immediately following last game to CFYFL Area Director, League Official or Board member.

Article (f)-TOBACCO – Use of any tobacco product is not permitted anywhere on the practice field, CFYFL functions, playing field, or in the game stadium. Tobacco products are not allowed on school property so any league using school property are required to follow the rules of the local Board of Education, this includes all practice facilities. Violation of this rule will result in immediate removal from the property.

Article (g)-ALCOHOL – Alcohol is not permitted at practice facilities, or in the stadium or adjacent areas. Any individual that is believed to be intoxicated will be removed from the field, facility or league function. Any coach, assistant coach, staff member, volunteer or official identified and determined to be under the influence of alcohol, drugs, or any type of controlled substance (unless prescribed for that person by a doctor) will be automatically suspended from participating or working at any CFYFL function. (The Coaching Code of Conduct (COC) does not allow the consumption of Alcohol 8 hours or more prior to coaching or attending any league functions).

SECTION-2-GENERAL REGULATIONS FOR ALL ASSOCIATIONS

1. Each player/cheerleader must participate in a minimum of five (5) regular season games (unless injured) in order to be eligible for the play-offs, Future Bowl, Cheer-off competition or any tournament or All Star competition. Exception to this rule will be any players' documented injury accompanied by a Resume Play Form. Any players added by the CFYFL President to teams that fall below the "Sixth Game Low Roster Count Rule".
2. All football players and cheerleading squads will be required to participate at all CFYFL games for which they are present and dressed. *Coaches will play everyone who shows for a game as per SECTION-9 Article (q)-All Play Rule and Exceptions.*
3. All CFYFL players are guaranteed a minimum of 8 plays per game unless an injury occurs; the player voluntarily leaves, cannot continue to play, is being disciplined by the coach or parent, or is ejected.
4. All teams must be present at the game site **(90-minutes) 1½ hours** prior to the scheduled start of any CFYFL league game and a representative will check-in with the Site Director at that time and notify where he can be located. The Home Field Site Director will consider any exceptions.
5. Upon arrival at the game site, ALL Head Coaches MUST check-in with the Site Director (or designee) prior to the scheduled game and notify the S/D of their pre-game location.
6. In order to prevent any misunderstanding during the course of the game, Site Directors (or designee) and Game Officials should meet prior to the kick-off of each game to discuss rules and regulations.
7. All Game Officials have been instructed to inform the head coach of the jersey number of the player(s) involved in major (15 yard) penalties. Coaches may call over and ask which jersey number is involved if the Game Official does not report the jersey number. A coach must call a time-out if he/she wishes to discuss anything with the Game Officials. **TWO (2) personal fouls (15 yard) penalties (i.e. Unnecessary Roughness, Late Hits, Helmet-To-Helmet, Face Mask, Defenseless player, Taunting or fighting)** will result in that player's automatic ejection from the game, and the Board must be notified within 24 hours of any ejection. Ejected players must leave the stadium immediately. The player will be suspended for the next scheduled game unless properly appealed to the Executive Board at least 5-days prior to the next game. The head coach will be suspended for one game and the player will receive an additional game if the following one game suspension is not upheld.
8. All Game Officials are members of the CFYFL and have been certified by the Florida High School Activities Association. *Game officials will read and understand the CFYFL Rules.*
9. Coaches must report all accidents promptly to the local association's insurance representative and complete an accident report immediately while the facts are fresh. The League Vice President must also be notified within 48 hours verbally and in writing. Accident Report forms are located on the web site **www.CFYFL.com**
10. **All teams must shake hands in a sportsman like manner** after the game is completed or the head coach will be suspended for one (1) game. **"All Players must wear helmets during this time."** Only roster players and team coaching staff will engage in the post-game hand shake. Note: *Any improper conduct, player taunting or failure to control the players by any coach at a game site shall be grounds for ejection*

and possible trespass by the Site Director with a possible suspension by the CFYFL and a Disciplinary Board Hearing.

11. Coaches & Volunteers Background Checks, CFYFL Coaches Certification and CDC Concussion Training: **MANDATORY FOR ALL**
12. **Board meetings are not open to non-appointed members.** If a person wishes to attend a meeting they must RSVP and submit any questions they have in writing 48-hrs prior to the scheduled meeting. All meetings are held the last Wednesday/Thursday of each month or as posted on the website.
13. **Only an appointed working Board Members (Leadership Council) and Executive Board Members are allowed to speak at any CFYFL Meeting.** There shall be no interference or input allowed from anyone attending a CFYFL Meeting that is not a representative or designee of the CFYFL (a league member is a member that has met all financial and expected obligations for the calendar year of the CFYFL). Visitors (parents/coaches of players or cheerleaders) are only allowed to address the board during the open floor forum of the meeting based on a time limit established by the Executive Board. Any item addressed by a visitor / guest speaker during the open floor forum will not be discussed or voted on at that meeting but may be placed on the agenda for a future meeting. All questions need to be submitted to the Executive Board in writing 48 hours prior to the meeting.
14. Participants must sit on their own sidelines and stay there for the duration of the game; fans must avoid chanting or taunting the opposing team at anytime. If fans sit on opposing teams stands and taunts, etc... they will be asked to move to their own team stand. If they refused they can be and will be asked to leave the premises.
15. The CFYFL assigns all players/ teams roster not the association. Any requested to play down (as per the current seasons division structure & classification) must be approved by the CFYFL Executive Board only. If approved teams are allowed a 3-player max per roster and those players will not be eligible for any All-Star teams. There will be not stacking rosters....
16. Majority votes by the CFYFL Executive Board will be considered final and upheld by the CFYFL Executive Board. Those that wish to file an appeal of a final vote can only do so by appearing before the Executive Board at a scheduled Executive Board Meeting. The appealing Area Director must be present to make the appeal for any association, player, coach or parent.
17. Only the Executive Board can vote on player eligibility, forfeitures, or game reversal. The decision of the Executive Board referencing any of the three items is final and cannot be overturned.

SECTION-2-B

Rumors & Social Media:

No one should be allowed to participate in a Local, Regional or National event until all of their paperwork, grade and/or weight have been verified. Any allegations of Cheating or Violations of this rulebook or any local rule or regulation should be immediately reported, in writing, to both the Association and CFYFL or their appointed representatives for dealing with such issues. Associations are required to fully investigate all claims and keep and file a written record of all investigations to the CFYFL. Once the allegations of cheating or rules violation has been reported, in writing, to the respective CFYFL official, there shall be "NO" further discussion until it is reviewed, investigated and acted on appropriately by the Association and/or CFYFL Executive Board. The act of spreading rumors which is general talk not based on fact will not be tolerated in CFYFL, it not only hurts your credibility, it affects your team /association and other teams that may become involved in the rumor.

Any allegation of Cheating or Violations of this rulebook during Post Season Play should be reported in writing to the CFYFL Executive Board for investigation. Given these facts any Team or Association individual or group of individuals (including any member of the team or association) spreading rumors of cheating, special treatment or any other false information whether causing an incident or not during Post Season Play/event may be banned from participation in any future Post Season Play/event(s) by the CFYFL Executive Board.

Social Media Policy:

Due to the nature of the Internet each team and /or association must develop, communicate and enforce a “Social Media Policy” on all members who represent the team and association as their actions/words are a reflection of the CFYFL collectively.

- ✓ Social media is largely about connecting, helping others, and having fun.
- ✓ Social media is also a valuable resource to learn and to contribute.
- ✓ Social media is more than just Facebook, Twitter and snap-chat. It includes blogs, online networks, emails, cell phone texting and any other Internet-based tools for sharing and discussing information.

Please remember these points:

- a) Be respectful to all.
- b) Each individual is responsible for what they post online.
- c) Understand that you are liable for anything you write or present online.
- d) Anyone can be subject to legal actions for commentary, content, videos, or images that are defamatory, pornographic, proprietary, harassing, libelous, or create a hostile environment.
- e) Post knowledgeably, accurately and use appropriate professionalism.
- f) Be quick to correct your own mistakes and admit when you are wrong.
- g) No one is authorized to speak on behalf of The CFYFL, or to represent that they are.
- h) Do not cite anyone without their approval.
- i) Never reveal any confidential and/or proprietary information.
- j) Never identify players, parents, or league members/officers by name without their permission.
- k) Understand that any threats, potential threats of violence of any kind, online bullying or any other criminal act that is posted by any member, association, league officer etc., will be forwarded to law enforcement for prosecution and will be cause for removal as a CFYFL member or participant.

***Please make all of your members aware that CFYFL reserves the right to remove anyone from the league who seeks to defame or use the social media in any form to disrupt the mission, goals and purpose of CFYFL and/or violates any of the suggested Social Media Policies**

SECTION-3-REGISTRATION:

Article (a) All CFYFL student athletes (Football/Cheer) cannot join, or practice with his/her assigned team until he/she has officially completed the CFYFL registration process. To register and be eligible, the student athlete must have all league forms completed and signed by his/her parent or legal guardian. This includes a parental consent form, and the Code of Conduct forms. The student must also be enrolled in, and attending school (public, private or home school), and must have all fees or alternative CFYFL approved waivers submitted and processed with the League.

Article (b) The CFYFL Executive Board will address any boundary and area eligibility conflicts between Associations concerning players or transfers.

Article (c) Forms:

- Form #1 – Medical Release Form – A CFYFL supplied form signed by a parent or legal guardian.
- Form #2 – Proof of Age - A certified copy of the birth certificate for each athlete will be presented, and submitted at registration. A certified birth certificate, bearing the seal of the issuing office of the state of birth is the most reliable form for proof of age. Alternative acceptable proofs of age documents, other than birth certificates are passports, and certified wallet size certificates issued by a state or common wealth. Hospital certificates will not be acceptable, and the student athlete will be ineligible until a certified copy is obtained and presented. Foreign birth certificates need to be accompanied by a second form of proof of age. ***14 year olds, who are 8th grade “CANNOT” turn 15yrs before July 31st of that year/season.**
- Form #3 – Medical examination (Physical) The CFYFL physical form must be used. It will indicate the student athlete has no observable conditions that would keep him/her from playing football/cheer. A licensed physician must sign and approve this form. This form must be dated after **January 1st** of the current year of eligibility.

- ✓ These three forms, along with the student athlete's ID card, head shot picture form the player I.D and team book are a requirement for each student athlete to be eligible to participate in a CFYFL Conference game, AYF Tournament and out of conference games.
- ✓ The I.D. Cards/Team Books must also have an approval stamp from the CFYFL indicating that all paper work is properly executed and that each student athlete is certified for play. *The CFYFL will stamp the I.D. Card with the student athlete's picture and current game jersey number indicated along with the players' eligible weight division. Each association is responsible for obtaining a minimum size 2.5" X 3.5", current, clear head shot portrait/picture of each student athlete and attaching the proper approved picture to the identification card. The picture must be current and taken within the year of eligibility and must be on the identification card prior to the Jamboree/Shakedown Tournament or First Game. (No head coverings, bandanas or hats can be on the participant in the picture).

NOTE: For security reasons, all original and/or copied documents provided to the CFYFL will be shredded and properly discarded (unless required by law to store for a time period) at the end of each season unless requested otherwise by the parents for use the following year. All Team Books will be turned over immediately at the end of the season at the team's last game.

SECTION-4-TEAM BOOKS/ I.D. CARDS:

Article (a) Coaches are required to submit their approved team book or ID cards at the scheduled weigh/check-in time prior to their game, at which time the opposing teams designated representative coach/volunteer will be given the opportunity to review and check the books against the submitted Game Day Minimum Play Rule (MPR) roster (See Section-9-article-(q) MPR).

Article (b) Coaches must keep the team books with them at all times or assign a team representative; the team and participants will be ineligible to participate in the game if they do not have a team book or ID cards, or an executive board waiver at check-in. **NO EXCEPTIONS.**

Article (c)-Team Books – Shall include the following:

1. CFYFL approved Team Roster (A copy of all rosters from each association must be submitted and each roster must also include the names of the approved certified coaches for each team.)
2. League Rules/Addenda.
3. Player Identification Card for each athlete that is stamped on or before the Jamboree/Shakedown Tournament date **NOTE:** (No card shall be stamped before the scheduled Jamboree/Shakedown tournament date without THE APPROVAL OF THE CFYFL EXECUTIVE BOARD.)
4. Birth Certificate (copy accepted) or alternate approved age verification form or league approved verification form, *hospital certificates will not be accepted.*
5. Copy of physical form and/or approved medical release form, or league approved verification form.
6. Copy of most recent report card or have a computerized school schedule from their respective schools to verify their current grade (6th, 7th & 8th), or a league approved verification form.

7. A COPY OF THE MOST CURRENT RULE BOOK MUST BE IN YOUR TEAM BOOK! NO EXCEPTIONS!

NOTE: Failure to have a certified team book shall result in a team or player being unable to participate in any CFYFL game including but not limited to: post season play and /or All Star teams without prior Executive Board Approval.

SECTION-5- JERSEY/APPROVED EQUIPMENT:

Article (a) No team or association can change its uniform color, type, association name or modify or add logos or sponsors without prior approval from the CFYFL Executive Board. No jersey number can be changed or substituted from the issued jersey number on the Certified I.D. Card without prior approval by an Executive Board member and once approved the player must wear that jersey number for the remainder of the season. If the jersey is damaged, lost, or must be changed, that change is to be noted on the I.D. Card with the approving Board member's name and a

new picture issued. The student athlete can go back to the original number but both pictures must be in the book at all times.

JERSEY NUMBERS SHALL BE ASSIGNED BY POSITION WHENEVER POSSIBLE:

- “O” Linemen (C, G, and T: 50-99 when available. *LE’s (X men) MANDATORY*
- Running Backs & DBs: 1-49 optional
- Quarterback: 1-19 optional
- Linebackers: 50-59, 90-99 optional
- Ends & Receivers: 80-89 optional

NOTE: L/Es must wear numbers “50-79 or 90-99” to be eligible to play and must switch to those numbers if they become L/E(X men) at any point during the season and must notify the board on the change of jersey and status.

Article-(b)-PLAYER REQUIRED EQUIPMENT:

Standard Rule: The following is the required equipment for all CFYFL players. The most important consideration is given to the helmet and shoulder pads:

- ✓ National Operating Committee on Standards for Athletic Equipment (NOCSAE) approved helmets with warning labels on the outside. **Required**
- ✓ Shoulder pads. **Required**

****TINTED VISORS OF ANY KIND ARE NOT PERMITTED AS PER NFHS RULES****

Article-(b)-PLAYER REQUIRED EQUIPMENT (cont.)

- ✓ One-piece shell pants. **Required**
- ✓ Hip pads. **Required**
- ✓ Tail pads covering the base of the spine. **Required**
- ✓ Thigh guards. **Required**
- ✓ Knee pads. **Required**
- ✓ “Keeper strap” mouth guard. **Required (Not clear color)**
- ✓ Eye glasses shall be the athletic constructed goggle type, (no metal construction) with non-shattering glass. Also applies to contact lenses. Face mask shields must be clear and “WITHOUT” any tint if used.
- ✓ Molded or Replacement cleats are acceptable. Metal cleats or cleats with any exposed metal are not legal for use in any CFYFL practice or game. The screw in cleat cannot have studs to screw cleat on to, the thread is on the cleat.
- ✓ Acceptable Football Game Jerseys. **Required (Supplied by CFYFL Only) *No cutting or alterations**
- ✓ Additional equipment shall be approved by the league, and will NOT COUNT TOWARDS REQUIRED EQUIPMENT AT THE SCALE
- **NOTE: Athletic supporters are highly recommended but not required**

NOTE: Football equipment and accessories should be purchased with safety in mind and not appearance.

Article (c)-FIRST AID KITS:

Each team must acquire its own First Aid Kit and maintain the kit at all games and practices. The kit shall include as a minimum item to stem and control bleeding of minor cuts and abrasions. All teams are required to have one CPR trained & certified member at practice.

Article (d)-HARD CAST RULE:

No athlete is permitted to participate in any league practice or game with a hard cast, splint, brace, or any other protective appliance except when padded and protected in accordance with NFHS rules (minimum ½” thick, high density polyurethane or foam rubber). Any player wishing to practice or play with such a device must first gain written permission from their association. The Game Official shall determine the approval of the padding and the player’s eligibility for a league game (provide a properly signed physician’s statement). The player shall submit a signed written statement to the Game Official prior to the game. The document must include a physician’s statement indicating the player is cleared to play. Copies of the physician’s statement shall also be available for review by the opposing head coach during check-in/weigh-in.

Concussion Rule, Guidelines, Symptoms, CFYFL LEAGUE POLICY:

NHFS, New *Rule 3-5-10b* provides, any player who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional. The CFYFL league policy, which is consistent with CIF policy is that once a player is removed in a game he or she is not allowed to return to the game that day regardless of a health care professional's oral or written opinion on that day; furthermore, a written medical clearance shall be made by an appropriate health care professional before that player is allowed to participate at a practice and a copy of the written medical clearance shall be delivered to the CFYFL league commissioner's office before said player may practice or play in a future game. There shall be no exceptions.

****If onsite Athletic Trainer Deems a player "Ineligible" to finish game due to concussion systems The Athletic Trainers are to "REMOVE" and "KEEP" players helmet in their possession until the completion of the game. The teams head coach, Site manager and the league needs to be notified of the player's name, team name and number. That "PLAYER" cannot resume play until cleared by Medical Professional with exact terms listed on our Resume play form and / or legal medial documents. These process is without exception.**

If a coach lets a player resume play during a game the AT's deems ineligible or let a player resume play without prop medical document that coach and or staff well be brought up on Board revive and possible termination for the CFYFL.

SECTION-6-ROSTERS

Article (a) Team Rosters will be frozen on the day of Jamboree or the First Game. **Exception:** If prior arrangements are made to meet on the following Monday for the make-up weigh-in and book sealing or at an approved later date with the advanced prior approval of the CFYFL Executive Board. New football players can be added up until week #2 with prior approval by the executive board. If a team's roster drops below 14 players prior to the sixth game of the season they will be allowed to increase their roster back to 20 players. **At no time can a player be added to the roster without Board approval.** **Article (b)** Two (2) completed game day MPR rosters, (see Section-11- article (k) MPR rules & guidelines), must be turned in prior to competing in each game and must be made available with the Team Book/I.D. Cards at the Check/Weigh-in, or the team will not be allowed to compete without prior Board approval. The League sets the roster not the teams. Max Roster 25 players with 3-player buffer to 28 player Super Max. **Please Note:** Current season 8th graders regardless of age must play 14u only. ****No 9th graders are permitted****

Article (c): Out of Zone Player Rule: This rule will apply if the area team is full or a siblings team is full we will move players to the next **adjacent and available** team that is the most convenient for the parents and transportation needs. The rule also applies to players who have been on the same team for at least 2-Fall seasons (**Grandfather Rule**) or if a parent is coaching a team outside the assigned HS district. However, there will be no more than 4-players per roster in this situation. No request to play outside your district will be granted for any other reason. All players should be on HS zoned teams when available. The rule is "NOT" meant to stack rosters. The CFYFL has final approval on all rosters.

Article (d): Cheerleaders, just like players, are only allowed to move up one age/grade group to remain a legal participant and can not move down after rosters are frozen without board approval. AYC divisions supersede league divisions.

Article (e): For all tackle teams the maximum number of players is 25 per team. - No Roster shall be LARGER than the maximum of 25 players unless mandated or approved by the Executive Board prior to play. No Roster shall be SMALLER than 15 players to be considered a final roster. Games can be played with a minimum of 12 players. There shall not be more than the maximum number of participants allowed to take part in practice sessions. No participant shall be held for any period of time on a trial basis; this type of action is not permitted. The participant will be placed on the next available team with open positions on its roster. The league will consider a 3-player roster add-on; this option is not available unless approved by the Executive Board. If a team is at full roster capacity and a sibling is filling another roster spot in a different division the buffer / add-on rule will apply. **Bobble Head teams will have a maximum of 18 players and a minimum of 10 players per team.**

Article (f)-PLAYER CUTS:

Note: Cutting of players is not encouraged or allowed in the CFYFL. A far better solution is to provide all players a position on an additional team. However, there are certain guidelines that should be met if it becomes necessary. An athlete may only be removed from a roster by the Executive Board. Should a condition persist that would require the Executive Board's attention, such as continuous Code of Conduct violations, disruptions of practice, lack of attendance, etc., then the Area Director shall report to the Executive Board such condition. The athlete shall remain on the roster until such time as the Executive Board deems it necessary to remove such athlete.

Article (g)-SCHOLASTIC ELIGIBILITY 2.0: *(Revised as of Dec, 2019):

1. All football players and cheerleaders must maintain a minimum **2.0 GPA** to be eligible for all CFYFL (AYF / AYC = 2.0) post season play. The GPA is calculated from "accumulative" classes' taken (all subjects calculated). A sub 2.3 prior to the start of the season puts the student athlete on academic probation. **At this stage the athlete needs to get a weekly progress report showing improvement in order to play each week (forms located on league website).** This process starts week #1 of the current school year. All weekly progress reports must be in team book. During the probationary period, the head coach, in conjunction with the parent(s) of the student athlete is responsible for encouraging that player to show academic improvement through the use of progress reports and parent communication with the teachers at the school by the final week of the regular season. The head coach should be following up with the player and parent(s) on a weekly basis for the purpose of discussing the players' grades and progress being made toward improving their GPA to a 2.0 ***During the period of academic probation, the head coach is to discuss with the student Athlete and parent(s) the consequence of the player being deemed academically ineligible to participate in The CFYFL playoffs and AYF post season tournaments in the event that the team advances to that point. *If a student athlete has not maintained and/or achieved a 2.0 GPA by the final week of the regular season, that player is by rule, deemed academically ineligible and is not eligible to play in the "FIRST HALF" of CFYFL playoff game and / or AYF post season tournaments (*See full detail explanation below).**
- On the Monday of the final week of the regular season, each head coach on playoff bound teams are responsible for reviewing all **"REPORT CARDS"** for all student athletes on the team to determine academic eligibility before the start of the playoffs *(Follow listed policy Article G-1). Any student athlete ruled academically ineligible should be notified along with their parent(s) of the ineligibility ruling by the head coach prior to the first week of practice for the playoffs. The head coach is also required to notify their area director who will then notify the Executive Board Prior to all playoff games, academic eligibility will be checked and verified during the pre-game check-in procedure. There will be no appeals heard by the Executive Board on the final ruling of academic ineligibility for any player, with the exception of a student athlete with a documented learning disorder (IEP /504). The CFYFL is committed to emphasizing the importance of the word "student" in the term student athlete. Student athletes will not be rewarded with a playoff appearance for their hard work on the football field without the same effort being put forth in the classroom. Both teams in playoffs must have their official county report cards issued in order to enforce academic eligibility.

Example: Team "A" school issued report cards however, team "B" school has not issued reports cards then those players need an official letter from the school (public, private or home school) or printout

from the school or counties website with official issue date. **The purpose of this program is not to hold athletes out of games. It is meant to hold students accountable for their academic progress. All student grades can be retrieved at any time on the Orange County (OCPS), Seminole county (SCPS), and Lake County (LCPS), Brevard, etc... school's online system. Online system report needs to have all pages showing students full name and grade listed.

****See academic form policy to calculate Weighted GPA? This calculation takes into account extra weight for Advanced (AP) / Honors by 0.50 points and college courses by 1.0 point.....**

IMPORTANT NOT: A student starting the season that's below a 2.0 will automatically be placed on Academic Probation and is required to turn in weekly progress reports until the next grading period (First quarter progress report). If the student athlete is not showing improvement or a weekly report is not turned in they may have to sit out of that week's first quarter of the game. If that student still has below a 2.0 on their current issued 'Official School Issued Progress Report' the athlete will be deemed academically ineligible for the "FIRST HALF" of the next scheduled game. At this time the student must show improvement on their weekly progress reports. If athlete is not showing improvement they will be deemed academically ineligible until First Quarter report cards are issued.

- ✓ *If the student athlete does not have a 2.0 upon Entering Post Season Play on "First Quarter Report Card" they will be will be deemed academically ineligible for the "FIRST QUARTER" of the next scheduled game (*First Playoff Game) *If player was currently on academic probation at start of season and still below 2.3 after report card issue they will be will be deemed academically ineligible for the "FIRST HALF" of the next game. If team has a "BYE" on that week then athlete must be held out of the "FIRST QUARTER" of the next game (Athletes that were on academic probation must be held out the "FIRST HALF") but still must complete 8-play MPR requirements. However, at this time the student athlete must show improvement on their weekly progress reports in order to participate in the next game after. This applies to any student that falls below 2.3 on current issued reports cards. All Need Academic progress tracking sheets for eligibility of next game.

NOTE: **If a student has a current IEP or 504 and falls below a 2.0 you must have a letter from the school stating the same along with the Progress Report/Report Card. All IEP / 504 students need to have full documentation on their deemed status an need to be in team book in player sleeve**

- 2 Private school or home school students must show a report card OR progress report and or get a letter on school letterhead signed by a school official stating that they are tracking satisfactory 2.0 GPA. Home school students need to fill out form located on league website and store in team book.
3. Public school students who have not received or been issued a progress report and / or report card need to show documentation form school of the official issue date and store in team book.

Example: We understand not all schools issue progress reports or report cards on the same dates. However, an example of a situation is as follows; the league requires report cards due on October 26th but a particular school will not issue until November 1st. Athlete will need documentation from school or website page showing issue date and stored in the team book for any athlete falling under this situation.

*****Athletes with no academic documentation in team book are deemed academically ineligible for that game without exception until the required documents are verified*****

****Our Student Athletes are "STUDENTS" First and Then Athletes...**

Effective for the class of 2016 a minimum 2.3 GPA is required to qualify for a college scholarship... AYF / AYC Requires 2.0 "We raise the bar to comply with NFHSA"

A COPY OF THIS DOCUMENT SHOULD BE IN THE TEAM BOOK FOR REFERENCE

Article (h)-PLAYER ELIGIBILITY

The following three rules make a participant ineligible to play in the CFYFL and must be removed from the team roster:

2. When a player or cheerleader cannot furnish the required documents to be certified to a club or team roster, (e.g., Medical, Proof of Birth, etc.).
3. CFYFL multiple or severe disciplinary violation or suspension as ruled by the disciplinary board.
4. Trying out or playing for a school football team or cheerleader squad while participating with a CFYFL team. If participants have been cut from the school program and not participated in a school game, they may be added to the CFYFL program if there is roster space available and no other player is cut to make space for the new candidate. Playing flag or touch football as part of the physical education requirement in the school curriculum is not counted as school team participation.

Article (i): CFYFL players can compete with only one team on any given day in any CFYFL event. **NOTE:** Any player participating with another tackle football, team organization, or a private middle or high school football /cheer team during the season is not eligible to participate with any organization in the Central Football Youth Football League.

NOTE: Participation on a school team includes sitting on the bench regardless of whether or not the player plays a single down cannot participate in the CFYFL / AYF. Only Cheer can request waiver to participate in dual programs and must be approved by CFYFL Executive Board.

SECTION-7-PRACTICE

Article (a) No CFYFL team may begin practice prior to the last week of July (unless approved by the Executive Board) of the current football season year. A week is defined as seven (7) consecutive calendar days. The first 2-weeks of fall season practice will be 5-days (10) hours. All players must have (10) hours of none contact practice before full pads and full contact in fall season. All players must have (6) six hours of none contact practice before full pads and full contact in spring season. No team may schedule more than six (6) hours of practice per week after the 3rd week of practice. No more than (2) hours of practice may be scheduled on any one-day. Once school begins there is a 3-day per week max with no more than (6) hours of practice per week including rain outs.

*** New Practice Rules Are As Follows:** No full speed head-on blocking or tackling drills in which the players line up more than 3 yards apart are permitted. (Having two linemen in stances immediately across the line of scrimmage from each other and having full-speed drills where the players approach each other at an angle, but not straight ahead in to each other are both permitted.) **However, there should be no intentional head-to-head contact!**

1. The amount of contact at each practice will be reduced to approximately 1/2 of practice time (either 60 minutes total of each practice or 1/2 of total weekly practice time). In this context, "contact" means any drill or scrimmage in which it's down line vs. down line full-speed drills and scrimmages. We are to limit the amount of full contact whenever possible.

***In addition to the rule we would also like to reiterate proper technique regarding teaching safe blocking and tackling techniques at all times**

BLOCKING AND TACKLING RESTRICTIONS: Other specific prohibitions in the National HS Federation and NCAA rulebooks, do not lead with the head. No chop blocking or spearing techniques shall be permitted.

Article (b)-Practice Rules:

1. All players, regardless of when they join the team, must have completed at least 5 practices or the equivalency of 10 hours (6-hours spring season) of conditioning (non contact without full pads) before they

are allowed to practice with full equipment or have live contact with another player. Even if a player joins the team after the start of the regular season schedule, this requirement must be met unless they are coming from another ongoing program with the same conditioning requirements.

2. At least one coach must be present during every practice and there shall be at least one person holding a Red Cross Multi-Media card, or of similar equivalency present at all practices. This can be a coach or any volunteer approved by the CFYFL. Associations are required to enforce this rule with its teams.
3. There shall be no “out of class” practice between divisions. This includes non-contact, as well as contact sessions.
4. Teams are allowed to scrimmage another team from the CFYFL in the same division during the pre-season and during the regular season, however due to the lineman eligible rule, prior to any scrimmage, each team must weigh-in and declare who their lineman eligible players are, and ensure that the L/Es’ helmets are properly marked with an “X”, and that the L/Es’ play in their lawful positions with at least 2 knowledgeable volunteer referees, one from each team if possible. Violation of this rule will include sanctions, suspensions, disqualifications and significant fines for violations. No Exceptions. (see Section-11-(i) - for L/E rules and description)

NOTE: No CFYFL Association may practice or play on Sunday without prior permission from the CFYFL Executive Board.

Article (c)-DEFINITION OF PRACTICE: – Practice is defined as any gathering of players, without a minimum number, requiring the presence of at least one coach, where one or more activities take place.

1. Weekly film review
2. Chalk talk, strategy session
3. Play run through without pads
4. Controlled scrimmage
5. Conditioning, with more than one other member of the team

The so-called “party” at the coach’s home where films are shown or football is worked on or discussed would be deemed a practice. Use of the football field or a football is not required to satisfy the definition of practice. Each local association should set up a policy with regards to these types of gatherings.

SECTION-8-CHECK/WEIGH-IN PROCEDURES

Article (a) The Home Field Area Director or Site Director designee is responsible for facilitating these procedures and rules for weigh-in/check-in. Weigh-in Officials must become familiar with this information and enforce these proceedings and rules for both teams in every division. There will be NO EXCEPTIONS made. The decisions of the Weigh-in Officials are final and backed by the Executive Board as long as they meet the guidelines, intent and rules set forth here.

Article (b) All players for **8U (BH)** teams are required to weigh-in before every game during the season. Players on 10u, 11u, 12u, 13u & 14u teams are required to check in for ID roster verification. When pre-season practice begins, all players on **8U (BH)** teams shall be weighed in for proper position assignments. Players, whose weight exceeds the class weight, must play in a Lineman Eligible (L/E) position. Once designated as an L/E at anytime during the season, that position is maintained for the remainder of the season. (See section-11-article-(i) for L/E rules & guidelines) (See Page-23 CFYFL Divisions for Age/Grade/Weight guidelines.)

****First Official Weigh-In for league players is at the leagues Kickoff Classic Jamboree****

Article-(c) - Weigh/Check-in Rules:

1. The Area Director or Site Director Designee will be the Check-in Official and will decide which group goes first based on who is ready. The CFYFL recommends weigh-in to be 45 minutes prior to game time or at half time of the previous game, but this guideline is a recommendation only. Both sides must be notified in advance and agree if weigh/check-in is pushed up before the 45 minute recommended guideline, the A/D must inform both sides of the specific time change if moved back because of unavoidable or official delays. Weigh-in will be done for late arrivals up to 5 minutes before the actual kickoff, not the

scheduled kickoff, in an effort to avoid game start delays. **TARDINESS:** The player's coach will determine the player's penalty for tardiness based on the reason for tardiness and can withhold game play time and reduce the MPR requirements for that player. If the player arrives after the start of the game the field representative will weigh the player in with the approval of the opposing team's area representative but that player will not be allowed to play until the second half of the game. (The intent is to allow all players an opportunity to play and since none of the players in this league can drive, in most cases it will not be the child's fault.)

2. The Weigh-in Officials set the scale at the maximum allowable weight for players in the weight restricted divisions being checked, if it is a balance beam type scale. League approved digital scales are acceptable and shall be tested with a weight prior to the start of each team's weigh-in.
3. The head coach or team manager hands the Team Book and/or I.D. Manual and the Game Day MPR roster sheet copies to the opposing representative. **Exception:** (The opposing Rep. can allow the Team Mgr. to handle her own Team Book and make all notations with their supervision and review.) The manuals and MPR roster sheets are to be in numerical jersey number order and the players are to be lined up this way.
4. The opposing representative examines the I.D. Manual and calls the players forward to be checked. Players have to be in Numerical order in the team book and they will be checked against the Game Day MPR roster sheets as well. Any LE's need to be marked off on the official MPR form at book check.
5. If a player is absent or injured or ineligible the absentee form will be presented at the time when the player's roster spot comes up in the numerical order and the MPR roster sheet will be checked to reflect the same information, unless they are late and the sheet will be noted at late weigh-in.
6. The Check-in Official makes all final decisions on the player's eligibility and completes the I.D. sheet in ink in the appropriate box at the bottom of the sheet and initials the MPR sheets for game use. There will be no "Gentlemen's Agreement" made that will allow any player the opportunity to participate when that player does not meet his/her qualification requirement. (**Note:** correct age, weight and proof of identification is mandatory)
7. Since the CFYFL requires a certification weigh/check-in before every game, if a player is deemed ineligible he/she will be removed from the field of play and cannot be on the sidelines. Injured players are the only exception to this rule.

Article-(c) - Weigh/Check-in Rules(cont.)

8. All teams will line up in Team Book / I.D. Manual order (player jersey numbers lowest to highest) so that each opposing coach may look at the book and player of each team. **NOTE:** Eligibility of any challenged players shall be made at the time of inspection of the book. The athlete in question, both coaches and Area Director or Site Director must be present for this challenge. Ruling by the Area Director / Site Director will be final for that game unless protested by the head coach to the CFYFL on the Monday following the game. Injured players are encouraged to attend the games and be present for weigh-in/check-in if possible.
9. Metal cleats are not legal for use in any CFYFL practice or game. No shoes with exposed metal anywhere on the shoe or in the cleats are allowed. The head coach will be suspended for one (1) game if this type of cleat is worn during a game. **Note:** This must be addressed and reviewed at Check/Weigh-in along with, dark face shields, glasses, illegal, modified, damaged or inappropriate pads or helmets and hard casts and knee or ankle braces which do not meet the rules set by the CFYFL or have exposed sharp or hard surfaces that could inflict damage to opposing players or themselves. Only sports goggles are permitted.
10. The opposing AD may request a review of the game participants immediately following the game before any players leave the field to compare the pictures in the team book to the participant. This review will be moved directly from the field to an adjacent location and will be handled by both AD's & HC's only.

CFYFL Weigh- in Rules:

When pre-season practice begins, all players shall be weighed in for proper team assignments. Players whose weight exceeds the class weight may be available to play as a lineman eligible (L/E).

All weigh-ins must be conducted using digital medical scale **ONLY**.

Leagues will use the following method during regular season play, and must weigh-in prior to game play minimum of (45) minutes prior to kickoff:

Weigh-in with game uniform which includes: Game pants with pads, game jersey, socks & cleats, minus helmet & shoulder pads. **THERE IS NO REDUCTION IN EQUIPMENT OR EQUIPMENT ALLOWANCE.**

****DIVISION WEIGHT IS FLAT AND THERE IS NO STRIPPED WEIGHT****

❖ **Player steps on scale wearing at a minimum: Game Jersey, Game Pants with pads, Socks and Cleats**

***(No Flip Flops or slippers, no shorts or tee shirt).**

- 8U-Bobble Head: 100 lbs. FLAT MAX over = LE
- 10u, 12u, 13u, 14u divisions only need to check in with team book No Weigh-In

***Once over the Max weight player automatically becomes an L/E and remains L/E for remainder of Season The Head Coach or his designee must be present at a weigh-in.**

***Players who fail to make the weight are declared an L/E for that game and are considered an L/E for remainder of the season and must turn their game jersey inside out for the game**

****There is “No Weight-In” during playoffs. Player’s previous weight from final game qualifies. If player was an LE at last game and throughout the season, then player remains LE during the playoffs. ****

SECTION-9- GAME DAY RULES

Article (a)-WARM-UPS - Teams must warm-up in an area **outside** of the game field and be ready to take the field and begin play as soon as the previous game has ended. Team must line up in the pre-designated end zone with 4-mins remaining in the prior game

Article (b)-GAME TIME- Is immediately following the prior game at the Officials’ discretion. Games are subject to start earlier than scheduled time. Coin toss before game will decide who get the possession. Coaches are not permitted on field during the coin toss except for 8u & 10u Divisions only unless otherwise instructed by the officials.

Article (c)-FORFEITS – Game time is forfeit time; any exceptions will be made by the Site Director. Any forfeited game will result in an automatic **\$150.00 per team per game day** forfeit fee fine, payable to CFYFL prior to the next scheduled game. Head Coaches of forfeit team are subject to league sanctions. ***Teams that forfeit during regular season games can be disqualified from playoffs & post season play.***

Article (d)-GAME BALL The home team is responsible for supplying the game ball. The visiting team will be allowed to use their own ball but must designate one of their own personnel to get this ball in and out of the game quickly; and at the appropriate time. On wet days the head coach is responsible for providing multiple balls and/or towels to keep the balls dry for his team. Only approved WILSON Brand **LEATHER or COMPOSITE** balls may be used. **NOTE:** The following is a list of the size game balls for each weight division (the size titles listed are for Wilson ball types) WILSON IS THE OFFICIAL GAME APPROVED ONLY; 8u & 10u - Wilson K-2; 11u & 12u – TDJ; 13u & 14u -TDY or regulation high school ball. The CFYFL uses approved Wilson balls *(No other ball is legal and cannot be used at any time during a game)

REFEREES WILL CHECK GAME BALLS PRIOR TO THE GAME AND THEIR RULINGS ARE FINAL!

Article (e)-TEAM SIDELINE PERSONNEL – Certified & Approved CFYFL team personnel, League President, Executive Board Members, Area Director, or League Commissioner, and approved photographers, will be allowed on the team sideline during a game. Six total coaches, a maximum of two team manager /moms and three league age CFYFL participant water boys/girls, 3-man chain crew, (Visitors' Side only) and 2 MPR Volunteers will be allowed on the sidelines. All sideline members must have a CFYFL ID Badge or league issued wrist band. Only Team members and League Officials are allowed on the sideline area. No Exceptions. No cell phones or electronic communication devices will be on or used on the sidelines unless to summon medical attention, law enforcement or field related emergencies or with executive board approval. There will be no electronic devices from the press box, coaching box, sidelines, or any other position on the field that may be used to relay messages to the coaches or

players at any time. Electronic devices include, but are not limited to, the use of a Cell Phone, Blackberry, PDA, Computer or other messaging device. All Bluetooth earpiece devices are not allowed within the field of play. Use of any of these devices will result in a 15yard penalty and disciplinary action may be taken by the CFYFL. If required for emergency contact requirements, coordinate with the field rep prior to the start of the game.

Article (f)-ELECTRONIC DEVICES – There will be no electronic communication devices from the sidelines, press box, stands or other positions on or adjacent to the field to relay messages to and between coaches involved in a game at anytime, and this includes cell-phones and 2-way communicators. **THERE ARE NO CELL PHONES OR TEXT MESSAGING.** Violation of this rule after verification will result in 15 yard penalty and pending review by the Executive Board may lead to a forfeit for the team involved.

Article (g)-FILMING – Filming opposing teams during the actual games is allowed from the stands only. Filming or Scouting of opposing teams at practices or warm-ups is not allowed. Violation of this rule after verification will result in an **“IMMEDIATE”** forfeit for the team involved for that next game and a \$200 association fine.

Minimum scouting rules are as follows: any videotaping allowed by your association is prohibited from the field level or end zone. You can video tape from the stands or press box. Scouting of any kind during a teams' practice session is strictly prohibited. Any coach, team member, parent or associate found or determined to be scouting another teams' practice will be cause for the immediately suspension of the person involved and the head coach. The MPR person is not scouting the other team to give scouting reports at halftime.

Article (h)-CHAINS – The **“VISITING TEAM”** shall operate the chains on the **visitor's side** of the field except in a case where it is not physically possible and those participants will be 16 years of age or older. No interaction with the opposing coaches or players or discussion with volunteers or parents of the opposing team, no coaching or questioning Official's calls, no signaling, scouting or discussing hearsay with the Home Coaching staff by the Chain crew on the visitor's sideline during the game or at halftime. No electronic communication device use of any type while on the sidelines during game play. **** This includes the use of “CELL PHONES”, TEXT MESSAGING or still or video cameras. The TEAM will be at risk of disqualification of the game. ****

Article (i)-COACHES ON THE GAME FIELD – No coaches will be allowed on the field for the divisions of 11u through 14u for coaching instruction during the games. The 8u (Bobble Head) & 10u (MM) Division will have One **(1)-coach** on the field for offense and **1-coach** on the field for defense as well as all special team plays. They must be at least Ten (10) yards from the LOS or five (5) yards behind the deepest player when the QB is under center. The coach cannot touch, move, screen, inhibit progress, or push a player or loiter in a passing lane from that point and once the ball is snapped. The on-field coach is required to avoid any inadvertent contact or involvement and if the coach has a physical limitation that prevents him from moving accordingly he is to be replaced by another coach. Coaches cannot run down field or be involved in the action. Any of these actions will be penalized 15 yards and an automatic first down and perceived as a un-sportsman-like penalty. ***After week #2 no coaches will be allowed on the field for the 10u (MM) division.**

Article (j)-OFFICIAL TIME – The field clock is official unless otherwise designated by the Game Official.

Article (k)-TIME-OUTS – Per high school rules, not more than three (3) time-outs per team per half with the exception of Official timeouts. A coach must take a charged team time-out in order to have a discussion with a Game Official. Injury time-outs will be recorded as official time-outs and will not be charged against a team; only one time-out per team in overtime play. Coaches cannot pass their hash mark during a time out at anytime.

Article (l)-LENGTH OF QUARTERS: 8u (Bobble Head) Play 8 on 8 and will have 2 timed continuously running 20 minute halves. The **10u, 11u, 12u, 13u, 14u divisions** will use a 10-minute regulation clock.

Article (m)-HALF-TIME – There will be a ten (10) minute half time for all games. No change of any type shall be permissible, **unless the Officials determine it necessary to complete the game for safety reasons. Example: pending darkness.**

Article (n)-RUNNING CLOCK – A running clock WILL be used after a 30-point spread is obtained in a regular season, or CFYFL playoff game. THE OFFICIATING CREW MUST COMPLY. In the event that the spread is decreased below 30 points, the clock will return to a regular clock. DURING PLAYOFF AND CHAMPIONSHIP GAMES THE CLOCK WILL NOT BE RUN CONTINUOUSLY BEFORE THE START OF THE FOURTH QUARTER OF THE GAME. “Once a running clock is initiated, it shall run continuously with the exception of during any time out, injuries, unsportsmanlike/conduct penalties and a score by either team and during the time between quarters.” *Quoted from 2011/2012 FHSA official’s guidebook. **NOTE: Once the spread reaches 50 Points** the game will be stopped immediately for any regular season or CFYFL playoff game.

Article (o)-TIE GAMES Overtime Procedure – Deep Penetration Rule:

Only the Deep Penetration Overtime Period rule shall be enforced by the referee group to settle tie games.

There will be no agreements amongst the teams involved or the referees that will alter the way the overtime period is to be played as governed according to the CFYFL written rule. The Field rep will review the written rule with the referees prior to the start of the overtime period: **To begin, the line of scrimmage will be at the 20-yard line with the offense facing the goal line. After the coin toss that determines who gets the ball and which end zone will be defended the team who receives the ball first is allotted (4) downs to begin play, however, it is not mandatory that both teams be allowed the full use of the 4 complete downs especially if the first team scores in less than 4 downs. It now becomes mandatory for the second team to either make a higher score or advance the ball further in at least the same or fewer number of downs, (including extra point), in order for the second team to win the game. At the end of that period if the two teams are equal in yardage gained, the number of downs used, with the same score, the game will be declared a tie by the referees and each team will be awarded a ½ game win thus ending the contest immediately. When playing in the Deep Penetration Period, the progress of the first team in possession of the ball must be bettered by the second team to win the game. A fumble or an interception during the penetration overtime automatically gives the possession of the ball over to the other team. The yardage progress of the team that lost the ball will be marked at the original line of scrimmage or deepest penetration where the play started, not at the spot where the fumble or interception occurred.**

NOTE: During playoffs games, this process will be repeated until a winner is declared, however, during regular season games, there will only be one penetration overtime period allowed to determine a winner.

Article (p)-LOPSIDED OR RUN UP SCORES:

There is nothing more demoralizing to a losing team than a lopsided score. Intentionally run-up scores are even more demeaning. A run-up score is when a team continues to pour it on even after the game is in their favor and far out of reach for their opponents. Coaches who practice this are to be disciplined by the local league. CFYFL considers this type of coaching contrary to its purposes.

The CFYFL lopsided score rule is 30 points. Once the score differential reaches 30 points, the game clock will become a running clock, (see (n) “Running Clock” above). The losing team will take the ball on the 50 yard line. The losing team will proceed with normal game play and will have the standard 4 downs to achieve a first down and continue advancing forward. On the 4th down the losing team has the option to punt or attempt to advance forward to the first down marker. If the team fails to move the ball forward to the first down marker then the defending team will take possession at the spot that the ball is downed at. The winning team is prohibited from running any misdirection, counter, reverses, or “trick plays” of any kind. In the spirit of sportsmanship, it is strongly recommended that skilled players be replaced with inexperienced players. *Teams cannot be limited to only running between the tackles and passing is acceptable. Mandatory plays must be completed regardless of the score or the game clock. If the winning team does not complete the required mandatory plays, the full force of the mandatory play rules will be in effect. (Once the spread reaches 50 points at any point during the regular season or CFYFL playoff the game is over.)* However, should the winning team fail to have obtained minimum play for all of its athletes, it will forfeit the game.

Final Note: Considerate coaches will have substituted all their players before the above rules come into play. Lopsided games can be used as a working tool for skill development for inexperienced players. If the winning

coach continues to run-up the score or run trick plays a written statement explaining that coach's actions to limit scoring at this point must be delivered to the executive board within 48 hours of the game. If this is deemed a recurring or flagrant situation, the executive board can issue sanctions against the head coach.

Article (q)-ALL PLAY RULE - (MPR):

1. All CFYFL players **MUST** play in each game. Unless noted prior to the start of the Game, that the player is being disciplined, refuses to play, leaves voluntarily, is being forced to play against his will, or if an injury should arise during the game or before.
2. Special teams count as live plays for all division. All plays must be from the line of scrimmage (LOS). Penalties do not count as plays, unless action has taken place and a penalty has been assessed down field, I.E.: Holding, Pass Interference, etc. Plays that result in a quarterback dropping to a knee with the sole purpose of "playing it safe" while subs are in the game, will not count as play's.

All tackle football players are required to have a **minimum of (8) eight active plays** during all scheduled games in this league with exceptions noted above in note 1. Definition of an active play is any play on the field during game play, including kickoffs, and receiving team. This rule applies to any team size. Two (2) adult volunteers from each team will be the MPR keeper and MPR monitor. MPR participants should avoid cheering during the game from either sideline. The MPR keeper and monitor are permitted to be in his/her coaching box. The MPR keeper and monitor are not to be disturbed by anyone other than the Head or Assistant Coach, for purposes of knowing which players have not obtained their MPR playing time. At the beginning of the fourth quarter all players who have not obtained their MPR time must enter the game, to fulfill their MPR playing time. The MPR forms will be left on the sidelines at halftime. No scouting by MPR at halftime. After the MPR form is completed the MPR will return to his stands on their sideline and form will be signed by both head coaches, it is the Head Coaches responsibility to submit it to the Area Director responsible for the host field immediately following the game. The Area Director will forward to the executive board within **48 hours**.

****Failure to comply with MPR requirements will result in forfeiture of said game.**

***Exception:** The Minimum Play Rule does not apply when a coach sits a player out for disciplinary reasons (notify opposing team prior to the game), a violation of the team's attendance policy or the player voluntarily leaves, gets injured, refuses to play or is being forced to play against his/her will. All minimum plays must be completed by end of 3rd quarter. If not, player(s) must automatically enter the beginning of 4th quarter (no matter what side of the ball team is on) and complete MPR rule minimum plays. 8u (BH) division should have the completed roughly at the 10-minute mark of the 2nd half of the game

NOTE: *If more than 12 players need their MPR plays team will automatically forfeit for violations of the all play rule! No exceptions.

*HEAD SPOTTER WILL HOLD CLIPBOARD AND TRACK MANDATORY PLAYS FOR OPPOSING TEAM. ASSISTANT SPOTTERS ARE TO ASSIST HEAD SPOTTER BY CALLING PLAYERS NUMBERS OR ASSISTING WITH IDENTIFYING PLAYERS COMING ON OR OFF THE FIELD.

***MPR SPOTTER CANNOT COACH, INSTRUCT OR CHEER DURING THIS PROCESS. IF SO THEY CAN BE ASKED TO BE REPLACED.**

COACHES NEED TO INQUIRE AT HALF TIME REGARDING PLAYERS NEEDING ADDITIONAL PLAYS.

Home Team

Head Spotter is spotter from Visiting Team checking Home Team.

(B) Assistant Spotter is from Home Team.

Visiting Team

(C) Head Spotter is spotter from Home Team checking Visiting Team.

(D) Assistant Spotter is from Visiting Team.

***Spotter should be at the 25-yard line of the field and not behind the team or coaches box.**

****NO MATTER MPR NEEDS TO BE DONE DURING ALL GAMES****

DISTRIBUTION OF MANDATORY PLAY FORM COPIES:

Be sure the forms are completed with the score and signed!

You should have finished the game with the opposing team's form and...

Retain copies to give to your Association Representative.

The last copy is traded to the opposing team (team whose players are listed on the document) for their Association Representative to keep on file.

In short: track their team, answers questions on sheet, teams' sign, trade copies, and turn in all papers to your Association Representative ASAP.

Article (r)-END OF GAME – If a game is ended for any reason after the halfway point of the fourth quarter, the game will be considered final and the score at that time will determine the outcome.

Note: In the closing possession or final minutes of the game if the team in possession of the ball notifies the opposing team via the referee that they intend to "Kneel out" the remainder of the offensive possession and the defensive team's Head Coach is properly notified, the defense will not rush and the offensive team is not allowed to advance the ball or fake the Kneel down as a trick play. Violation of this rule by a head coach will result in a next game suspension of the Head Coach and possible additional Sanctions by the executive board.

Article (s)-COACH EJECTION – The first time any coach/coaches are ejected from a game, the said coaches will automatically be suspended from participation in the next scheduled CFYFL game. The coach will automatically be put on probation. If another incident occurs, the coach can be removed from league. A second ejection, *during the current season*, will result in a review by the Board for expulsion from the CFYFL from the date of ejection, for one season. All ejections must be reported to the CFYFL Executive Board, by the site director (or designee) in writing or with a phone call within 24 hours. That Coach shall be charged a **\$200.00 fine for each coach ejection** that must be paid in full and delivered to the CFYFL along with a **written statement of actions** by the offending coach or coaches that will be added to that coach's permanent record and before that coach is allowed to participate with/in any CFYFL functions. When coach is ejected he must leave the stadium immediately or team is subject to forfeit

Section-10-PROTEST PROCEDURES

Only protests regarding rule interpretations and player eligibility will be accepted. **Note: The judgment of the Game Officials cannot be protested. Badgering or showing disrespect for an official is a violation of the Coaches C.O.C.**

****Protest must be made during or immediately following the game. The Head Official & Field manager must sign the MPR sheet "Under Protest"*****

Article-(a)-RULE INTERPRETATIONS:

1. Immediately upon deciding that a protest situation exists, the Head Coach must notify his A/D or Site Director who in-turn will approach the game officials or the Field/Site Director as appropriate, in addition to the opposing Head Coach. At this point, the activity will continue under protest unless a resolution is agreed upon. If game is played under protest the head official must sign the MPR Sheet.
2. The protesting coach must write a letter explaining the details of the protest. The Executive Board or President must receive this letter within 48 hours after completion of the activity.
3. A **\$100.00** protest fee must accompany all protests.
4. The protest will be reviewed by the Executive Board for recommendation of a penalty, if any. If the executive Board members or President are involved in the protest or if it involves a member of their association the President will organize and convene a neutral Protest Committee for recommendation of a penalty, if any.
5. A maximum of two (2) people from each side of the issue in question may attend any protest meeting but will be represented by the A/D and must submit a written statement to the Board. Persons failing to attend a protest meeting will forfeit all future rights of appeal.
6. The \$100.00 fee will be returned to the protesting party if the protest is upheld, and the appropriate action will be taken.

7. The protesting party will forfeit the \$100.00 fee if the protest is overruled and deposited in CFYFL Bank.

Article-(b)-PLAYER ELIGIBILITY PROTEST:

1. Protests regarding a player's or cheerleader's eligibility must be made as soon as a coach or association becomes aware of the illegal player or cheerleader. A participant may be deemed ineligible if participant is suspended from school. Coaches are required to address this with participant's parents including Association Area Director.
2. Follow steps 2 through 7 in "Rule Interpretations" above. The 48-hour rule is waived for protests regarding player eligibility. It is advisable that the Area Director/Site Director notify the Head Coach of the opposing team before notifying the CFYFL Executive Board. **NOTE:** (Protest must be made as soon as possible regarding an ineligible player).
3. A **\$100.00** fee must accompany all protests.
4. The protest will be reviewed by the CFYFL Executive Board for recommendation of a penalty, if any. The CFYFL will organize and convene a Protest Committee for recommendation of a penalty, if any.
5. A maximum of two (2) people from each side of the issue in question may attend any protest meeting. Persons failing to attend a protest meeting without prior notification of the Board will forfeit all future rights of appeal on that issue.
6. The \$100.00 fee will be returned to the protesting party if the protest is upheld, and the appropriate action will be taken.
7. The protesting party will forfeit the \$100.00 fee if the protest is overruled. The fee will then be deposited in the treasury of the CFYFL.

SECTION-11-PLAYING RULES

Article (a)

1. A coin is to be tossed and the winner may elect to kick, receive, choose ends or defer choice to the second half. Coaches are not permitted on the field during the coin toss except for BH & 10u Divisions
2. To start the game and after toss, the ball shall be kicked off from the forty (40) yard line of the offensive team. The defensive team will line up on the fifty (50) yard line. The 8u (BH) division starts play without a kick from the 10-yard line of the opposing team.
3. The game shall consist of Two (2) Twenty (20) minute half's with continuous clock (Bobble Head) and four (4) Ten (10) minute quarters (10u, 11u, 12u, 13u, 14u divisions) of standard clock.
4. Each team has three (3) time outs per half. Bobble head (2) time outs (No carry-overs)
5. Scoring is as follows: **"NO SCORE IS KEPT IN 8U (BH) DIVISION"**

Touchdown	6 points
Point after touchdown (running or passing)	1 points (All Divisions)
Points after touchdown (kicking).....	2 points (All Divisions)
Safety (awarded to opponent)	2 points (All Divisions)
Field goal.....	3 points (All Divisions)
Forfeit.....	(6-0) (all divisions)

***Tie games at the end of regulation play/Deep penetration rule.... 1 point (or TD is scored 6+)**
6. All Area Directors and associations are charged with the responsibility to ensure that all coaches are familiar with and understand these and all other applicable rules.
7. **8u (BH) & 10u (MM) Division only.** One coach from each team shall be allowed on the playing field at all times. The coach will be a minimum of ten (10) yards from the LOS or five (5) yards behind the closest player and cannot move outside a five (5) yard box during play. The coaches must make EVERY attempt to remain five (5) yards from the closest player from either team and must avoid passing lanes and receiver routes or visually screening the receiver's vision. Coaches may not escort players down the field while huddle breaks or ball is in play. Coaches who are on the field cannot shout football instructions to the players after the ball is in play. A violation of any part of this rule will result in an automatic first down and 15-yard penalty. **After week #2 "No Coaches"** are allowed on the field for the 10U (MM) division. (See Section 9-(i) COACHES ON THE GAME FIELD). At **NO** time will any coach have contact with any

participant, official, or opposing coach, **NOTE: If any Coach fails to follow the coach's code of conduct while on the field they will be removed and not allowed to be on the field or sidelines.**

8. All "LE" players must line up at or inside the tackles and on the LOS. Linebackers **must be** at least six (6) feet, two (2) yards from the ball unless they move to a 3-point stance and are part of the D/Line. This applies to 8U Only. *Failure to comply with L/E rule will result in a 15-yard unsportsmanlike penalty against the head coach and an automatic first down. Failure to comply a second time during a game will result in another 15-yards unsportsmanlike penalty and head coach is ejected from game. The 13u & 14u divisions, high school rules will apply.
9. **10u /12u /14u divisions:** Will play HS rules and The CFYFL onside kick regular season rule. **NOTE: 8u division players should adhere to the halo rule (cannot line up directly over or head up on the Center) *All division Special teams you must stay off the center completely**
10. **All Kicks Are Live;** 10u, 11u, 12u, 14u divisions (Punts, Extra Point & Kick-off))
11. No onside kicks allowed until the second half for 10u, 11u, 12u, 13u, 14u divisions and team must be trailing by 14 points or more. (does not apply to AYF National play)
12. During a kick-off, the receiving team must have POSSESSION of the ball before a dead ball can occur.
13. Interceptions **are** allowed and the intercepting team **can** advance the ball after the interception has been made unless the interception is made by an L/E., then it's dead at the spot.

8u Bobble Head Division 8v8: * There is no score kept and there are "NO PLAYOFFS" for 8u (BH) division. There is an "END OF SEASON TOURNAMENT" with seating games on the last week of regular season (score will be kept). The regular season is 8 on 8 format with (3) offensive lineman. **Offence may use any formation "EXCEPT double TE) and must have 5 on LOS at all times.** ***See 8v8 Rules below:**

***Teams must declare prior to season if participating as 8v8 or 11v11. There is no tournament advancement for 8v8 teams after End of Season Tournament Championship Game**

If either team has less than 8 but more than 6 the teams can agree to play with comparable numbers. The Offensive still needs the required 3-down linemen. The Defensive line is limited to 3 total down lineman only (must be in 3-point stance) and can rush after the snap. There is no lining up over the center "Halo Rule". LB must be 3-yards off line of scrimmage and DB must be 2-yards off line of scrimmage. The QB can only run once every (4) four plays. There is **"NO BLITZING"** at any time. Although there are no playoffs for 8u division there may be tournament opportunities by invite only if teams meet minimum requirements of 16 active players on the roster.

The 8u (BH) division will be limited to 100 yards long by 40 yards wide. The will consist of (2) 20 minute halves and can end in a tie with no overtime period. **NO SCORE WILL BE KEPT.** Each player must play all position during the game **(when possible)** except for players deemed LE's (X-men) can only play a lineman position.

***If team shows up at the field with 8 players by game time, game can be played seven (7) on seven (7) with one substitute. *If 6 players than 6v6**

- No Score Kept / End of Season Tournament
- All MPR Rules Apply (8-plays for all players)
- Field 100 x 40 / No kick-off (Start on 25-yard line) / NO Punt (20 yard walk-off)
- Can use any Offensive formation *(Except No double TE)
- The QB can only run once every (4) four plays.
- LE "CANNOT" run ball or be eligible position at anytime
- LE's can only play O-Line & D-Line (NO RB, WR, TE, LE, DE)
- LE's must line up inside tackle box
- Must have 5 on (LOS) line of scrimmage (Offence CAN put a player in motion)
- Trick player are **"NOT"** permitted
- **DEFENCE:** Can only have 3 Down linemen / No Blitzing / LB must be 3yrs back
- Only 4-man front permitted on short yardage (3-yards or less)
- There is **"NO BLITZING"** at any time.

- **LB's Must Line Up 3-Yard Back of LOS**

If either team has less than 8 but more than 6 the teams can agree to play with comparable numbers. The Offensive guards must be within 2 yards of the center on either side. The Defensive line is limited to 3 total down lineman only (must be in 3-pt stance) and can rush after the snap. There is no lining up over the center "Halo Rule". LB must be 4-yards off line of scrimmage and DB must be 5-yards off line of scrimmage. The QB can only run once every (4) four plays. There is **"NO BLITZING"** at any time. Although there are no playoffs for 8u division there

8u (BH) DIVISION 11v11: * There is no score kept and there are **"NO PLAYOFFS"** for 8u (BH) division. There is an **"END OF SEASON TOURNAMENT"** with seating games on the last week of regular season (score will be kept). The regular season is 11v11 format with (5) offensive lineman. **Offence may use any formation and must have 7 on LOS at all times.** ***See 11v11 Rules below:**

11v11 Teams have tournament opportunities by invite only if teams meet minimum requirements of 16 active players on the roster. *Teams must declare prior to season if participating as 8v8 or 11v11. 8U (11-man team) that win End of Season Tournament Championship game are required to advance Regional tournament with AYF rules apply

- **No Score Kept / End of Season Tournament**
- **All MPR Rules Apply (8-plays for all players)**
- ***Regular size standard / No kick-off (Start on 25-yard line) NO Punt (20 yard walk-off)**
- **Can use any Offensive formation *(Including double TE)**
- **The QB can only run once every (4) four plays.**
- **LE "CANNOT" run ball or be eligible position at anytime**
- **LE's can only play O-Line & D-Line (CANNOT PLAY: QB, RB, WR, TE, LE, DE)**
- **LE's must line up inside tackle box**
- **Must have 7 on (LOS) line of scrimmage (Offence CAN put a player in motion)**
- **Trick player are "NOT" permitted**
- **DEFENCE: Can only have 5 Down linemen MAX / No Blitzing / LB must be 3yrs back**
- **Only 6-man front permitted on short yardage (3-yards or less)**
- **There is "NO BLITZING" at any time.**
- **LB's Must Line Up 3-Yard Back of LOS**

The 8u (BH) 11v11 division will play of standar regulation size field. The will consist of (2) 20 minute halves and can end in a tie with no overtime period. **NO SCORE WILL BE KEPT.** Each player must play all position during the game **(when possible)** except for players deemed LE's (X-men) can only play a lineman position.

Although there are no playoffs for 8u division there may be tournament opportunities by invite only if teams meet minimum requirements of 16 active players on the roster. After Season AYF Tournament rules apply (NOT CFYFL Division Rules)

***If team shows up at the field with 14 or less can opt to play 8v8. All teams have option to play 8v8 any given week. All CFYFL 8U division rules apply as per rule book**

Article (b)-LENGTH OF QUARTERS:

1. **8u (BH) will have 20 Minute halves with 40 second play clock, 10-min halftime and no overtime play.**
2. **10u Division will have 10 minute quarters with a 40 second play clock.**
3. **11u, 12u, 13u, 14u Divisions; will have 10 minute quarters with a 35 second play clock.**
4. **Officials will officiate based on NFHS clock instructions.**
5. **CFYFL will utilize DEEP PENETRATION OVERTIME RULE ONLY during the regular season.**
6. **Half times will be 10 minutes in length.**

Article (c)-SPECIAL TEAMS RULES:

1. **8u (BH) Division:** No Kick-Off, Offense starts at the 25-yard line
2. 8u (BH) Division: No fake punts or kicks once declared. **(8U-BH gives ball up adding 20-yards)**
3. Once declared, the offense must call a charged time-out if they decide not to kick. If they have no time-outs, they cannot change their mind. Penalty would be false start.
4. No onside kicks allowed until the second half for 10u, 11u, 12u, 13u, 14u divisions and team must be trailing by 14 points or more. (does not apply to AYF National play)
5. **11u, 12u, 13u & 14u divisions** – All Punts & Kicks are live. Player is allowed to rush the punter / kicker. (High School Rules apply)
6. LEs are allowed to be on kick off and kick return, declared punts or punt return **at the line positions only** and cannot advance the ball under any circumstance. Kick return front line only, on Kick-off L/E's must start inside the hash mark or the first 2-positions next to the kicker.
7. **Legal Scrimmage kick formations are per the 2015 NFHS rules**

Article (d)-DECLARED PUNTS, FIELD GOALS AND PAT KICKS:

1. **8U (BH) Division** on 4th down team can elect to go for it or give the ball up tacking on 20-yards

Article (e)-DECLARED FIELD GOALS, AND PAT KICKS ONLY:

1. **8U (BH) Division-** No kickoffs or punts.

Article (f)-ON-SIDE KICKS:

Definition of On-side kick: (A kickoff in which the kicking team attempts to kick the ball only so far as is legally required, so as to have a better chance to recover the kicked ball. A kickoff deliberately kicked a short distance in an attempt by the kicking team to regain possession of the ball by recovering it after it has traveled forward the legally required distance of 10 yards.)

1. An onside kick is not permitted during the 1st half of play for ALL divisions.
2. **Kicks perceived by referee to be onside or pouch kick (not muffed) are subject to 15 yard penalty from spot and personal foul on head coach. If team receives (2) two onside kick penalty infractions the head coach can be ejected from that game.**
3. A team trailing may attempt an onside kick during the 3rd quarter (trailing by 14 points or more)
4. A team trailing by any amount of points may attempt an onside kick during the 4th quarter.
5. When the ball is kicked off, if it recovered by LE they cannot run the ball and it is a dead ball where at that spot on the field.
6. **For all divisions**, the receiving teams restraining line is always 10 yards in advance of the spot of free kicking and the ball must travel beyond the 10 yards and touch the ground before the kicking team may legally recover.
7. **In all divisions- Over stacking or shifting the majority of the kicking team to one side of the field on an onside kick is not permissible.**

NOTE: 8U (BH) Division does not kick off to start new offensive series; instead they start at the opponent's 25-yard line.

Article (g)-BLOCKING:

1. Only linemen may block below the waist, assuming it does not fit the definition of a "chop block", and
 - A. All players involved are on the line of scrimmage and in the free blocking zone at the snap
 - B. The contact is in the zone and the ball is still in the FBZ...

Free blocking zone definition: "a rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards behind each LOS. The zone disintegrates after the ball has left each zone."

Chop block definition: "a delayed block at the knees or below against an opponent who is already in contact with a teammate of the blocker in the free blocking zone"

2. L/Es are allowed to trap block and pull. (They cannot run the ball at anytime)

Article (h)-DEFENSIVE TEAM RULES

8U (BH) DIVISION:

1. LE's (Lineman Eligible "X-men" must line up inside (shade) the Offensive tackles and must be in a 3-point stance.
2. DEs may lineup on the LOS but count as 1 of the down lineman and must be in a 3-point stance.
3. Defensive lineman may line up over the "Center" but must shade a shoulder and not stand head to head with offensive player "Halo Rule" * they must attack at the gaps. *
4. 10U Division: All other HS rules apply

11U (JPW), 12U (PW), 13U (JM), 14U (MD) DIVISIONS:

1. High School Rules apply no player weight position restrictions.
2. Defensive lineman may line up over the "Center" HS Rules Apply

Article (i)-CFYFL LINEMAN ELIGIBLE (L/E) RULES:

1. **Weight Classifications - Lineman Eligible-L/E (X-Men)**
This league will incorporate into its weight classes and divisions the term "Lineman Eligible". In order for a player to be considered lineman eligible, he/she must meet the following requirements: All division weights are FLAT MAX WEIGHTS: **8U (BH): 100-lbs MAX**, *(See weight-in rules page 26, 27) ****11u, 12u, 13u & 14u No weight or position restriction**** A player must wear at a minimum during weigh-in with: Games Jersey, Game Pants, Socks & cleats (No Flip Flops). **NO EQUIPMENT ALLOWANCE**
2. **A lineman eligible (LE) is only permitted to play on the offensive or defensive line, they must line up at or inside the tackle and they are not permitted to run the ball. They cannot advance a fumble, or turnover under any conditions.**
3. L/Es **MUST** have a colored **"X"** on the rear of their helmet identifying them as lineman eligible.
4. Once a participant is deemed lineman eligible, they will remain so for the duration of the season.
5. L/Es are not required to weigh in, but must show their helmets for verification of the required "X".
6. **L/Es can only play the following positions: Offensive Center, Tackle or Guard. Defensive positions are Defensive Nose Guard or Defensive Tackle and must line up at or inside the Offensive tackle.**
7. L/Es are allowed to trap block, "roll out" and pull. L/E's cannot run the ball.
8. L/Es can participate on special teams; kickoff must line up with-in hash marks /return team must be on front line. Punts, field goal attempts and PATs LE's must line up in regular formation and are prohibited from advancing the ball at anytime.
 - **L/E on the field in other than line positions during special team play other than PAT and Field goal attempts = "illegal formation" resulting in 15-yard penalty and unsportsmanlike penalty charged to Head coach**
9. L/Es can recover a fumble or turnover but cannot advance the ball.
10. LE's may participate as a kicker and /or a punter but cannot run the ball or advance it.
11. **L/Es must wear a jersey number 50-79 or 90-99.** If a lineman-eligible player's jersey is damaged beyond repair during game play the player is in eligible to continue play. It is illegal for a lineman eligible to switch jerseys, without authorization from the Executive Board. However, if the opposing Head Coach agrees, **(must be noted on the mandatory play form)** the player can return with a different jersey, but the number still must fall into the lineman-eligible range, **(50-79,90-99)** and the Executive Board must be notified

within 24 hours of the conclusion of the game. **The lineman-eligible cannot use the jersey of another roster player; it must be an unused jersey number.**

Example: LE player 65 tears his jersey during game play, consent is given by the opposing Head Coach for #65 to switch jerseys, however LE #65 cannot go to another roster player, say player #61 and use his jersey. LE must use a new "Game" jersey # that is not already in use by another player. If another jersey is not available, he is considered ineligible to continue in that game. Any violation of this section will result as a minimum forfeiture of said game without appeal.

Article (j)-PENALTIES:

Coaches:

The following penalties are prescribed for coaches who are guilty of the following:

- 1 Failing to observe the "All Play Rule." **First offense:** probation, affected players are given double playing time in next game. **Second offense:** suspension for one game. **Third offense:** suspension for remainder of season. If it is the last game: suspension for the first half of season games next season.
- 2 Cheating: Permanent suspension.
- 3 Playing ineligible players: Suspension for rest of season. League will review status for next season.
- 4 Badgering or taunting of game officials, opposing players or opposing coaches and/or inciting fans to display poor sportsmanship: **First offense:** suspension for two games. **Second offense:** permanent suspension.
- 5 Fighting of any kind: suspension for the remainder of the season.
- 6 Teaching player's dirty tactics: **First offense:** suspension for one game. **Second offense:** permanent suspension.
- 7 Failure to keep the health, safety and welfare of players through conscientious coaching: **First offense:** suspension for one game. **Second offense:** permanent suspension.
- 8 Personal fouls against a team for not obeying the onside kick rules or L/E rules shall be administered against the Head Coach. Any Coach receiving two personal fouls in one game will be relieved of his duties as Head Coach and asked to leave the field of play. The Head Coach will also then be suspended for the next preceding game with the possibility of further discipline at the discretion of the Executive Board.

Player / Participant:

Players are to be removed from the game for the following:

- ✓ Fighting: **1st offense** removal from the game and suspended from next game. **2nd offense** suspended for Additional games & suspended from team.
- ✓ If a player receives two (2) Un-sportsman penalties (fighting, taunting, late hits, Badgering or intimidating opposing players or fans :) player will be automatically ejected from the game. He must leave the bench area. Player will be suspended for next scheduled game. **2nd offense** suspended for additional games & suspended from team.
- ✓ If a player(s) leave bench area during fight Officials can eject any player for leaving the sideline who enter the field during altercation
- ✓ Disrespect for coaches, game officials and team volunteers: **1st offense** removal from game & 1-game suspension, **2nd offense** suspended for additional games & suspended from team.

NOTE If a player is ejected by an official from a game he is suspended / ineligible for the next scheduled game as well. The suspension cannot be appealed.

Association Offenses:

1. Failure to control parents, coaches, players or fans: **1st offense** Forfeiture of the game. **2nd offense** forfeiture, fine and sanctions by the league. **3rd offense at the same event** forfeiture of the entire association's games and one game suspension and fines for entire association.

Safety & Sportsmanship Rule:

- If a ball carrier loss his helmet during a play it will be blown dead and ball placed at the spot.
- Players are not permitted to remove their helmet while on the field

- Players are required to wear their helmet during handshakes at end of the game.

Other than the amendments contained in this document, all contests will be officiated as per NFHS rules and penalties. **All head coaches and officials are responsible for knowing both high school rules and the rules that are particular to the Central Florida Youth Football League. AYF Rules only apply during tournament play**

Article (k) League Playoff System: The league will determine the number of teams qualifying for playoff per division. In the event of a tie in the division: First Tie Breaker will be (H2H) head to head, if still tie, Second Tie Breaker will be overall point against for season (Points Against), **Third Tie Breaker if Needed Point Difference. Subtract PA from PF = Total (ex: 98 PF -66 PA = 32) team with lowest number wins tie breaker**

- Regionals –League Champions (FB & Cheer) will be eligible to advance (There is No Regional's for BH)
*AYF Rules Minimum of 16 active players per roster Cheer follow AYC rules
- Nationals – Regional Champs will be eligible to advance. if Wild Card or runner up teams that receive an invite to tournament must pay their own team fees.
- Cheer teams are required to attend Regionals and Nationals.
- There is "No Weight-In" during playoffs. Player's previous weight from final game qualifies. If player was an LE at last game and throughout the season, then player remains LE during the playoffs.

****All AYF/AYC Rules apply and supersede CFYFL Rules for Regional & National Tournament Play Only****

TRICK PLAYS:

Official USA Football Rule on Trick Plays

There has been much debate about trick plays in youth football the last few weeks. We've all seen, and discussed, the merits of such plays. Below is a passage from our 2010 Youth Football Rulebook regarding trick plays:

Trick Plays and Unfair Acts

It is a fundamental core belief of USA Football that coaches demand sportsmanship from their players and, equally important, lead by example. Coaches must always remember that the players look to them for positive life skills and values.

*With that in mind, USA Football takes the position that coaches should refrain from teaching their players and teams techniques and plays that have no place in youth sports. Examples of deceptive plays include but are not limited to "hideout" plays or "wrong ball" plays. **A-11 formations are all band plays in the "CFYFL" Exception: Swinging Gate***

Strategic deception has been and always will be part of football, such as multiple shifts, unusual formations and creative plays. However, actions or verbiage designed to confuse the defense into believing there is a problem and a snap isn't imminent, or planned loose ball plays, are beyond the scope of sportsmanship and are illegal. Respect your opponent. Respect the game.



Safe-Kids Program

The following is the policy of the Central Florida Youth Tackle Football League & Cheer

- The CFYFL is committed to provide a safe environment and to prevent child abuse and sexual misconduct
- The CFYFL will make every reasonable effort to ensure that every person involved in coaching/training a sport activity will abide by the SafeKids guidelines
- The CFYFL will make every reasonable effort to exclude any adult with a legally documented history of child abuse/molestation or any other record that would bring unnecessary risk to the health and safety of the participants of this organization. Therefore, every person applying for a position as a coach/trainer must complete Employee Disclosure Statement (see attached)
- The CFYFL will take appropriate action on all allegations of child abuse and/or sexual misconduct. All allegations will be reported immediately to the authorities for investigation and will cooperate fully with any such investigation

The following is a list of preventive measures which should be taken:

- Physical, mental, and verbal abuses are forbidden
- Inappropriate touching is forbidden
- Coaches/trainers should not socialize with the participants outside of the sponsored activities of the organization
- Coaches/trainers should not ride solo with a child
- Parents are encouraged to attend sponsored activities
- If a child needs special attention (one – on – one), do it with the assistance of another adult

***This policy is adopted by the CFYFL Board, Area Directors, Coaches and Volunteers**

HIGH SCHOOL PENALTY SUMMARY

LOSS OF 5 YARDS

Failure to properly wear mandatory equipment during down
 Delay of game
 Illegal substitution
 Free-kick infraction
 Encroachment
 Free-kick out of bounds
 Invalid or illegal fair catch signal
 Snap infraction
 False start
 Illegal formation
 Less than 7 players on A's line
 Illegal shift / illegal motion

Planned loose ball infraction
 Illegally handing ball forward (also loss of down)
 Illegal forward pass (by A, also loss of down)
 Intentional grounding (also loss of down)
 Ineligible receiver illegally down field
 Illegal touching (also loss of down)
 Helping runner
 Incidental face mask
 Running into kicker / holder
 Sideline interference
 Attendant illegally on field
 Non-player outside of team box but not on field

LOSS OF 10 YARDS

Illegal blocking technique
 Interlocking blocking
 Holding
 Runner grasping a teammate
 Illegal use of hands or arms
 Illegal block in the back

LOSS OF 15 YARDS

Unsportsmanlike conduct by player or non-player
 Illegally kicking or batting the ball
 Illegal block after valid or invalid fair catch signal
 Kick-catching interference
 Forward pass interference (loss of down if by A)
 Illegal block below the waist or on free-kicker or holder
 Clipping
 Chop block
 Tripping
 Illegal personal contact
 Charging into an opponent obviously out of the play

Grasping an opponent's face mask or any helmet opening
 Butt block, face tackle or spear
 Roughing the passer (also first down)
 Roughing the kicker or holder (also first down)
 Roughing the snapper (also first down)
 Slapping blocker's head
 Illegal participation
 Sideline interference (third and subsequent)
 Non-player illegally on field
 Unfair acts

DISQUALIFICATIONS ASSOCIATED WITH CERTAIN 15-YARD PENALTIES

Fighting by player or non-player
 Intentionally contacting an official
 Striking, kicking, kneeling
 Any act if unduly rough or flagrant
 A second unsportsmanlike foul by player or non-player
 A substitute leaving the team box during a fight

A COPY OF THIS DOCUMENT IS REQUIRED TO BE SECURED IN EVERY TEAM BOOK AT EVERY GAME THROUGHOUT THE SEASON WITHOUT EXCEPTION

****All CFYFL RULES APPLY TO LEAGUE PLAY ONLY. AYF/AYC DIVISIONS AND RULES APPLY DURING ALL OUT OF CONFERENCE PLAY & TOURNAMENT PLAY****

CENTRAL FLORIDA YOUTH FOOTBALL LEAGUE 2020 DIVISIONS

CENTRAL FLORIDA YOUTH FOOTBALL LEAGUE 2021 DIVISIONS			
AYF - ALL AMERICAN DIVISION *ALL DIVISIONS AND CLASSIFICATIONS ARE SUBJECT TO CHANGE DIVISIONS ARE AGE BASED			
	AGE RANGE	PROTECTED AGE	PROTECTED AGE EXPLANATION DIVISION
BOBBLE HEAD	7/8/9	8u	CAN NOT TURN 9YRS OLD BEFORE <u>7/31 (OF CURRENT SEASON)</u> *WEIGHT UP TO 100-LBS AND OVER "LE" ONLY **8 ON 8 TACKLE FOOTBALL** MUST BE 6-YRS OLD BY AUG. 1 ST **
MIGHTY MITES	9/10/11	10u	CANNOT TURN 11YRS OLD ON OR BEFORE <u>7/31 (OF CURRENT SEASON)</u> NO WEIGHT LIMIT OR POSITION RESTRICTIONS **HS FOOTBALL RULES
PEE WEE	11/12/13	12u	CAN NOT TURN 13YRS BEFORE <u>7/31 (OF CURRENT SEASON)</u> NO WEIGHT LIMIT OR POSITION RESTRICTIONS **HS FOOTBALL RULES
JR. MIDGET	12/13/14	13u	CANNOT TURN 14YRS BEFORE <u>7/31 (OF CURRENT SEASON)</u> NO WEIGHT LIMIT OR POSITION RESTRICTIONS **HS FOOTBALL RULES
MIDGET	13/14/15	14u	CANNOT TURN 15YRS BEFORE <u>7/31 (OF CURRENT SEASON)</u> NO WEIGHT LIMIT OR POSITION RESTRICTIONS **HS FOOTBALL RULES APPLY *8 TH GRADERS REGARDLESS OF AGE MUST PLAY 14u* **NO NINTH GRADERS PERMITTED / NO EXCEPTIONS**
✓ *LE-LINEMAN ELIGIBLE ONLY. PARTICIPANT CAN ONLY PLAY AN "O" OR "D" LINE POSITION ✓ ** AYF TOURNAMENT DIVISIONS DO NOT APPLY TO CFYFL DIVISIONS & RULES			

****Players Team Placement based on High School Zone District. ****

- **CFYFL Divisions: 8u, 10u, 12u, 14u**
- **Player's Birthday As Of July 31st of Current Season.**
- **Current 8th Grades Must Play On 14u Only**
- **No 9th Graders Permitted**
- **CFYFL Divisions: Players Are Place on Teams Based Upon the Current Seasons Age Per Division with Max School Grade.**

CHEER PARTICIPANT POLICES AND PROCEEDURES:

Practice Attire

- ‘Cheer’ shorts, t-shirt, socks and tennis shoes. No halter tops, half or spaghetti strap shirts, sport bras, or jeans (short or long). Sweat pants are acceptable in cooler weather.
- Wear old sneakers, as they will get dirty during practices. **DO NOT WEAR NEW CHEER SHOES.**
- Hair pulled up off of the neck, away from the face and secured tightly with hair bands.
- Towel to sit on during warm-ups is recommended.
- No fingernail polish and nails must be kept trimmed for stunting.
- No make up and glitter allowed (including glitter hair gel and body lotion).
- No Jewelry (including earrings, watches, body piercings, necklaces, etc.) No band aids are allowed over newly pierced ears. All earrings must come out for practices – no exceptions.
- Full water bottle at every practice – no glass containers.
- No cell phone use at practice by cheerleaders; phones must be kept in cheerleaders bag even during breaks.

Game Attire

- Uniform (skirt, shell & bloomers)
- Cheer shoes & socks; Pom-poms
- Hair up; out of face w/squad hair adornments
- No make-up, jewelry, nail polish, glitter (including hair gel and body lotion)
- Water bottles are required at every game

All cheerleaders will be checked for fingernail polish and length at book check prior to games. Jewelry is not to be worn on game day and practice; this includes watches, necklaces, rings, earrings and bracelets. Failure to adhere to these rules may result in the cheerleader not being able to cheer during the game.

If you are planning on having your ears pierced prior to or during the season, there are no exceptions for starter earrings, they may not be worn. Tape may not be placed over earring to cover. Cheerleaders who can't remove newly pierced earrings will not be allowed to practice or cheer at games.

Competition Attire

- Uniform (skirt, shell & bloomers) & Competition sleeves
- Cheer shoes & socks; Pom-poms (if required)
- Hair up; out of face w/squad hair adornments
- No make-up, jewelry, nail polish, glitter (including hair gel and body lotion)

Uniform Policy

- Complete Uniforms shall be worn at all CFYFL sponsored events during the season.
- Uniforms (including shoes and socks) shall be clean and in good condition at all times.
- Cheerleaders are required to wear approved cheerleading shoes as part of their uniform to all games and competitions. Shoes from previous years may be used as practice shoes.
- Uniforms, Pom poms, and turtlenecks (sleeves) will be returned at the end of the season. Parents will be financially responsible for the replacement costs of uniforms not returned, lost or damaged in any way.
- Uniforms – \$150.00, Pom poms – \$30.00, Turtlenecks – \$50.00. Failure to return uniform items or pay the replacement costs by the specified date will result in the cheerleader being ineligible to participate the following year.
- Any cheerleader who decides to leave the program will be required to return their complete uniform immediately.

****ALL CHEER RULES & DIVISIONS WILL BE BASED UPON 2020 AYC (American Youth Cheer) RULE BOOK & YCADA Format. ALL CFYFL-CHEER RULES APPLY TO LEAGUE ONLY. ALL COMPETITION RULES FOLLOW AYC & YCAD GUIDELINES...**





Anti-Bullying Guidelines and Anti Bullying Policy

Bullying is against the law. There is no federal (uniform) anti-bullying law. Bullying laws are state laws and as such vary from state to state, and as a result AYF members should review and familiarize themselves with what their state laws and modify this policy based on the laws of their respective state. AYF encourages all members to have a written anti-bullying policy and to ensure that their policies meet, at a minimum, their state requirements. State laws can be found here <http://www.stopbullying.gov/laws/>

Bullying has no place on the field, in our schools or communities. Those gifted with athletic ability and the work ethic to participate and excel in sports, have a greater responsibility than others to those that may be weaker than them, please help us instill in our AYF participants that they should take it upon themselves to not only refrain from bullying behavior but to stand up for those who may be bullied on and away from the football field.



Policy for Bullying Prevention

The CFYFL and all its Teams & Associations believes that all participants have a right to a safe and healthy team environment. The administrators, coaches, participants and community have an obligation to promote mutual respect, tolerance, and acceptance.

The CFYFL and all its Teams & Associations will not tolerate behavior that infringes on the safety of any participant. A participant shall not intimidate, harass, or bully another participant through words or actions. Such behavior includes: direct physical contact, such as hitting or shoving; verbal assaults, such as teasing or name-calling; and social isolation or manipulation.

The CFYFL and all its Teams & Associations expects participant's administrators, coaches and/or participants to immediately report incidents of bullying to a coach, team manager, league administration, board of directors or designee. Coaches who witness such acts take immediate steps to intervene when safe to do so. Each complaint of bullying should be promptly investigated. This policy applies to participants on and off the field, while traveling to and from games and or practices and at league/team/conference sponsored activities.

To ensure bullying does not occur, the CFYFL and all its Teams & Associations cultivate acceptance and understanding in all

participants and coaches to build each organization's capacity to maintain a safe and healthy team environment.

Coaches should discuss this policy with their team in age-appropriate ways and should assure them that they need not endure any form of bullying. Participants who bully are in violation of this policy and are subject to disciplinary action up to and including suspension.

Each organization will adopt a Participant Code of Conduct to be followed by every participant on each team and or squad, while playing, practicing and or when traveling to and from team and or squad sponsored activity.

The Participant Code of Conduct includes, but is not limited to:

- Any participant who engages in bullying may be subject to disciplinary action up to and including suspension from their respective team and or squad.**
- Participants are expected to immediately report incidents of bullying to the coach, team manager or designee.**
- Participants can rely on staff to promptly investigate each complaint of bullying in a thorough and confidential manner.**
- If the complainant participant or the parent of the participant feels that appropriate resolution of the investigation or complaint has not been reached, the participant or the parent of the participant should contact the organizations board of directors. The organization prohibits retaliatory behavior against any complainant or any participant in the complaint process.**

The procedures for intervening in bullying behavior include, but are not limited, to the following:

- **All coaches, team managers, participants and their parents will receive a summary of this policy prohibiting intimidation and bullying: at the beginning of the football/cheer season, as part of the organization's paperwork delivery/collection to parents.**
- **The organization will make reasonable efforts to keep a report of bullying and the results of investigation confidential.**
- **Coaches and or team managers who witness acts of bullying shall take immediate steps to intervene when safe to do so. People witnessing or experiencing bullying are strongly encouraged to report the incident; such reporting will not reflect on the target or witnesses in any way.**

Participant Code of Conduct

The Participant Code of Conduct includes, but is not limited to, the following:

- **Participants are to resolve their disputes without resorting to violence.**
- **Participants are encouraged to help fellow participants resolve problems peaceably.**
- **Participants can rely on coaches and team managers trained in conflict resolution and peer mediation strategies to intervene in any dispute likely to result in violence.**

- **Participants needing help in resolving a disagreement, or participants observing conflict should contact a coach, teacher at their school or police officer.**



National Federation of State
High School Associations



Football Rules Changes – 2019 By NFHS on May 16, 2019

BY STATE ASSOCIATION ADOPTION, USE OF VIDEO REVIEW ALLOWED FOR STATE POST-SEASON CONTESTS [1-3-7 NOTE (NEW), TABLE 1-7 – 1-3-7 NOTE (NEW)] **Rationale:** By state association adoption, instant replay may only be used during state postseason contests to review decisions by the on-field game officials. This adoption would allow state associations to develop protocols for use of video replay.

IMPROVED VISIBILITY OF NUMBERS [1-5-1c, 1-5-1c (6) (NEW)]

Rationale: The purpose of numbers on jerseys is to provide clear identification of players. In order to enhance the ability to easily identify players, the committee has clarified the size requirements for jersey numbers through the 2023 season. The committee also added a new requirement that, effective in the 2024 season, jersey numbers must be a single solid color that clearly contrasts with the body color of the jersey.

REDEFINED REQUIREMENTS FOR A LEGAL SCRIMMAGE FORMATION (2-14-1, 7-2-5a) **Rationale:** A legal scrimmage formation now requires at least five offensive players on their line of scrimmage with no more than four backs. This change will make it easier to identify legal and illegal offensive formations.

40-SECOND PLAY CLOCK (2-35-1, 3-6-1, 3-6-2a, 7-2-1)

Rationale: To have a more consistent time period between downs, the rules committee approved

situations where 40 seconds will be placed on the play clock. The new rule defines when 40 seconds will be placed on the play clock and when 25 seconds will be placed on the play clock.

PROHIBITION ON TRIPPING THE RUNNER [2-45, 9-4-3o (NEW), 9-4-3o PENALTY (NEW)]

Rationale: In an effort to decrease risk, tripping the runner is now prohibited. It is now a foul to intentionally use the lower leg or foot to obstruct a runner below the knees.

ILLEGAL KICKING AND BATTING PENALTY REDUCED (6-2-1 PENALTY, 9-7

PENALTY) Rationale: The penalty for illegally kicking or batting the ball was reduced from 15 yards to 10 yards.

HORSE-COLLAR TACKLE ADDITION (9-4-3k)

Rationale: Grabbing the name plate area of the jersey of the runner, directly below the back collar, and pulling the runner to the ground is now an illegal personal contact foul.

Football Game Officials Manual Points of Emphasis - 2018-2019 By NFHS on May 16, 2019 Equipment Issues to be Addressed

It is critical for all game officials to continue to strengthen their efforts to address all issues that deal with the current equipment requirements. Game officials must focus on these three areas of concern: (1) required equipment not worn properly (pants that do not cover the knees), (2) required and/or legal equipment missing or not being used correctly (no knee pads, thigh guards or hip pads), and (3) wearing illegal equipment (a hard cast not properly covered).

One adjustment made to Rule 1-5-4 requires that the head coach will verify to the referee and another game official prior to the game that "his players have been issued all of the required equipment and they will not use illegal equipment."

Crew members are encouraged to become very observant throughout their pre-game responsibilities and to be prepared to immediately address any equipment issues with the player and a coach. Appropriate communication with the player in the presence of the coach allows for correction to be made prior to the beginning of the contest and avoids problems during the game.

Once the game has started, a major rule change (NFHS Football Rule 3-5-10e) for 2018 calls for an official's time-out to be declared for the removal from the game for at least one down of any player who is wearing required/legal equipment improperly or not at all or is wearing illegal equipment. It is certainly appropriate to allow the correction of the equipment problem quickly and avoid removing the player if the correction/repair is clearly possible in a timely manner (a tooth and mouth protector is hanging from the face mask or a back pad attached to the shoulder pads is not covered by the jersey). Multiple requests are NOT recommended/encouraged to address an equipment problem that continues to be an issue. NFHS Football Rule 3-5-10e is likely to get results as this concern is addressed.

Rule 9-9 (Failure to Properly Wear Required Equipment) has been deleted from the 2018 NFHS Football Rules Book. Rule 3-6-2 no longer calls for a delay-of-game foul for failure to properly wear required/legal equipment. An important change to Rule 9-8-1h calls for an unsportsmanlike foul charged to the head coach if, and only if, a player(s) is wearing illegal equipment.

Game officials are very strongly urged to immediately address this current problem with equipment issues early and often as the 2019 season begins. There is appropriate rule support now for dealing with these problems, and this problem cannot be ignored. It will not go away if game officials fail to take appropriate action.

Consistent Pace of Play Throughout the Game: The time difference in marking the ball ready-for-play from referee to referee has incorrectly varied and often very significantly. The time period between downs is supposed to be dictated by the offensive team and not the game officials. The rules afford teams the option of running their offense as fast or as slow as they choose. In many situations, teams are waiting for game officials to declare the ball ready-for-play and could have already resumed, or attempted to resume play. Once the ball is retrieved and placed on the ground for play, all game officials should be in position and ready to officiate without worry of an illegal snap. While regularity and consistency is the responsibility of every game official on the field, the referee likely has the most effect on this procedure. Situations occur such as the referee being overly patient for a quarterback receiving the play call from the coach at the sideline or other crew members unevenly hurrying to retrieve the ball as time declines near the end of a half. Such practices, as inadvertent as they may be, project an inappropriate attitude of bias towards one team or the other and additionally subtract from the fairness of the game.

The 2018-2019 NFHS Football Game Officials Manual is clear on the appropriate procedures in the Basic Philosophy Principles section entitled "Marking the Ball Ready for Play." After the ball is spotted, three to five seconds should be the maximum time to signal the ready-for-play, and game officials are required to "hustle to their proper positions" so that the "same tempo can be maintained throughout the game." Teams want and deserve consistency in this regard.

Timing Rules and Procedures: While the rules allow for some flexibility in length of periods and halftime intermissions, there are set limitations. Risk minimization continues to be an emphasis in football and certain rules are in place to protect warm-up and rest periods, and these rules must be followed without exception.

Length of Periods can be shortened:

1. Shorten any period or periods in any emergency by agreement of opposing coaches and the referee. By mutual agreement of the opposing coaches and the referee, any remaining period may be shortened at any time or the game terminated. (3-1-3)
2. By agreement of the opposing coaches and the referee, the halftime intermission may be reduced to a minimum of 10 minutes (not including the mandatory warm-up period).
3. When weather conditions are construed to be hazardous to life or limb of the participants, the crew of game officials is authorized to delay or suspend the game. (3-1-5)

When dealing with lightning or thunder disturbances during a game, please refer to the "NFHS Guidelines on Handling Practices and Contests During Lightning or Thunder Disturbances" in Appendix E of the NFHS Football Rules Book. If a lightning or thunder disturbance occurs near halftime intermission, this delay ~~cannot be treated as~~ halftime intermission. After a weather delay, by rule the second period must be completed and halftime intermission shall be declared. (3-1-3) Halftime intermission may be reduced to a minimum of 10 minutes by agreement of the opposing coaches and the referee. (3-1-3, TABLE 3-1) Rest periods are important for the well-being of the players and should be followed as prescribed.

COVID GUIDELINES & POLICY

Practice Guidelines:

- Players must sanitize hands before entering the field and after
- All players must sign both attached waiver forms prior **(see attached)**
- All Coaches must have Covid-19 forms signed prior **(see attached)**
- All coaches must wear face coverings when in close contact
- Players must be spaced out and be in groups of 9 or less during drills
- All equipment must be wiped down after each drill
- Player need to bring own water bottles and keep distance during breaks when possible
- Players are not to share any personal equipment or beverages
- First few practices should be non-contact conditioning then move to full gear, full contact practices
- Practices: 2hr sessions and must have mandatory water breaks ****No Shared Water Bottles****
- Parents are asked to remain in their cars if possible during practice
- Parents are asked to adhere to social distancing guiding while spectating at practice
- We ask all families, coaches and volunteers to wear face coverings whenever possible.
- If player or any family member feels sick or has a temperature to please stay home please.
- We ask all to cooperate with the guidelines of the CDC and polices set forth for these voluntary workouts

*****Stay tune for more updates*****

*Everyone needs to follow strict CDC guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Practice social distancing by putting space between yourself and others. Continue to practice healthy habits to help slow the spread of COVID-19. Wash your hands for at least 20 seconds

- Clean and then disinfect frequently used surfaces
- Stay home if you're sick
- Avoid touching your face

Learn more about staying safe and healthy at [cdc.gov/covid19](https://www.cdc.gov/covid19)

****All policies and procedures are subject to changed based upon local, state & CDC guideline as they are updated throughout the year.**

Current Fall 2021 Season Addendum

SPRING SEASON ADENDEM - 2022

****Spring Season rules based on CFYFL Fall 2021 with the exception of:**

- ✓ Head coach is responsible for all asst. coaches, players & parent action before, during & after game
- ✓ Head coach is responsible for all game day volunteer assignments
- ✓ Other league coaches need to register for CFYFL fall season in order to be consider to coach spring
- ✓ There are "NO KICKOFF" for spring season (as of 2019) / Ball Placed on 25yd line
- ✓ If Team Forfeits they will "NOT" qualify for playoffs
- ✓ Any coach or player ejected form game must leave the stadium immediately. Failure to do so will result in team forfeit. "There is no sitting in the stands, near concession or gate entrance"
- ✓ Any extracurricular altercations in parking lot will result in being expelled from Upcoming CFYFL Spring & Fall seasons
- ✓ MD Div: Player ejected from a game for fighting suspend for rest of season" **NO EXCEPTIONS"**
- ✓ All extra-point kicks in all division are 2-pts (run or pass 1pt)
- ✓ All divisions 10-min quarters EXCEPT BOBBLE HEAD = 20 Min Half's Running Time
- ✓ No outside coolers No pets allowed at any facility ****No Exceptions** Unless licensed Medical**

11 on 11 = 4 Divisions * BH Division 8 on 8 Tackle Football NO SCORE KEPT-NO PLAYOFFS

- **Bobble Head: (1st/2nd grade) 8u = Weight Limit 100lbs Over can be LE**
- 10u, 12u, 14u: HS Rules Apply

Lineman Eligible: can only play offence & defensive line /cannot run ball

******All rule addendums supersede 2021 Fall Rule Book******

RULES MAY BE ADJUSTED PRIOR TO SPRING 2022 SEASON

****This page needs to be in your team book once finalized****