

FWYFL RULES

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

1. Forty minutes prior to the start of the game all visiting and home team players, as well as, each team's head coach and a team representative must be present for the start of the weigh-in process. The head coach is responsible for reporting to the site director with all members of his or her team to be weighed in. Players should be lined up in alphabetical order by their last name. The team representatives are responsible for checking the opposing team player ID cards to insure photo matches player. If a player does not have a current player ID card then he or she is ineligible for that day's game. If there is a discrepancy on the photo and the player, the team representative will address this situation with the FWYFL staff member at the weigh-in station. FWYFL staff member will then call out player names to weigh-in and further insure eligibility. The head coach and one team representative are the only representatives allowed to accompany his or her team to the scale for game day weight checks. Parents and assistant coaches are prohibited in the weigh-in area.

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

3. In the presence of each team's captains, FWYFL staff will conduct the coin toss fifteen minutes prior to game start. In some instances coin tosses will be conducted on the field with the referees. The team listed first on the schedule is considered the home team and will call heads or tails. The home team will occupy the north or east sideline, whichever applies. All parents must stand behind the parent line, caution line, or designated area 5 – 10 yards off of the sideline. The visiting team is responsible for obtaining volunteers to run the sideline chains and down marker. The winner of the coin toss will then choose whether to be on offense or defense and the losing team will choose which side of the field they would like to start with. After halftime the teams will switch roles.

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

5. The playing field will be forty yards wide and eighty yards long.

6. The game will consist of two continuous 20 minute halves with a five minute halftime. The clock will be continuously running, only stopping for team and/or referee time outs. Each team is allowed one, thirty second timeout per half. The timeout can carry over to the second half. No overtime in the case of a tie. In the last two minutes of the game, the team with the lead cannot call a time out. The clock stops in the last 2 minutes of the game for timeouts, penalties, incomplete passes and out of bounds running plays.

7. An FWYFL approved uniform, helmet, pads and mouthpiece are required to be worn in order to participate. Children may not tie any portion of their jersey for safety reasons. Children may not wear any face shield that has a tint, all face shields must be clear. No jewelry, open toed shoes, or metal cleats may be worn.
8. The game ball must be comparative to a Wilson Traditional Youth Football. K2 for peewees, TDJ for Supers and Midgets, and a TDY for Varsity. The officials will rotate balls from each team while they are on offense. All balls must be approved by the game official prior to the start of the game.
9. The methods of scoring and their value: Touchdown 6 points. Extra Point 1 point (from the 5 yd line) Two Point conversion is allowed if taken from the 10 yard line. Safety 2 points
10. The game will be played eight on eight. Each team will therefore have a maximum of sixteen players allowed on their roster.
11. The head coach has the authority to limit game playing time of any player on their team who continually misses practices without a valid excuse, or who may have caused disciplinary problems during a prior practice or a particular game.
12. Two un-sportsmanlike conduct violations by any player, coach, or spectator will result in an immediate dismissal of the violator, a fifteen-yard penalty and loss of down. The referee and FWYFL site director has the authority to dismiss a violator after one unsportsmanlike conduct violation based on severity. The game will resume once the violator has left the premises.
13. Substitution may occur between downs and any number of players may be substituted. Players must enter and exit the field promptly.
14. The offense must have five players (no more or no less) lined up on the line of scrimmage for every play. The three interior offensive linemen are **ineligible** receivers (therefore the two uncovered outside linemen are eligible. The defense must have a minimum of two and a maximum of four players on the line of scrimmage for every play. All offensive and defensive linemen must be in a three or four point stance prior to the snap of the ball.
15. The offense is given thirty seconds from the spotting of the ball to the time they must snap the ball to begin the next play.
16. No defensive player may line up on, or hit the Center. This rule is being implemented to protect the Center.
17. The ball carrier is down according to high school football rules.
18. In the event a ball carrier falls to the ground as a result of contact or not, the player is down and the play is over.
19. Blocking below the waist is prohibited at all times. This is to protect all players on the field at all times.
20. There are no kick offs. The ball will be placed on the 15 yard line.
21. After a safety, the ball is placed at midfield.

22. If a team gets a lead larger than thirty-five points, the losing team will start with the ball at midfield.

23. If a major injury occurs during the game, the EMT and FWYFL staff will make a discretionary call as to whether the game is to be cancelled. If the game is cancelled prior to halftime, the game will be made up on a future date and will be picked up where it was left off. If a game is cancelled after halftime, the game is considered final.

24. All coach's meetings are mandatory. One representative must be present for the coach's meeting or the entire team will be suspended for one game.

25. Punting Rules

- Punting is allowed on fourth down only
- Teams must declare to the official their intent to punt the football
- No fake punts, or quick kicks
- The punter may take the snap from the center but must punt the ball from a minimum of five yards behind the line of scrimmage
- A punting play may continue that begins with a fumbled snap
- If the football is punted into any player at the line of scrimmage it is ruled dead at the point of contact
- The ball is live on any muffed reception or fumble during the return.
- The offense may not run downfield until the ball is punted
- FWYFL rule 15 applies to punts in regards to line restrictions.
- There is no rushing allowed on a punt

26. Roster and Season Rules

- There will be no player additions to a teams roster after midnight of the 2nd preseason game of the season. An addition is determined by full payment of the registration fees to the FWYFL registrar.
- No additional teams can be added up to and including midnight one week prior to the first game of the season.
- The final schedule will be provided to all coaches one week prior to the first regular season game.
- Scrimmages prior to the first season game are allowed.

SUMMARY OF PENALTIES

Loss of five yards:

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

Loss of ten yards:

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

Loss of fifteen yards:

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

Disqualification:

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

RULE CLARIFICATIONS

Equipment Requirements Each player shall properly wear the mandatory equipment in order to participate in any tackle football game or contact practice.

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

No player shall participate while wearing illegal equipment. This applies to any piece of equipment that in the opinion of the referee or the league coordinator is dangerous and inappropriate.

DISCIPLINARY PROCEDURES AND PENALTIES

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

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

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

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

4. In addition, any individual who is ejected from a game for any reason is subject to banishment from the league. NO REFUNDS WILL BE GIVEN FOR THOSE IN VIOLATION.

5. FWYFL considers the code of conduct sheets that are handed out to each coach, included in his or her coach's packet at the parent orientation meeting, the first warning to all individuals participating in the league. These codes of conduct must be shared and signed by everyone on the team. They must be turned in at the first mandatory coach's meeting in order to receive the team's jerseys and schedules.

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

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

8. In addition to the certification day that is held prior to the season, FWYFL will be weighing in each child before each game at all sites. Team representatives will also be checking opposing team player ID cards to insure eligibility. If a child is found over the allotted weight limit or does not have a current or valid player ID card he or she will not be able to play in that day's game. If a child is not present once his or her team has been weighed in then the child is ineligible for the week's game. Once the team has been weighed in, the children that are present are the ones that are eligible to play. Scales can only be used by FWYFL staff. Once a child stands on the scale, the weight is recorded and the weight is certified. A child can only re-weigh once more if found over the allotted limits. A child cannot weigh in before his or her weigh-in time to see if he or she makes weight. Any player found using the scale not in accordance to the rules will be suspended for that week's game. FWYFL site directors and referees have the authority to conduct spot check weigh-ins and photo identification checks before, during, and after any game. **The FWYFL league officials decision on any issue related to weigh-in is final.**

FREQUENTLY ASKED QUESTIONS ABOUT WEIGH-INS

1. How long do the weigh-ins take? Weigh-ins do not take more than 10 – 15 minutes.

2. How are weigh-ins conducted? All players will be present at the field forty minutes prior to the start of the game. The coach will check in at the FWYFL designated area. Team representatives will check opposing team's player ID cards prior to weigh-ins. The coach will line up his or her team in a single file line in front of the scale. A FWYFL staff member will have a spot check form to record weights for each game. The FWYFL staff member will call out the player's name and record the weight of the player. The player will go to a designated area after weigh-in to separate him or herself from the rest of the team to insure eligibility of all members of the team. If a team representative informs the FWYFL staff member that a player does not have a player ID card, the child will not be allowed to weigh-in or allowed to play in that day's game. After all players have been weighed in, the FWYFL representative will then total the number of eligible players for the day's game and report to the FWYFL site tent. FWYFL representative will randomly check sidelines throughout the game to insure the number of eligible players. Opposing coach may be present to verify the weights of the team he or she is going to play against (this is optional, the opposing coach does not have to verify weights).

3. What if my child is found over the allowed weight? The child's number will be reported to the game officials and site director to prevent the player from playing in the current game. The opposing coach will also be notified of the child that is ineligible to play. The ineligible player may sit on the sideline with his or her team, but may not play in the game. A child that is found to be playing illegally will be suspended for the rest of the season.

4. What if my child is ineligible for the entire season due to not making weight? If a child cannot make the allowed weight for the division in which he or she is enrolled, then the league coordinator may move the child to the next appropriate weight division if roster room is available up to and including the third game. FWYFL has a no refund policy for the league.