



**FLORIDA YOUTH
FOOTBALL &
CHEERLEADING
ASSOCIATION, INC
FOOTBALL RULES**

Adopted: May 20, 2009

FLORIDA YOUTH FOOTBALL & CHEERLEADING ASSOCIATION, INC.**FOOTBALL RULES**

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FLORIDA YOUTH FOOTBALL & CHEERLEADING ASSOCIATION, INC.

Football Rules

RULE 1-TEAM COMPOSITION

- A. Each FYFCA team shall have no more than thirty-five (35) players or fewer than eleven (11) players.
- B. Anyone not a registered player and over the age of 18 (excluding media personnel and chain gang), must have a valid Hillsborough County Parks and Recreation Department Coach's Card or its equivalent and pass their respected Counties/Cities Background Check— see Bylaws

ARTICLE IX—LIABILITY, INSURANCE, AND CERTIFICATION.

- 1. Each organization will submit an Alphabetical list of Background Checks being turned in, and have a Parks & Recreation employee date and signed as received after checking list against background forms.
- 2. Signed lists forwarded to FYFCA President and FYFCA Secretary.
- 3. Parks & Recreation will email approvals by Organization to FYFCA President who in turn will forward to the Organizations Presidents and to FYFCA Secretary.
- 4. No sideline Passes shall be issued by individual Organizations unless their name appears on approved list to be kept in Football and Cheer Books, with volunteers and coaches at each age group highlighted. This would allow trustees to check for procedure follows through.
- C. The staff of each FYFCA team shall consist of the following:
 - 1. One (1) head coach,
 - 2. No more than five (5) assistant coaches,
 - 3. No more than two (2) team managers, and
 - 4. No more than four (4) “water boys.”
- D. The staff of each FYFCA Team shall have an approved FYFCA Field Pass to be on the field, color coded by team. Trustees will wear a separate color. FYFCA will approve the template. All passes will include, a picture, their Staff members name, the current year and the Organizations name. The card will be Business card size and will have “The Coaches Certification” on the back.

RULE 2—TEAM ROSTER AND OFFICIAL BINDER

- A. The team binder shall contain the following required information and shall be arranged in the same order as the official team roster. Included in the team binder shall be verification of coach's CPR and Coach's Certification.
- B. Each FYFCA team shall include, on a roster form supplied by the FYFCA, the following information:
 - 1. Member organization's name,
 - 2. Team name,
 - 3. Team age and weight division,
 - 4. Color(s) of team jersey(s)
 - 5. Name, titles, and telephone numbers of all staff.
 - 6. Full name of each player in order by Oldest to youngest— with no blank lines between the age/weight divisions.
 - 7. The name of the school each player attends, and
 - 8. Age and date of birth (as of July 31st) of each player. Except Mighty Mites, see Rule 3, A.

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- C. Team rosters and official binders shall be due for inspection and notarization during the official weigh-in. At this time a designated Trustee from another member organization shall initial each attending participant and mark absent participants as a “**NO SHOW**”. The team rosters and official binders shall be available for each regular scheduled football game for inspection, addition, and removal of participants. If a participant is to be added, they must comply with all official requirements and can only be added by another member Trustee, following the same procedure as outlined above. On game week four (4), the team rosters and official binders are due for final inspection and sealing by another member Trustee. No changes may be added to this roster after it is sealed. This shall be the official roster.
- D. Five (5) signed and sealed copies of each team’s official roster shall be prepared and distributed as follows: *[These five (5) copies shall be updated each week with any player additions.]
1. One (1) to the President no later than one week after the official weigh-in,
 2. *One (1) to the team’s official binder, and
 3. *One (1) to be retained by the member organization’s football trustee.
- E. Changes/Additions, Prior to Final Official Sealing of Roster:
1. Any changes/additions to an official roster must be in compliance with all Football Rules and approved in advance by a designated trustee from another member organization, who will sign the changes/addition.
 2. Any changes/additions to an official roster shall be reported to the President by the organization making the change/addition.
- F. Upon completion of the official roster (Game Week Four), in which rosters are sealed and closed, the designated Trustee will sign and affix an approved seal to it and all copies. Sealed and closed rosters shall be mailed to the President by Game Week Five of the current season.
- G. Required documents:
1. Each team will maintain a page in a loose-leaf binder for each player on the official roster.
The page will contain the following-(Although photocopies of proof of age are acceptable in the binder, member organizations must see the original or a certified copy at the time a player is registered.)
 - a. A completed FYFCA Participant Registration/Information Form, completed by a parent/legal guardian in the presence of a duly appointed organizational official (must be printed on heavy duty card stock).
 - b. A completed FYFCA sports physical examination certification dated no earlier than May 1st of the current year, with physicians signature and stamp (must be printed on yellow paper).
 - c. A photograph, current and clear enough so as to be able to easily recognize the player, and
 - d. Any proof of age documentation as follows:
 - i. an official state, county, municipal, federal or foreign birth certificate or certificate birth registration as issued by a governmental entity, or,
 - ii. an original court issued document attesting to the player’s date of birth, or
 - iii. an official passport, or
 - iv. any other documents which have been approved by the Board of Trustees
 - e. In the event of an injury or illness in which a physician has excused said player from Physical activity, participant must upon returning present a medical release to be eligible to participate in practice or games. If said player is released to play with injury or illness a medical release is required. Medical release is to be placed in the official binder.
 - f. An official Attendance Record, which will be initialed by a trustee at each game.

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2. Every Varsity player shall have a State of Florida Driver's license, official State of Florida identification card or any US Government Photo ID. This form of identification must be presented to the opposing trustee to be checked at the Official weigh-in. The original ID must be shown at the time the roster is sealed. A sealed color copy of the ID is acceptable for all games, once the player has been sealed. If the sealed book does not contain a sealed color copy of the Varsity players Valid ID Card, the original must be shown.

RULE 3—AGES AND DIVISIONS

- A. The following age limits shall be strictly enforced: (Ages are determined as of July 31st of the current season).

<u>TEAM</u>	<u>AGES</u>	<u>WEIGHT</u>
Mighty Mites	*4, 5 & 6	no restrictions
Pewees	7yr. olds and 8yr. old	95 lbs
Midgets	9 and 10 yr. olds	115 lbs
Super Midgets	11 & 12 yr olds	135 lbs
Junior Varsity	13 & 14 yr olds	155 lbs
Varsity	15 & 16 yr. olds	185 lbs

*4 year old with be allowed at each parks discretion.

- B. One pound a week shall be added after the Second Exhibition Game and all Regular Season for a total of Ten (10) pounds. After official weight has been made a player may add 1 pound thru the regular season.
- C. Failure to make weight—
 1. Any player who does not make the weight for his/her division on the official weigh-in shall be required to move up to the appropriate weight division.
 2. Any player who does not make the weight by the Third (3rd) "Regular Season" game (final Roster Sealing) They must move up to the next higher Division, provided that the roster size limits are not exceeded.
 - a. The FYFCA President will notify all organizations of any player moved up pursuant to ***RULE 3—AGES AND DIVISIONS.C.2***
 - b. A player moved up pursuant to ***RULE 3—AGES AND DIVISIONS.C.2*** may not return to the former team, nor may the vacancy be filled unless the former team falls below thirty-five (35) players.
 - c. A player who fails to make the proper weight for any single game will be ineligible for that game only.
 - d. Any player that is 10 pounds or more over the weight limit at the first day of practice will move up to next Division.
 - e. Scores are to be turned in by 9:00 PM on game day via email.

RULE 4—PRACTICE

- A. Practice shall be defined as any gathering of a team or individual players to exercise or to study football.
- B. FYFCA member organizations are prohibited from engaging in any organized physical conditioning prior to the scheduled first day of practice as designated by the Board of trustees. The only activities in which a football player may take part prior to the designated first day of practice shall be registration, physical examinations, distribution of uniforms and equipment, and fundraising. If the fund raising event is for the purpose of instructing football skills, it must be open to all members of the FYFCA.
- C. Each player will have a total of eight (8) hours of physical conditioning before beginning contact practices. All Sports Physicals are due by the first day of practice. During the eight (8) Hours of physical conditioning no one will be in Pads (Helmets only), no hitting bags or other, No Contact of any kind. Players may not condition or practice in any capacity until proof of sports physical has been received.
- D. Practices will be limited to a maximum of two hours per day. All practices, scrimmages, and games must be held in strict adherence to age and weight regulations. Scrimmages will not be conducted between ages and weights in the same Organization.
- E. Teams shall hold no more than five (5) practices during any calendar week until the start of the school year in Hillsborough & Polk County, unless otherwise approved by the Board of Trustees. When school starts (based on Hillsborough & Polk County schools’ calendar) practices shall be limited to no more that three (3) days per calendar week through the regular season. Practices shall not exceed six (6) hours per week through the regular season and post season play. Teams may only practice with their own age groups. If school starts in the middle of the week teams are allowed to practice 5 days that week also.
- F. Teams with a Bye shall be permitted to practice an additional two (2) hours during the Bye week only.
- G. Curfew for practices shall be 9:00 p.m.
- H. One Trustee shall be present at all practices, scrimmages and games.
- I. All practices **MUST** be held at each Organizations official practice facility.

RULE 5—FYFCA SCHEDULE

- A. All FYFCA games shall be scheduled on Saturdays according to the following time frames.

	<u>Game Time</u>		<u>Weigh In Time</u>
1. Mighty Mites	8:00 am	Book Check	7:30 am
2. Peewees	9:00 am		8:00 am
3. Midgets	10:30 am		9:30 am
4. Super Midgets	12:00 pm		11:00 am
4. Junior Varsity	1:30 pm		12:30 pm
5. Varsity	3:00 pm		2:00 pm

RULE 6—UNIFORMS AND EQUIPMENT

- A. Each player shall have a complete uniform, including: Helmet with face guard, with plastic clips, shoulder pads, thigh pads, hip and knee pads, tailbone pad, and shoes with non-removable rubber cleats, colored (no white/clear) mouth and teeth protector, padded athletic supporter, and numbered team jersey, Flag players shall comply with Flag Rules for their proper uniform attire.

- B. All equipment must be in good condition and certified for the age and/or weight classification for which it is to be used. Helmets must bear the “NOCSAE” seal and evidence of safety inspection within the previous two (2) years. Proof of inspection will be turned in to the FYFCA President no later than the June FYFCA Board meeting, to be submitted to the FYFCA Secretary and added to the official records.
- C. Once assigned, a player’s jersey number shall not normally be changed from that shown on the official roster.
 - 1. Should a player’s jersey be lost, stolen, or damaged irreparably, and a change in jersey number is required, the following procedures shall be followed:
 - a. The player’s organization shall notify the FYFCA President who will authorize the change and notify all other organizations prior to the next game.
 - b. The FYFCA President or designee shall change the number and sign the change on all copies of the official roster.
 - 2. Should a player’s jersey be irreparably damaged during the course of a game, and a number substitution is required, the opposing head coach, both Trustees, and the press box shall be notified of the change.
 - a. Should the number substitution affect subsequent games, the procedure outlined in ***RULE 6—UNIFORMS AND EQUIPMENT.C.1.*** above shall be followed.

RULE 7—GAME DAY ETIQUETTE

- A. The home or host organization shall have the following responsibilities.
 - 1. Preparing and marking the field,
 - 2. Providing all field markers and other necessary operating equipment, and
 - 3. Other arrangements necessary to conduct the games.
 - B. Chain crews
 - 1. Chain crews shall consist of three (3) adults, no one under the age of fourteen (14).
 - 2. Whenever possible the same crews should be retained throughout the season so as to assure more consistent performance.
 - 3. Chain crews should be at their post at least five (5) minutes prior to the start of the game.
 - 4. In the event that the chain crew is on the visitor’s side of the field, the visiting team shall be given the option of furnishing the chain crew.
 - 5. The Chain crew shall not coach, scream or cheer on the sidelines. They are to remain silent while the game is going on.
 - C. The field shall be cleared and ready for play at least one (1) hour prior to the start of the first game.
 - D. Rosters—a numerical listing of rostered players shall be provided to the press box prior to the start of the game. The press box announcer shall introduce the Visitors first, followed by the Home. Introductions of players shall be by jersey number, followed by the player’s name.
 - E. Providing adequate safety and first aid equipment and procedures, including the following:
 - 1. Complete first aid kit,
 - 2. Emergency procedures posted conspicuously, and
 - 3. A telephone in the immediate area for emergency use only.
 - F. Adequate seating for teams and spectators.
 - G. Restraining lines between the spectators and the playing field.
 - H. Donations at the gate are permitted, but shall not exceed \$2.00 for adults and \$1.00 for Children except for Cheer-Offs & Super bowl the Donation is \$4.00 for Adults and \$2.00 for Children.
- NOTE: No person shall be denied admission for not offering a donation, However everyone is encouraged to support each organization.

- I. Each hosting organization shall be responsible for the presentation of the Sportsmanship Award for each age division to be accompanied by a five (5) dollar FYFCA Gift Certificate, to be honored at all Organizations Concession Stands.

RULE 8—STOPPING, SHORTENING, OR POSTPONING GAMES

- A. All games must be played to completion, except under such conditions or circumstances where the safety and welfare of the players may be adversely affected. Both organizations Trustees must agree to any shortening of a game.
- B. A game may be postponed for good cause, providing the visiting team is given at least four (4) hours notice and there is agreement by both teams.
1. In the event the team desiring to postpone a game is unable to contact the head coach, Trustee, or president of the opposing team's organization, or the opposing team will not agree to a postponement, then the question shall be submitted to the FYFCA President whose decision shall be final.
 2. The organization that initiated the postponement shall be responsible for paying the officials.
 3. In the event a visiting team fails to show or shows with less than the required eleven (11) players, such team's organization shall be required to pay the officials.
- C. In the event of inclement weather or adverse conditions, play shall be delayed for 1 hour before the game is called. If the game is called, a make up time shall be scheduled within 1 week (1st practice night or as soon as officials can be secured). When the game is rescheduled for a different date a weigh-in shall be required.
- D. In the event of stopping or shorten a game(s) due to unforeseen circumstances, the minimum play requirement shall be waived. If the game is rescheduled the minimum play rule shall be reinstated.

RULE 9—PLAYER ELIGIBILITY

- A. Any player who is or was considered a member of any school or other organized football team, who dresses out for a game other than those situations addressed elsewhere in these Rules during the period of August 1st through December 31st, shall be ineligible to play during that year.
- B. Every participant must be enrolled in and attending an accredited school or registered with Hillsborough or Polk County for home schooling (appropriate documentation required), unless the participant is too young to attend school. Any player who is not enrolled in and attending an accredited school shall be ineligible to participate, unless he has graduated from an accredited school. Any player who quits school after the season begins shall become ineligible to continue to play.
1. The responsibility of notification of withdrawal from school shall be the responsibility of the individual player. Failure to notify the organization of his/her withdrawal shall result in his immediate removal from the team.
 2. Any other players knowledgeable of an individual's withdrawal from school shall be required to report such withdrawal to his/her organization's officials. Failure to do so may result in the individual also being subject to dismissal from the team.
 3. Any organization official knowledgeable of an individual's withdrawal from school shall be responsible to investigate the situation in an appropriate manner and report it to the FYFCA President in a timely fashion.
 4. If failing to report the non-attendance of a player by any individual—player, coach, or organization official—is deemed to be of a vindictive nature, disciplinary action may be warranted.
- C. A violation of **RULE 9—PLAYER ELIGIBILITY.A.OR B.** shall result in the forfeiture of all games at the point in time in which the player became ineligible and continued to participate.

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- D. If at any time during the season the eligibility of a player becomes a question, after a majority vote of the Board of Trustees, the questioned player(s) may be required to provide documents to prove his/her eligibility (i.e. original birth certificate, school records, etc.)
- E. A player(s) may move from one member organization to another member organization in successive years with the written consent of both organizations. Not giving written consent is only for the purpose of collecting equipment or unpaid funds or any documented disciplinary actions to the organization. This rule may be waived with the written consent of both organizations or the approval of the FYFCA Board of Trustees.
- F. Each organization must provide a copy of all Football & Cheerleading Rosters at the August meeting to each organization.
 - 1. Football players Attendance check in to be conducted during each weigh-in. A trustee's initial will be required on the Attendance sheet each game week. Attendance check-in sheet must be placed in front of the official Binder.
 - 2. Game Attendance is required at a minimum of 70% of eligible games, to be eligible to participate in Post season play.

RULE 10—COACHES

- A. No head coach shall be selected for any team if that coach is under the age of twenty-one (21). Assistant coaches shall be at least eighteen (18) years of age. Member organizations may request a waiver of this rule from the FYFCA Board of Trustees under extraordinary circumstances.
- B. No coach or organization official may transfer from one (1) member organization to another in successive years as a coach or organization official, except with the knowledge and consent of both organizations involved. Not giving written consent is only for the purpose of collecting equipment or unpaid funds or any documented disciplinary actions to the organization. This rule may be waived when written consent has not been granted by either of the two (2) involved organizations with the approval of the FYFCA Board of Trustees.
- C. If a rostered Head Coach resigns his position prior to or during the current season (December, 31st), the Head Coach may not transfer from one member organization to another member organization for the period of one (1) year (season). Cut Off date shall be 12/31.

RULE 11—CONDUCT

- A. Conduct of spectators or participants which is determined to be unsportsmanlike or detrimental to the players, or to FYFCA, or to a member thereof, may subject there team to disciplinary action after a warning by the offended organization or Trustee, whose responsibility it will be to warn the offending organization's Trustee or coach of such conduct.
- B. Such conduct by spectators or football participants, before, during, or after an event may also subject their organization to disciplinary action by the FYFCA. If a disciplinary problem continues; refer to ByLaws **ARTICLE X—DISCIPLINARY PROCESS**.
- C. FYFCA Trustees and their organizations are responsible for controlling the conduct of spectators and participants, and have the authority to request the departure from the premises of any individual whose conduct is detrimental to peace and order.
 - 1. Any removals should first take the form of a reasonable request.
 - 2. Should the request be ignored or trouble is anticipated, a law enforcement officer shall be summoned immediately.
- D. The press box announcer shall not be allowed to coach, officiate, or criticize from the press box. The Announcer will be fair to both teams involved and restrain from any derogatory comments. If at any time an opposing member Trustee feels that the announcer is not

following appropriate conduct, they must go to the hosting member Trustee to request intervention, The Announcer will be warned and if the problem persists then he/she will be dismissed from their duties and unable to return to announcing for the rest of the day.

- E. Ejection Form. The form shall have the person's name, jersey number (if a player), organization name, date, division, reason for the ejection, and signatures from the game official and FYFCA Trustees. Each FYFCA Trustee, game official, and FYFCA President shall receive a copy of the Official Ejection Form. Ejection's for misconduct is as follows.
1. Football Players:
 - a. Any player officially ejected from a game or field for unsportsmanlike conduct is automatically suspended from the next regular scheduled FYFCA game. For purposes of this rule: "the next regular scheduled FYFCA game" shall be defined as the next regular season game, mini game, make-up game, play off, or championship game scheduled or to be scheduled.
 - b. Any player officially ejected a second time for unsportsmanlike conduct during the same year must appear before the FYFCA Board of Trustees and show just cause why they should not be suspended for the remainder of the season.
 - c. Any player officially ejected from a game or field for fighting is automatically suspended for the next two (2) consecutive games (as described in **RULE 11—CONDUCT**) and cannot participate in any other regular scheduled games until they appear before the FYFCA Board of Trustees and show just cause why they should not be suspended for the remainder of the season. The player may not attend a special called meeting for the purpose of being reinstated.
 - d. Any organization's players leaving the bench to join a fight on the field or the sidelines will forfeit the next game, as well as the game in which the fighting occurs.
 2. Coaches and Organization Officials:
 - a. **RULE 11—CONDUCT.D.1.a. b., and c.** shall be in effect for coaches and organization officials.
- F. Any pending litigation against any FYFCA member organization shall be reported to the FYFCA Board of Trustees.

RULE 12—BOUNDARIES

- A. There shall be no organization or team boundaries.
- B. It is recommended, however, that organizations use players from their local communities in order to create community spirit and, at the same time, prevent hardships on parents in transporting player's long distances for practices.

RULE 13—GAME OFFICIALS

- A. All FYFCA games shall be played with a minimum of five (5) officials, except for the Mighty Mite division in which three (3) officials shall be required. One official must remain in the press box to run the clock.
- B. No coaching personnel shall shout insults or cause any other obvious display of disagreement with an official.
- C. When determined appropriate, a specific complaint of an official's conduct or interpretations of Rules shall be forwarded, in writing, to the FYFCA Board of Trustees.
- D. The head game official shall be required to complete the Official Ejection Form. (*See RULE 11—CONDUCT.D.*)

RULE 14—SCOREBOARD

- A. Every playing field used for FYFCA regular season or post-season games must be equipped with an electric scoreboard with an electric clock in working order. Organizations will not be held accountable for unforeseen electrical or mechanical failures.

RULE 15—PLAYING FIELD

- A. Regulation high school field measurements shall be used for FYFCA games in all divisions.
- B. If more than one (1) field is available the organization must specify which field will be the game field. If the selected field becomes unavailable, the organization must notify the FYFCA President at least seven (7) days prior to the next game. The FYFCA President will notify all organizations affected, as well as the officials.
- C. If playing conditions at game time are considered hazardous, the game may be postponed by the game officials. The make-up time to be rescheduled within 1 (one) week. (1st practice night or as soon as officials can be secured).
- D. A pre-game inspection of the playing field will be conducted by the FYFCA President or a designated representative(s) two (2) weeks prior to the start of the regular season. If, at this time or subsequently, a playing field does not meet accepted minimum safety standards, or other FYFCA requirements, the Board of Trustees shall have the authority to deny the member organization home games until such conditions are corrected.

RULE 16—PLAYING RULES

- A. All games shall be played according to the Florida High School Activities Association (FHSAA) rules with the following exceptions:
 1. Quarters shall be ten (10) minutes in duration for Varsity games, nine (9) minutes for Junior Varsity games, nine (9) minutes for Super Midgets, eight (8) minutes for Midgets and Peewees games, and two-fifteen (15) minutes halves with continuous clock for Mighty Mites games (see Flag rules for additional guidelines). Halftime will be ten (10) minutes.
 2. The following ball sizes shall be used, brand must be leather Wilson or leather Riddell:

	<u>Wilson</u>	<u>Riddell</u>
a. Varsity	TDY	RDY
b. Junior Varsity	TDJ	RDJ
c. Super Midgets	TDJ	RDJ
d. Midgets	K-2	RDP
e. Peewees	K-2	RDP
f. Mighty Mites	K-2	RDP
 3. All night games preceding a school day shall begin no later than 7:30 p.m. except in extreme circumstances as determined by the FYFCA President to be in the best interest of the FYFCA.
 4. All games should start as close to the scheduled time as possible. A reasonable amount of time shall be allowed for proper player warm-ups, official’s instructions and introduction of team captains.
 5. Only one coach will be allowed on the playing field during the exhibition games, except in the Mighty Mite Division & Pee-Wee Divisions see Rule 16.A5.A. During regular season games no coaches are allowed on the field except in Flag and PeeWee with the exceptions listed in Rule 16.5 A & Flag Rules.
 - A. One coach from the Pee-Wee team will be allowed to be in the huddle and to stand 10 yards back behind the ball with no coaching. He will not be able to interfere with the play or an unsportsmanlike conduct penalty will be applied. For the 1st Five (5) games after the 5th game there will be no coach on the field during the Pee-Wee game.
 6. In the Varsity division, one (1) point shall be scored for kicking a “point after touchdown” and two (2) points for running or passing a “point after touchdown.”

7. In the Pee Wee and Mighty Mite divisions, one (1) point shall be scored for running “a point after touchdown” and two (2) points for passing or kicking “a point after touchdown.
 8. In all other divisions, two (2) points shall be scored for kicking the “point after touch down” and one (1) point for running or passing a “point after touchdown.
- B. All teams shall refrain from running up scores. Coaches and Trustees are under obligation of sportsmanship and fair play to take reasonable steps to avoid running up the scores, and thereby, demoralizing and embarrassing the opposing team.
1. When there is a point spread of twenty-eight (28) points or more, the following rules will go into effect:
 - a. Continuous clock due to the 28 point rule will be mandatory. The continuous clock will only be stopped for time-outs, official time-outs, and injury time-outs
 - b. When the point spread falls below twenty-eight (28) points, normal time keeping shall resume.
- C. GUIDELINE: It is the intent of the FYFCA to see that all players listed on the official roster are given a reasonable opportunity to play in every game, barring sickness, injury or disciplinary action. Therefore, all eligible (non-benched) players that are on the sideline during a game shall be guaranteed a minimum of Seven (7) plays per game. Any ineligible players will be announced at weigh in. The Seven (7) play rule also applies to all Play Off’s and Super Bowl games.
1. Breaching this GUIDELINE shall subject the head coach to disciplinary action at the discretion of their organization.
 2. In the event of a continuous clock the minimum play rule shall be waived.
- D. All member organizations are charged with the responsibility to ensure that all coaches are familiar with and understand these and all other applicable rules. Copies of appropriate rule books must be available at all games.
- E. In the event of a tie game, the Kansas City Tie Breaker (four (4) downs from the ten (10) yard line as defined in the *FHSA* rules shall decide the game.

RULE 17—SIDLEINE RESTRICTIONS

- A. During all FYFCA games, no one is allowed on the sidelines outside of the coaching box, marked by the 30 yard line to the 30 yard line, except the following:
1. Cheerleaders and (4) cheerleader representatives (coaches or team representatives), when adequate space cannot be provided outside of the game field area,
 2. The official chain crew,
 3. Authorized members of the print or electronic media (advance notice shall be given to both teams), and
 4. The ball boy or any other personnel requested by the officials for their assistance.
 5. Hosting or Visiting FYFCA Trustee/Alternate Trustee.
- B. No headphones, radios, or other similar equipment shall be allowed on the playing field during a game.
- C. The use of tobacco products on the sidelines is strictly prohibited.

RULE 18—OFFICIAL WEIGH-IN

- A. The official weigh-in will be held during the Second Exhibition Game. You may start the Official weigh-in process on the first Exhibition Game, however every one will weigh-in on the second Exhibition game. The Player is not allowed to add the additional pound until the First Regular game of the season. Trustee/Alternate Trustees shall be responsible for the weigh-in.
- B. The official weigh-in shall be conducted using beam type scales, which have been certified within the previous thirty (30) days, prior to the first official weigh in, by a state certified scale service. The scale certification shall be distinguished by a registered seal.
- C. Each team shall present to the designated Trustee five (5) type-written or hand printed official rosters. See **RULE 2—TEAM ROSTER AND OFFICIAL BINDER**.
- D. Prior to the weigh-in of each player, the Trustee representative shall certify that the information on the official rosters and the information in the binder is accurate and matches the player in all respects.
- E. Players shall be weighed-in by older age players first, followed by younger age players and each player shall be required to wear or carry his/her properly numbered game jersey. Refer to **RULE 2—TEAM ROSTER AND OFFICIAL BINDER.B.6.** for specific directions.
- F. Any player who is at the maximum weight allowance shall report to weigh-in in shorts and game jersey only—removing clothing other than jersey shall not be allowed. There shall be a one (1) pound allowance, if needed, to compensate for the weight of a pair of shorts.
- G. Only FYFCA Trustees/Alternate Trustee/one (1) Rostered Coach per team, shall be present for the official weigh-in No parent or on-lookers shall be allowed in the immediate area.
- H. Any individual who is absent from the official weigh-in shall be weighed in at the next regular scheduled game. All requirements under **RULE 21—ADDING AND DROPPING PLAYERS** must be met for the individual to be added to the roster.

RULE 19—PRE-GAME WEIGH-IN

- A. Every player shall be weighed prior to game time of every FYFCA game, and must not exceed the applicable weight limit prescribed in **RULE 3—AGES AND DIVISIONS**. This rule shall not be waived under any circumstances.
INTENT: Weight limits shall be strictly enforced at each weigh-in. No weigh-in shall be waived and a one (1) pound allowance will be given for players dressed in shorts, if needed. See **RULE 18—OFFICIAL WEIGH-IN.F**.
- B. Only currently certified beam type scale shall be used. Bathroom or spring type scales are not permitted.
- C. Conduct of weighs-ins;
 - 1. All pre-game weigh-ins shall be conducted one (1) hour prior to the scheduled game time with the following allowance:
 - a. Midget and Super Midget weight-sensitive player(s) may attend an early weigh-in at 8:30 am with one rostered coach from his/her team. J.V. and Varsity weight-sensitive player(s) may attend an early weigh-in at 10:15 am with one rostered coach from his/her team An official team roster and binder must be presented at the early weigh-in. If the player makes the required weight limit for the day, he/she is eligible to play, but still must attend the regular scheduled weigh-in with his/her team. If the player does not make the required weight for the day, then he/she is ineligible to play & shall not be allowed to attend weigh in at any later time in a second attempt to make weight.

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2. Each team's weigh-in representative shall be an FYFCA Trustee, Alternate Trustee, or designated representative in the absence of the trustee, alternate trustee.
See RULE 18—OFFICIAL WEIGH-IN.A.
3. Scales shall be set to the prescribed weight limit for that week.
4. Weigh-in shall be attended by the players and Trustees and one rostered coach from each team only. Parents, other coaches, and on-lookers shall not be permitted in the weigh-in area. The attending coach's participation is strictly for observation only. If a problem results, the Trustees have the option to request that all coaches leave.
5. Trustees shall exchange copies of the current roster. The copies must match the official roster in the book. Copies must be made available to the FYFCA President upon the request of any organization.
6. During Post Season play, a trustee from a team not involved may conduct weigh-in. In the absence of an involved team's trustee with the approval of the absent team.
7. In the event we play a Night game because of a rain-out or a mini play-off game, we will give the player an additional 1 pound from the previous Saturday weight.

RULE 20—ARTIFICIAL WEIGHT LOSS

- A. Loss of weight by players shall be accomplished only by natural means, such as normal physical conditioning.
- B. The use of artificial means to obtain weight loss by any player(s) is prohibited unless specifically prescribed in writing by a licensed physician for health reasons.
- C. Any coach or other supervisor advising or condoning or a player involved in the use of artificial means to obtain weight loss shall be subject to disciplinary action to include suspension or dismissal as an FYFCA coach or supervisor.
- D. When a coach knows or suspects that a player is using unauthorized means to achieve or maintain weight loss, the coach shall take immediate action to have the player discontinue such practices.
- E. Methods that are considered to be artificial include, but are not limited to: Sweat boxes, steam or sauna baths, use of heated cars, water pills (diuretics), excessive dieting (players are expected to eat two or three balanced meals a day), running in rubber or plastic suits or other coverings, excessive physical exercise, diet or appetite suppressants, etc.

RULE 21—ADDING AND DROPPING PLAYERS

- A. No players shall be added after Game Week Four (4) or all games will be forfeited by such team and the team adding such players shall be ineligible for post season games. Games may continue to be played by such teams, but for record-keeping purposes, a win shall be credited to any opponent team(s) in which they continue to play after Game Week Four.
- B. Other than the listed exceptions, no players shall be added to a team unless the team drops below thirty-five (35) rostered players. A team may add back to the maximum of thirty-five (35) rostered players, however if a team adds players after the Rosters are closed their game will not count as a win or a Loss. If additional players are added after the Rosters are closed that team will not be allowed to participate in any play-off games or the SUPERBOWL.
 1. Any player added to a team roster under this rule must first make the official weigh-in weight determined for his/her division.
- C. Any player deleted from a team's official roster may not be reinstated without the approval of the Board of Trustees.
- D. No organization shall alter or change its own roster. Any changes must be made by another organization's Trustee or Alternate Trustee. All Changes must be signed and dated by both organization's Trustee.

RULE 22—CHAMPIONSHIPS/PLAYOFF POSITIONS TIE BREAKER RULE

- A. Championships and Play Off positions shall be determined in the following manner:
1. Win-loss record
 2. Head-to-head
 3. Divisional record
 4. Head to Head fewest points allowed.
 5. Divisional fewest points allowed.
 6. Complete season fewest points allowed.
 7. A Mini Game Two Quarters with five minute break between quarters with a change of possession like a half time.
 - a. In the event of a tie, the Kansas City Tie Breaker (Four (4) downs from the ten (10) yard line as defined by *FHSA* Rules will decide the game.

RULE 23—PLAY OFF AND SUPER BOWL

- A. Division Championship
1. Division championship shall be determined by the win-loss record of regular season games. In the event of a tie reference Rule 22.
- B. Play Offs
1. Play Off games to determine the participants in the Super Bowl will be scheduled as follows:
 - a. According to the final regular season standing in each division; and, the 1st place team plays the 4th place team; and, the 2nd place team plays the 3rd place team.
 - b. Second Round of Play-Offs will be scheduled as follows:
Best Record Remaining vs. Forth Record Remaining
Second Best Record remaining vs. third best record remaining (use Rule 22.A to determine seeding).
 2. Highest seeded team shall choose the game site, unless the opponent is hosting the playoff round.
- C. Super Bowl
1. The second round of Play-Off winners shall meet in a single game—Super Bowl.
- D. Game Day of Champions
1. Official schedule to include the Game Day of Champions. Super Bowl winners for the squads, designated by the Hillsborough Sports Authority, have the option to attend if the Super Bowl winning team does not choose to participate, the Super Bowl runner up has the option to attend.
- E. All Stars

RULE 24—RULE CHANGES

- A. FYFCA Football Rules may be reviewed for possible changes by the Board of Trustees in odd-numbered year.
- B. Should any rule changes become necessary at any time, the procedure specified in **ARTICLE VIII—AMENDMENTS** of the FYFCA Bylaws shall be adhered to.

Adopted May 20, 2009

RULE 25—PROTESTS

- A. An official's judgement call will not be considered as grounds for a protest.
- B. All other protests shall be filed in accordance with ByLaw *ARTICLE X—DISCIPLINARY PROCESS.C.1.*
- C. Protests must be submitted, in writing, to the FYFCA President or the President's designee no later than seventy-two (72) hours after termination of the protest game.
- D. It must be the responsibility of the protesting team to furnish evidence of a contestable violation.
- E. If possible, the official's crew and head coaches of both teams shall be notified of a pending protest and the reason, immediately following the game to be protested.
- F. Upon the receipt of a timely, written protest, the FYFCA President shall schedule a hearing to consider the protest.
 - 1. The protest shall be considered at the next regularly scheduled FYFCA meeting, or at the option of the President, at a special called meeting.
 - 2. At the protest hearing, both sides will be allowed to state their cases and present evidence and witnesses and all parties shall be allowed to see and hear all evidence.
 - 3. The FYFCA Trustees shall be allowed to question witnesses.
 - 4. Upon conclusion of the testimony, the FYFCA Board of Trustees shall meet in closed session to discuss the protest and to vote.
 - 5. A two-thirds (2/3) vote of all Trustees is required to approve a protest.
 - 6. All parties will be notified in writing within five (5) days of the FYFCA decision.
- G. When determined appropriate, a specific complaint of an official's conduct or interpretations of Rules shall be forwarded, in writing, to the FYFCA Board of Trustees.

RULE 26—RESTRICTED ITEMS

- A. Consumption of alcoholic beverages is strictly prohibited on the property of any FYFCA facility before, during, or after games, practices, or any other FYFCA events.
- B. It is the responsibility of each organization to discourage the use of personal coolers by there spectators.
- C. Use of tobacco products by any member of a team is strictly prohibited.

RULE 27—AWARDS

- A. A fee shall be set by the FYFCA Board of Trustees to provide necessary funds for the seasonal cost of awards. This fee shall be based on a per capita count from the sealed rosters and shall be paid by all organizations eligible for Super Bowl.
- B. FYFCA patches shall be awarded to all football players based on the outcome of the FYFCA football champions.
- C. Super Bowl
 - 1. First Place shall receive a Team Trophy and all players shall receive a first place FYFCA patch, first place medallion and a first place individual trophy.
 - 2. Second Place shall receive a Team Trophy and all players shall receive a second place medallion and second place individual trophy.
- D. While it is the intention of the FYFCA to maintain continuity from year to year in presenting awards, unforeseen circumstances beyond the control of the FYFCA Board of Trustees may warrant a change in the awards that the FYFCA is able to provide.