

# SAN TAN YOUTH FOOTBALL LEAGUE OFFICIAL RULE BOOK

## **AUTHORITY OF THE LEAGUE**

The Board of Directors of the San Tan Youth Football League shall be governed by the selected board of individuals. San Tan Youth Football League will be referred to as **STYFL** or “**The League**”.

## **PHILOSOPHY & GOALS OF THE LEAGUE**

In STYFL, we strive to provide a nurturing and supportive environment in which children can improve their football skills and participate with other teams. The primary goal of this program is our commitment to benefiting the majority of young people rather than producing an atmosphere of excellence for a talented few. To win at all cost may be the proper attitude for the skilled professional: it is contrary in the basic philosophy of STYFL. Teaching values, ethics, sportsmanship and skills are the main focus of our program.

## **ARTICLE 1: BOUNDARIES**

STYFL is a youth program focused on teams in Queen Creek, Arizona and its surrounding areas. General Managers are appointed by the league and manage a specific football club that spans all age divisions. Coaches report directly to the General Managers and are encouraged to recruit players in the local communities. The teams may consist of any player that meets the age and weight requirements in their respective division they are coaching.

## **ARTICLE 2: REGISTRATION**

To participate, a person must complete the registration process online or complete the registration form at a walk-in registration and pay all applicable fees. Acceptance of the Waiver and Release of Liability by the parent or legal guardian is required.

- ✓ *MEDICAL EXAMINATION*: The League does not require participants to obtain a medical physical. (However, the parents of the participant may choose to do so).

## **ARTICLE 3: FORMATION OF THE TEAMS**

No tryouts of any kind are permitted, and there are no cuts. Returning players have the opportunity to select the same club they (or a direct sibling) played for in the previous season. Following the returning player registration deadline, players are placed onto teams based on preference where there is available space. Distribution and final placement will be completed by the collective General Managers in a waiver and draft format. Roster sizes will be agreed to by the General Managers. There is a possibility that registration will be cut off prior to the final registration date if the capacity is exceeded.

## **ARTICLE 4: CERTIFICATION**

**\*\*IT IS MANDATORY THAT EACH PLAYER CERTIFIES\*\***

STYFL will publicize the date and time for player certification.

The league will validate all information submitted during the registration process including the player's birth certificate as well as the player's current weight.

Only certified players will be allowed to participate in games. If a player is unable to certify at the scheduled time, they may have the opportunity for a late certification at an additional fee.

Only players that complete certification will be added to the final roster.

All players must make weight prior to every game. If a player is not at the desired weight on certification day, he/she will need to work with their coach and General Manager to either make weight at their existing division or move up to the next division.

Where applicable, a player may participate as a restricted player. (***See restricted player rules***)

Prior to the start of each game, teams will meet 30-60 minutes before kickoff to ensure they have all required equipment, certified their roster, and get weighed in.

All players must weigh-in fully equipped to play with their own equipment including shoulder pads, and cleats. Helmets are not required during weigh-in. No equipment can be altered or changed after weigh-ins. If a player does not have the required equipment, he/she will not play in that game.

**\*\* NO participant can be added to the certified roster without STYFL authorization. \*\***

#### **ARTICLE 5: COACHING REQUIREMENTS**

1. Coaches do not make the policies of STYFL but are expected to carry them out.
  - A. Head Coaches are responsible for team(s) adult staff. The team shall have one (1) head coach.  
**\*ONLY CREDENTIALLED** coaches, ball boys, water girl/boy, team photographer, and General Managers are allowed on sidelines. Team Moms and parents are to be in the stands, or outside the player box if playing at a field without bleachers.
  - B. Head Coaches under the supervision of the General Manager will be held accountable for the behavior of all team staff, parents, and players.
  - C. All coaches must complete an application and pass a background check in order to be eligible to coach. They must also complete any certification courses and/or training as directed by the league.
2. Coaches are responsible to develop and enforce "team rules". The team rules must include the disciplinary policy for the team.
3. Coaches are responsible to organize the practices during the season.
  - A. The first two weeks of the season are considered pre-conditioning.
  - B. After the first 2 weeks of practice, each team will practice Mondays, Wednesdays, and Thursdays.
  - C. After the first 4 weeks are over, there are to be no more than two practices per week with a game once a week.
4. In the event that a coach cannot attend a practice, it is their responsibility to make arrangements with the assistant coaches to carry out practice.

5. Coaches on both teams are responsible for assisting the League on game day.

A. Fields are to be set up by the home team and taken down by the last home team on the field for that day.

6. Coaches are required to notify players and parents well in advance of game times, game field locations, and inform parents/players of any changes due to weather or field conditions.

7. Coaches are responsible for the safety and actions of ALL players. Injuries, unfortunately are a part of sports, but many injuries can be avoided when players are well organized. During the games, coaches must make players and parents stay out of unauthorized areas on and around the game field. Also, players and Assistant Coaches must be controlled on and off the sidelines.

#### **ARTICLE 6: COACHING DEMEANOR**

1. All coaches need to remember that they are representatives of the San Tan Youth Football League and that their actions directly affect the credibility of the League.

2. Coaches need to be as positive as possible.

3. Verbal abuse of players, referees, coaches, or league officials is **NOT** acceptable for any reason.

4. Coaches are to avoid foul play at all cost.

5. During hitting drills, safety precautions shall be enforced. Emphasize correct form, head up, and limit the space between players participating in drills.

6. The League Official shall exceed the head coach's authority on practice and game fields if necessary.

7. All coaches are responsible for the selection of players that will play in the instructional and competitive game.

8. Any coach that is in violation of game rules or shows disrespect for the authority of the League and/or referees will be reprimanded as set forth below.

#### **ARTICLE 7: COACHING DISCIPLINARY ACTION**

1. Failure to perform the above listed responsibilities will result in the coach being disciplined in the following manner:

- 1st offense – verbal warning.
  - 2nd offense – two practices and one game suspension. (1 week)
  - 3rd offense -- removal for the rest of the season.
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- ✓ Any violation or act that is deemed severe may result in immediate removal and termination under the sole discretion of the STYFL Board of Directors.
  - ✓ If any act requires the intervention of local police authority, the offender will be banned indefinitely from all STYFL activities.

## **ARTICLE 8: MEDICAL**

A qualified EMT or a certified First Aid & Safety cardholder will provide medical coverage at each game.

## **ARTICLE 9: PLAYER DISCIPLINE**

Coaches are urged to be FAIR and CONSISTENT with their discipline. Players should be informed as to what is expected of them. Disciplining a player should not be used as an excuse to withhold a player from a game. Be sure there is ample reason when “benching” a player due to “disciplinary” reasons. All player discipline should be clearly articulated in the team/club rules.

## **ARTICLE 10: PRACTICES**

Practice for tackle football must adhere to the league schedule. The maximum practice time will be two hours per session.

If a practice is canceled due to field conditions or weather after the 1<sup>st</sup> hour, it will be considered a full practice. Any cancellation prior to the 1<sup>st</sup> hour, can be made up during the **same week** if possible. All practices **MUST BE** at a league designated field.

Non-contact walk-throughs can be scheduled through the team and/or club. The League does not have the fields reserved for non-contact walk-throughs. The cost associated with additional field usage will be the responsibility of the team/club. Please keep in mind that these fields may be reserved for other Town of Queen Creek functions or sports activities, whereas they take priority over non-contact walk-throughs.

Coaches will be responsible to maintain practice fields that were allocated to them and advise their teams of the times of practice.

The following are minimum requirements for preconditioning which will be strictly enforced.

1. A minimum of four hours of preconditioning prior to wearing shoulder pads.
2. A minimum of eight hours of conditioning in shoulder pads hitting only tackling dummies.
3. After a total of twelve hours of preconditioning, players may move into full pads and initiate full contact (player to player contact).
4. Scrimmages outside of the league are prohibited.
5. No pads or contact is allowed during a walk-thru (helmets only).

## **ARTICLE 11: EQUIPMENT**

### Required Equipment:

- Helmet with Chin Strap
- Shoulder Pads
- Pants including 2 Hip Pads, 2 Thigh Pads, 2 Knee Pads, & Tailbone Pad
- Jersey
- Mouth guard.

All players must wear protective equipment at all times. Any equipment that is not supplied by the League must meet the same safety standards.

STYFL will not supply any medical equipment that has been prescribed for a participant.

League owned helmets cannot be painted. Any league helmet that is painted will be invoiced for the full replacement value. Decals, emblems, or team/sponsors name may be on helmets.

All shoulder pads, hip, tailbone, thigh and kneepads shall meet the standards of the National Federation of State High School Associations and shall not be altered by participants or team staff. Alterations and modifications to any League supplied equipment is prohibited and will result in a fine for all replacement cost of altered equipment.

The game jerseys shall be numbered front and back.

Any other insignia must be pre-approved by the League.

Removable cleats are permitted; however, they must be plastic or rubber (**NO METAL CLEATS**).

Cleats must be deemed as safe at weigh ins by league officials. If determined to be unsafe the cleats must be changed or player cannot play.

## **ARTICLE 12: PLAYER & ADULT PENALTIES (THIS INCLUDES PARENTS)**

### Endangerment of program participants.

- Suspension for one year, to permanent suspension upon repeated offense.

### Fighting:

- Suspension for one year, to permanent suspension upon repeated offense.

### Fighting, rioting, incitement to riot during or after a game:

- First offense - The team will forfeit the game and coach will be suspended for up to one year.
- Second offense – Permanent suspension.

### Lack of cooperation with the League.

- Suspension until compliance is met.

### Any player ejected from a game:

- First offense – Suspended for the first half of the next game.
- Second offense – Suspended for the next two games.
- Third offense – Suspended for the rest of the season.

The **STYFL Board of Directors** has the **FINAL** say on ALL disciplinary actions. Adults who are suspended will not be allowed at any League event. Games will be suspended or forfeited if required.

If any act requires the intervention of local police authority, the offender will be banned indefinitely from all future STYFL activities.

## ARTICLE 13: TERMS OF PLAY

The League will use September 1<sup>st</sup> of each year to be the players' age cutoff date for the season.

### DIVISIONS OF PLAY:

- ✓ DIVISION I = 6, 7, 8 YEARS OLD (Restricted over 94.9lbs fully equipped excluding helmet)
- ✓ DIVISION II = 8, 9, 10 YEARS OLD (Restricted over 104.9lbs fully equipped excluding helmet)
- ✓ DIVISION III = 9, 10, 11 YEARS OLD (Restricted over 114.9lbs fully equipped excluding helmet)
- ✓ DIVISION IV = 10, 11, 12 YEARS OLD (Restricted over 124.9lbs fully equipped excluding helmet)
- ✓ DIVISION V = 12, 13, 14 YEARS OLD (Restricted over 159.9lbs fully equipped excluding helmet)  
**(Division V cannot be in high school)**

A player exceeding the maximum weight in his/her division will be restricted during that game. Weigh-ins will be approximately 30-60 minutes before each scheduled game. All teams must weigh-in at the same time. Any player that misses their team's weigh-in may not be allowed to play in that game. NO early weigh-ins are allowed.

Coaches at all divisions can agree to allow restricted players during the instructional period for all divisions. Restricted Player Rules

1. Restricted players must have the designated marker clearly visible at all times. If the player subsequently makes weight, the marker can only be removed by a league official.
2. Restricted players cannot carry the ball. Any interception or fumble recovery is dead at the spot.
3. Restricted players cannot participate on kickoff or kick return.
4. Restricted players must start each play on the line in a down position (3 or 4-point stance).

## ARTICLE 14: PLAYING RULES

Unless specifically modified by STYFL all games, whether regular season, pre or post season, will be played under the rules of AIA (Arizona Interscholastic Association).

### ✓ GAME BALL

The League will provide the game ball for each Division and ALL games.

### ✓ LENGTH OF QUARTERS

DIVISION I, II, III, IV = **(10 minutes)**

DIVISION V = **(12 minutes)**

If the point differential is 28 points or greater, the game will start a running clock.

### ✓ TIMING DEVICE

The game officials shall provide the timing device. This can be substituted by an official clock operator at the official's discretion.

✓ SCORING

Touchdown = 6 points

Safety = 2 points

Field Goal = 3 points

Point After Touchdown

When kicked = 1 point

When run or pass from 3 yd. line = 1 point

When run or pass from 10 yd. line = 2 points

When playing on a field without goalposts, no kicking field goals or extra points will be permitted.

Safeties

Division I, II, & III (After the safety is scored, the scoring team will get a first down on the 50-yard line).

Division IV & V (After the safety is scored, the ball is either punted or kicked from a kicking tee to the scoring team from the 25-yard line).

MANDATORY PLAY RULE

Each qualified player on a team must participate each game day in either the competitive game or instructional period. The right of guaranteed playing time may be denied to a player for disciplinary reasons, provided they are the result of violations of League or their team rules.

REPORTING SCORES

The General Manager from each team is required to report scores to the league by the end of day. They must review scores with the General Manager of the opposing team prior to sending the scores. If a team does not report a score, they will lose the ability to challenge the final score being reported by the opponent.

FORFEITED GAMES

If a game whether pre/post season or regular season is forfeited, the score shall be recorded as a loss for the offending team and a win for the opponent.

WARM WEATHER PRECAUTIONS

Teams are to guard against serious heat problems. Teams practicing or playing in high humidity or heat conditions must:

- Limit running sprints.
- Give players water breaks every 20 minutes.

**\*\*Watch for signs of heat exhaustion or fatigue\*\***

GAME CANCELLATION

The League shall have the right to reschedule games or cancel games as it becomes necessary. Coaches or General Managers are not allowed to cancel a game.

#### TIE GAMES

STYFL will use AIA rules for tie breaker. Game officials can modify tie break rules to start play from the 5-yard line after the third unsuccessful tie break period.

#### SPECIAL RULES for DIVISION I, II, & III

- Punts (A team may punt on any down).

An "intent to punt" is declared to the game official, who shall inform the defending team. Time shall be given for the defending team's coach to leave the field. If after an intent to punt is called and the offensive team runs another type of play, an illegal procedure will be called against the offensive team and the penalty shall be assessed unless refused by the defensive team.

Both the offense and defense shall have seven players on the line of scrimmage until the ball is punted. The ball shall be a direct snap from the center to the punter. A defender may not line up head to head on the center. They are permitted to line up in any of the gaps.

The punt must travel at least 15 yards. If the punt does not travel 15 yards, it is dead at the spot it lands.

- Coaches on the Field

One coach is allowed on the field during play for Division I & II. The on-field coach cannot interfere with the play in any manner.

Once the teams are set at the line of scrimmage, the on-field coaches are not allowed to provide assistance to the players, including verbal commands. Coaches on the sidelines can continue to instruct players throughout the play. If the on-field coach assists after the teams are set there will be a warning for the first offense followed by an illegal participation penalty.

During the instructional period, any number of coaches are allowed on the field so long as they do not interfere with the play. This applies to ALL divisions.

#### Special Teams

There will be no kick-offs for Division I & II

The ball will be placed at the 35 yard line of the receiving team after a score.

**\*STYFL HAS THE AUTHORITY TO CHANGE THESE RULES AT ANY TIME IF NECESSARY.**