

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. General Managers are appointed by the league and manage a club that spans all age divisions. Coaches report directly to the General Managers and are encouraged to recruit players. The teams may consist of any player that meets the age and weight requirements in the 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 the 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 is completed by the collective General Managers in a waiver and draft format. Roster size is agreed to by the General Managers and 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 certification. The league will validate all information submitted during the registration process including their birth certificate. Each player will also be weighed and photographed. 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. There will be a fee to certify late. Only players that complete certification will be added to the final roster.

All players must make weight prior to every game. If a player does not make 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 the each game each team shall meet 30-60 minutes before the game for inspection of required equipment, certified roster and weigh in. All players must weigh-in equipped to play with their own equipment including shoulder pads, and shoes. 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

Coaches do not make the policies of STYFL but are expected to carry them out.

1. Head Coaches are responsible for team adult staff.

a. The team shall have one (1) head coach. *Only credentialed coaches, ball boys, water girl/boy and team photographer 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 participants. c. All coaches must complete an application and background waiver 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 discipline policy for the team.

3. Coaches are responsible to organize the practices during the season. The first two weeks of the season are considered pre-conditioning. After the first four weeks of practice there are to be no more than two practices per week with a game once a week

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.

Coaches are responsible for assisting on game day. Fields are to be set up by the home team and taken down by the last home team on the field for that day. Coaches are also required to participate in the field set up and tear down. Coaches are to notify players and parents well in advance of game times, and let your parents know game field locations can change due to field conditions.

Coaches are responsible for the safety and actions of ALL players. Injuries 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 in 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 STYFL and that their actions directly

affect the

credibility of the League. 2. Coaches should 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, i.e., correct form, head up, and limited space between

players participating in drills. 6. The League Official shall exceed the head coach's authority on practice and game fields.

7. All coaches are responsible for the selection of players that will play in the instructional or 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:

a. 1st offense – verbal warning. b. 2nd offense – two practices and one game suspension. c. 3rd offense -- removal for the rest of the season. d. 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. e. 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 Red Cross Community First Aid and Safety cardholder will provide medical coverage at each game.

ARTICLE 9: PLAYER DISCIPLINES

1. 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. 2. A player will be removed from the game for the first offense of fighting, intimidation, or disrespect for authority. A one week suspension from the team is required for a second offense. 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 1 hour it will be considered a full practice. Any cancelation prior to 1 hour can be made up during the same week if possible. All practices MUST BE at a league designated field.

Pre-conditioning start date will be set by the Board of Directors. At the completion of pre-conditioning, practices for all participants will be a maximum of two times per week. Non-contact walk-throughs can be scheduled at the discretion of the league. Coaches will be responsible to maintain practice fields that were allocated to them and advising their teams of their 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 full contact (player to

player contact). 4. Scrimmages outside of the league are prohibited. 5. No pads or contact is allowed during Walk-thrus (helmets only).

ARTICLE 11: EQUIPMENT

Required Equipment:

**Helmet with Chin Strap Shoulder Pads Pants Hip Pads Tail Pads Thigh Pads Knee Pads 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. Only clear helmet shields can be used. No tinted shields are permitted per NFHS regulations.

STYFL shall not supply any equipment that has been medically prescribed for a participant.

League owned helmets can not 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. Decals are to be removed at the end of the playing season. Failure to do so will result in an equipment charge.

All shoulder pads, hip, kidney, 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 on the front and back. The STYFL patch must be applied to all jerseys. Player names can appear on the game jersey. Any other insignia must be pre-approved by the League.

**Removable cleats are permitted, but 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 can not play.**

PROHIBITED EQUIPMENT

No jewelry of any type, including bracelets, earrings or necklaces shall be permitted during games or practices.

A player will be removed from the game for wearing illegal, altered or modified equipment and cannot be returned until the condition is corrected.

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 will be suspended for the first half of the next game. If a second ejection occurs during the season that player will be suspended for the next two games. Third ejection is a suspension 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. 1. If any act requires the intervention of local police authority, the offender will be banned indefinitely from all

STYFL activities.

ARTICLE 13: TERMS OF PLAY

The League shall use September 1st to be the players' age cut off date for the season.

DIVISIONS OF PLAY:

MIGHTY MITE 6 & 7 YEARS OLD

Maximum 85 lbs. 8 year olds under 70 lbs.

Jr. PEE WEE 8 & 9 YEARS OLD

Maximum 110 lbs. 10 year olds under 75 lbs.

PEE WEE 10 & 11 YEARS OLD

Maximum 130 lbs. 12 year olds under 80 lbs.

Jr High 12 & 13 YEARS OLD

Maximum 160 lbs. Cannot be in High School

**All weights are excluding pads.*

A player exceeding the maximum weight in his/her division cannot play in 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. There is a nine pound allowance for equipment. There are restricted player rules for players not meeting weight requirements. 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). 5. Older/Lighter players (older players playing at a reduced weight) are NOT allowed to play as a restricted player. They

should move to the correct division for their age.

ARTICLE 14: PLAYING RULES

Unless specifically modified by STYFL all games, whether regular season, pre or post season shall be played under the rules of the AIA (Arizona Interscholastic Association) following the NFHS (National Federation of State High School Associations) Football rule book. Division specific exceptions are noted below.

GAME BALL

The League will provide the game ball for ALL games.

LENGTH OF QUARTERS

MM/JPW/PW - 10 minutes Jr High – 12 minutes

If the point differential is 28 points or greater, the game will be 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 Point after touchdown When kicked 1 point Point after touchdown When run or pass from 3 yd. line 1 point When run or pass from 10 yd. line 2 points Safety 2 points Field Goal 3 points

When playing on a field without goalposts, no kicking shall be permitted. When playing with one goalpost each team can use the upright after scoring a touchdown or for a field goal try.

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 a player for disciplinary reasons, provided they are the result of violations of League or team rules.

REPORTING SCORES

The General Manager from the Home team is required to report scores to the league for all of their teams by end of day. They must review scores with the General Manager of the Away 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 laps. Give players water breaks every 20 minutes. Provide at least one fifteen minute water break in the middle of each practice.

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

GAME CANCELLATION

The League shall have the right to reschedule games or cancel games as may be necessary. Coaches are not allowed to cancel a game.

TIE GAMES

STYFL will use AIA rules for tie break. 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 MM and JPW

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 shall be called against the offensive team and the penalty shall be assessed unless refused by the defensive team.

The ball shall be a direct snap from the center to the punter.

Both the offense and defense shall have seven players on the line of scrimmage until the ball is punted even if the ball is fumbled or may have been centered past the punter.

The punt must travel 15 yards to be returned. 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. 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. Sideline coaches 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. 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.**