

FCYFL RULES

FAIRFAX COUNTY YOUTH FOOTBALL LEAGUE RULES

Adopted by the FCYFL Board of Commissioners – 2012

FAIRFAX COUNTY YOUTH FOOTBALL LEAGUE RULES

1.0 OVERVIEW

- 1.1 Youth football players (Players) are organized into teams by their respective Club in accordance with League rules and policies.
- 1.2 Varieties of competition classes are available.
- 1.3 Team placement is based upon an age/weight matrix and abilities.
- 1.4 Teams compete during the regular season based upon a League managed schedule.
- 1.5 At the end of the regular season, top performing teams are selected to compete in playoffs to determine a champion team in each of the weight class divisions of each conference. One team from the American Conference in each of the weight classes then becomes the League's representative to the Washington Metro Area playoff with other leagues to determine an overall Metro Champion.
- 1.6 Game play and equipment is governed by the current edition of the USA Football Youth Football Rules as modified herein.

2.0 ORGANIZATION, DOCUMENTATION AND REGISTRATION

- 2.1 Organization – Clubs shall be required to enter all Players in all sponsored teams in this League within the weight and age limits established within these rules.
- 2.2 Documentation
 - 2.2.1 Each Club shall provide and/or update organizational information documentation required by the League and their County by July 1st of each calendar year.
 - 2.2.2 Documentation shall be signed by the Club Commissioner and, where appropriate, the ranking official of the Club's parent board.
 - 2.2.3 Documents shall include but not be limited to:
 - Contact information for the Club Commissioner and Assistant Commissioner including; telephone numbers, cell phone numbers, and valid email addresses for contact by League
 - Club Roster of Elected Officials
 - Club Bylaws
 - Club Code of Conduct
 - Club Disciplinary Action Policies
 - Club Emergency Communication and Response Plans
 - Club Player Drafting Rules
 - 2.2.4 Policy changes shall be reported to the League and submitted in writing within 30 days of incorporation.
- 2.3 Registrations – Club registrations for Players shall be open to all applicants meeting League eligibility requirements and living within the Club's established boundaries. Clubs shall promote registrations for all eligible player ages (7 through 16) and weight classes (Anklebiter through 150 pound). Each Club must hold registration open until two weeks after the start of practice and may hold it open until two days prior to a team's second league game. No Club may hold registration in conjunction with a football clinic conducted by a high school.
- 2.4 Background Checks
 - 2.4.1 All FCYFL Executive Committee members, all FCYFL Club Commissioners, all FCYFL Assistant Commissioners and all FCYFL coaches must go through USA Football's

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Background Screening Program, the National Center for Safety Initiatives (NCSI) or an equivalent program recognized to be just as effective.

3.0 TEAM POLICIES

3.1 Conferences

3.1.1 The League is structured to establish various levels of competition based upon a player's ability, age, and weight. The League has established this system to provide reasonable competition for players from all size Clubs. Players are assigned to weight classes based upon an age/weight matrix identified in the Player Policy section of these Rules.

3.1.2 The Anklebiter Instructional Group is one conference, divided into several divisions, dependent on the number of teams enrolled. Since these are the youngest players in an instructional group with special competition rules, no distinction between levels of experience is warranted.

3.1.3 For the remainder of the weight classes there are three established conferences to provide three different levels of ability and experience for the players.

- The American Conference is structured with youths of the greatest ability and most experience in comparison to their peers.
- The Central Conference is a mid level competition group structured to include both single entry Club teams which may not be able to compete equally in the American Conference and multiple entry Club teams with some experience.
- The National Conference is designated as a conference for multi- entry teams with youth of limited ability and experience in comparison to the other conferences.

3.1.4 Declaration Meeting

At the League Declaration Meeting, each Club Commissioner shall declare the number of teams they will sponsor in each weight group based upon matrix below. Where options are available for a team to play in the American or Central conferences, the Commissioner shall state the team's preference in their declaration. Such a preference, as indicated by the asterisk below, does not guarantee placement in that conference.

3.1.5 Conference Placement Chart

NUMBER OF TEAMS	AMERICAN	CENTRAL	NATIONAL
1	1 ¹	1 ¹	NA
2	1 ^{1, 2}	1 ^{1, 2}	1
3	1	-	2
4	1	1	2
5	1	2	2
6	1	2	3
7	2	2	3
8	2	3	3
9	2	3	4
10	2	3	5
11	2	3	6
12	2	4	6

1- Team placement between American and Central as described hereafter.

2- At 125lbs Conference: Any club that declares 2 teams will field 1 American and 1 National team.

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3.1.6 Conference Team Placement

The League executive in charge of scheduling shall total the teams for each weight group and conference based upon the declarations. The American Conference of each weight group shall include a minimum of eight teams unless the entire available number of teams is less than fifteen. Then the American and Central conferences shall be divided equally with the American conference never smaller than the Central. When less than twelve teams are available for the American and Central conferences, all teams will be placed in the American conference for that season. If, based upon the preferences submitted, the League determines a need to place additional teams into the American conference that have requested the Central conference; the following selection method shall be followed:

- a) All team's requesting Central conference placement shall be polled for volunteers to play in the American conference; if additional teams are required after volunteers are placed, the League officer shall: Select the previous year's Central conference championship team at the next lower weight class unless that team's sponsoring Club has already met the required American conference team placement. If multiple Central Conference divisions were present in the previous year in the next lower weight class, use the sponsoring Club's overall winning percentage for that year as a tie breaker between similarly ranked teams.
- b) If additional teams are required after such placement, the previous Central conference second place team at the next lower weight class shall be selected with the same exceptions noted above.
- c) If additional teams are still required after the above placements follow the above procedure through the third, fourth, fifth, and sixth place finishers.

3.2 Team Placement within Conferences

3.2.1 In conferences where the total number of teams exceeds 15, teams shall be divided into two Divisions.

3.2.2 Multiple entry teams from the same organization shall be placed in different divisions wherever possible.

3.2.3 Teams shall play only those teams within their weight class and conference.

3.3 Team Size

Team size for AB, Central & National shall be limited to a maximum of 22, a minimum of 14 players, weighed in and listed on a team roster, except by special approval by the Executive Committee. FCYFL American Conference team can roster a maximum of 27 players. It is recommended that in order to comply with the FCYFL player participation policy that every effort be made to ensure that team rosters average 15 to 18 players.

3.4 Player Selection and Placement

3.4.1 Clubs entering multiple teams within a given conference and weight class shall conduct an equitable draft, following written Club rules and under the supervision of the Club Commissioner or official alternate. The equitable draft shall be structured to assure that all Club teams playing in the same weight class and conference shall distribute the available player talent equally.

3.4.2 After the American Conference team(s) is (are) selected for a specific weight group, the remaining players available shall be drafted equally for the remaining teams.

3.4.3 If four or more teams will be fielded by a Club in a particular weight group, Central Conference team(s) are selected after the American Conference team(s) and prior to drafting the National Conference teams.

3.4.4 If two or more Central Conference teams will be fielded by a Club there shall be an equitable

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draft conducted among those teams prior to drafting the National Conference teams (minimum 2).

3.4.5 The draft process shall be established to assure a balance of talent and abilities between the teams throughout the registration and drafting process.

3.4.6 A copy of the Club's official written drafting rules shall be approved by FCYFL and maintained on file with the League.

3.5 Coaching

3.5.1 Club's shall strive to provide a qualified, well trained coaching staff for each Team it sponsors in the League. Coaches and support staff shall conduct themselves at all times with sportsmanship and integrity and exemplify the League values.

3.5.2 Meetings

Each Club shall organize and conduct coach's meetings on a regular basis during the year. During the practice and game football season these meetings shall be held frequently as determined by the club commissioner. Coach's meetings are an place for a commissioner to review league policies and rules, distribute information from League and Club, and discuss football and player issues affecting the Club. Such meetings are one of the most valuable and meaningful aspects of running a good organization

3.5.3 Training

Each Club shall provide training to all its coaches through in-house programs or those available commercially. Training shall include technical skills as well as organization and team management. Focus shall include positive coaching of youth in sports.

3.5.4 Requires all coaches must be trained in the online coaches education course Parts I & II provided by USA Football. Any team that lists a coach on their roster that hasn't completed the required training, that team will not be eligible for the playoffs! The Club commissioner is responsible for compliance of this rule.

3.5.5 Head Coach

a) Duties of the Club

The Club shall designate a qualified Head Coach for each Team it fields. The designated Head Coach of each Team shall be responsible and accountable to the Club and the League for that Team's actions and conduct throughout the preseason, regular season, and post season activities. The individual shall be verified by the sponsoring Club to be of high moral fiber and character.

b) Age

It is required that the head coach be 21 years of age or older before August 1 of the season.

c) Experience

All Head Coaches shall attend the League and Club sponsored coaching clinics to qualify them in the rules of the game, FCYFL rules, coaching fundamental techniques, player safety, care of injuries, and leadership of children and young people. Wherever possible, Clubs should select Head Coaches with several years of experience coaching youth football as an Assistant or in another League. Head Coaches serve an important role in the League's chain of command. They are responsible for communications with and the conduct of all players, parents, Assistants and fans. It is critical that member clubs select Head Coaches with the capability to effectively carry out these duties while abiding with our Code of Conduct.

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3.5.6 Assistant Coaches

Each Head Coach shall establish a group of assistant coaches to aid in the training and control of the Team. Assistant coaches shall be 18 years of age or older before August 1st of the season. The Head Coach is responsible to assure each assistant is qualified and understands all League rules and regulations. All assistant coaches are encouraged to attend the League coaching clinic as well as other coaching clinics. Only five assistant coaches may accompany the Head Coach in the coaches' box during a game as noted in the game section below.

3.6 Recruitment

No Head Coach, assistant coach, team parent, or any other Club official shall contact, recruit or otherwise solicit Players from another Club. Evidence of such actions will be considered a breach of these rules and subject to significant sanctions by the League.

3.7 Coach Transfers Between Clubs

3.7.1 Any League head or assistant coach that assumed that title and/or performed that function during the previous season cannot transfer to another League Club without the approval of the League through a formal application process. Commissioners and coaches considering such a move shall apply to the League in a timely manner to allow a reasonable amount of time to process the request prior to the 1st day of practice.

3.7.2 A Head or Assistant Coach transferring between Clubs shall not be allowed to carry/transfer Players from their previous year's Team onto their new Club Team other than their own children.

3.7.3 Transfer requests shall include the acknowledgment of both Commissioners.

3.7.4 The League Executive Committee shall respond to the request with a formal approval or denial and provide subsequent notifications to the League Board of Commissioners. Approvals remain contingent upon review of the new Team's final Official Roster submission.

3.8 Team Rosters

Rosters of all eligible Players shall be established for each Team by the club's Commissioner. The format for weigh-in rosters, game rosters, and post-season rosters is included in the appropriate sections of these rules.

3.9 Conduct

The conduct of each Team's players, coaches, and spectators is the responsibility of the Head Coach and the Club. Systems shall be established and maintained by each Team to identify and communicate acceptable conduct of its members and guests as well as an enforcement plan to assure proper conduct. Failure to appropriately maintain proper conduct or react to unacceptable conduct will be considered a breach of these rules and subject to sanctions by the League. All Head Coaches and assistant coaches shall read, understand, and sign a copy of the "FAIRFAX COUNTY YOUTH FOOTBALL LEAGUE CODE OF CONDUCT" form available in the Appendix. The completed forms for each team shall be submitted to the League through the Club Commissioner along with the team roster at the first official weigh-in after declaration.

3.10 Penalties

Penalties for the failure of Clubs and/or Coaches to follow the rules and regulations set forth herein shall include sanctioning of either the Team or the entire Club as the infraction dictates. Specific sanctions may include fines, forfeiture of games, loss of League voting rights, suspension of teams, exclusion from League post season competition, and expulsion from the League by the Board.

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4.0 PLAYER POLICIES

4.1 Eligibility

Only youth between the ages of 7 and 16 years and who fall within the official weight class matrix may participate in the League. All youth shall play in the Age/Weight Class for which they are eligible. There shall be no waivers.

4.2 Age

For purpose of eligibility in the various Age/Weight Classes, a Player's age on October 1 of the current year will determine his football age. Example: A youth who becomes 10 years old on or before October 1 will Play as a 10 year old. A youth who becomes 10 at any time after October 1st of the current year will play as a 9 year old.

4.3 Address

A Player's primary place of residence, as recognized by the school in attendance, shall establish eligibility for specific Club. Each Player must play for a team in the County and/ or applicable jurisdiction in which the Player resides. Violations of residency restrictions shall incur severe sanctions of the Player, Team, and Club.

4.3.1 Waiver Request

Waivers for player participation boundary rule must be submitted by the club commissioner seeking the waiver. No out of county or boundary player is allowed to register for a club until the waiver has been approved by the FCYFL Executive Committee. Should a member club decide to pursue a waiver to the FCYFL boundary rule they MUST follow the procedure and format to the letter. Boundary Waiver Procedure is issued annually to all club members. Any misrepresentation of facts or information found in dispute will void the granted waiver immediately!

4.4 Weight

4.4.1 Players shall play in the appropriate weight class based upon the maximum weights noted in the FCYFL Age/Weight Class Matrix below with respect to the Player's age as described above. The League does not endorse or encourage Players to lose weight to play in a particular weight class.

4.4.2 Minimum Weights

At their official weigh-in, Anklebiters must weigh at least 40 pounds.

FCYFL Age/Weight Class Matrix

CLASS	AGES									
	7	8	9	10	11	12	13	14	15	16
AB	UNL	90	55	X	X	X	X	X	X	X
75#	X	95	85	80	75	X	X	X	X	X
85#	X	X	105	95	90	85	X	X	X	X
95#	X	X	X	115	105	100	95	X	X	X
110#	X	X	X	X	130	120	115	110	X	X
125#	X	X	X	X	X	145	135	130	125	X
150#	X	X	X	X	X	X	170	160	155	150

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4.4.3 Verification

Club Commissioners are responsible to verify ages and weights of all Players at club registration and prior to the official FCYFL Weigh-In.

4.5 Physical Examinations

4.5.1 Player Health

The FCYFL Board recommends that all players be given a physical examination by his/her personal physician before participating in football practice and/or games. No player shall be allowed to participate in the FCYFL if non-play is recommended by a physician. It is the responsibility of parents and each respective organization to determine and monitor the health of individual players on a continuing basis.

4.5.2 Infectious Disease Policy

- The FCYFL Board has adopted the Virginia High School League (VHSL), "Infectious Disease Policy". A copy of this policy is provided in the Appendices.
- Any Player with an injury requiring a cast or other such brace must provide a Physician's Release Form prior to any involvement in practices or game play. A copy of the form is provided in the Appendices.

4.6 Player Identification Cards

4.6.1 Each player must obtain a Player Identification Card. The card will be required as official player identification at all FCYFL Weigh-Ins, and upon demand by the FCYFL Standards and Rules Committee pursuant to the execution of the Committee's official duties. A Player Identification Card shall be the sole allowable proof of age in determining a player's eligibility.

4.6.2 Accepted Player Identification Cards

- Commonwealth of Virginia Identification Card as issued by the Virginia Department of Motor Vehicles (DMV). Issue date must be within five (5) years of December 1 of current calendar year. Card must display the player's photograph, date of birth, date of issue and signature of player or printed first/last names of those players under ten (10) years of age. Cards are available from all Virginia DMV Offices at a nominal charge. Original birth certificate and social security card (or other DMV approved identification) are required to obtain Identification Card.
- Commonwealth of Virginia Learner's Permit as issued by the Virginia DMV. Card must display the player's photograph, date of birth, date of issue and signature of player.
- Commonwealth of Virginia Driver's License as issued by the Virginia DMV. Card must display the player's photograph, date of birth, date of issue and signature of player.
- No other Identification Cards or Proof of Age is acceptable.
- Expired identification cards are not acceptable and must be replaced prior to Player weigh-in.
- All Player Identification Cards of eligible participants shall be maintained during the football season by the Player. All Player Identification Cards shall be available on demand from the Standards Committee. Failure to comply with such a demand will result in immediate suspension from the League.
- If at any time during the season, a protest is filed against a Player, the Commissioner and Head Coach of that Player against whom the protest has been lodged shall attend a Standards Committee Meeting or Weigh-In, as specified, with the same Player Identification Card presented at the Official Weigh-In.

4.7 Maximum Weight Gains

At no time during regular season may a player exceed the maximum weight gain over the allowable initial weight after certification:

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WEIGHT CLASS	MAXIMUM WEIGHT GAIN
AB	5lbs
75#	5lbs
85#	5lbs
95#	10lbs
110#	10lbs
125#	10lbs
150#	10lbs

4.8 Dual League/High School Participation

No youth who is either a member or who is trying out for an inter-scholastic high school football squad may participate in FCYFL League play. However, if the Player opts not to play high school ball they may rejoin an FCYFL team prior to its second game providing that the Player has properly registered and officially weighed in with the League on the official dates. The Club Commissioner shall ensure that the Player's name has been removed from the high school roster, should they return to FCYFL. Intermediate school football is not included in this restriction.

4.9 Player/Organization Movement

4.9.1 A player may play with only one organization and on only one team.

4.9.2 If a Club cannot field a team at the proper weight class for a registered Player that has already attended and passed an official League weigh-in, the Player may request a waiver from the League to be moved to a neighboring Club with that same weight class. Such waivers will not be granted once League play has begun.

4.9.3 Players whose weight gain during any part of the season is in excess of that allowed may request a waiver from the League to be moved up to a team with the same Club in the next higher or appropriate weight class. Players may not return to their original team for the remainder of the season.

4.10 Conduct

The conduct of each Player is the responsibility of the Head Coach and the Club. Systems shall be established and maintained by each Team and Club to identify and communicate acceptable conduct of its Players as well as an enforcement plan to assure proper conduct. Failure to appropriately maintain proper conduct or react to unacceptable conduct will be considered a breach of these rules and subject to sanctions by the League.

4.11 Penalties

4.11.1 The integrity of the League and safety of the Players on the field during practices and games rely on these Player placement rules. Penalties for not following these rules will result in game forfeitures and fines. Sanctions shall also be issued against the Club administrators, Head Coach, and assistant coaches of the Team found supporting or allowing such activities, where appropriate.

4.11.2 Over/Under Age Player Participation

The penalty for an over or under age Player's participating in League games, when discovered (whether protested or not) and verified through the Standards Committee, will result in a minimum forfeiture of all games in which the illegal Player participated and that Player's suspension from any further league activities for the current season.

4.11.3 Over/Under Weight Player Participation

The penalty for a Player who participates in a game and is determined by the League to be over or under the allowable weight for the Weight Class and age, when discovered (whether protested or not) and verified through the Standards Committee, will result as a minimum in

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forfeiture of that game in which the illegal Player participated. Further, this Player is not eligible for any future games with that team for the remainder of the season. The Player may request to be assigned to the proper weight class team sponsored by that Club.

4.11.4 Ineligible Player Participation

The penalty for a Player who did not officially weigh-in with the League, when discovered (whether protested or not) and verified through the Standards Committee, will result as a minimum in forfeiture of all games in which the illegal Player participated. Further, the Player and Coach must receive written approval to continue to play, from the Standards Committee.

4.11.5 Unauthorized Player Certification

The penalty for a youth who fraudulently weighs-in with forged or illegal documents, by having someone else weigh-in for them, or other fraudulent methods, when discovered (whether protested or not) and verified through the Standards Committee, will result as a minimum in forfeiture of all games in which the illegal Player participated, plus the suspension of the Player and the Coach for the remainder of the season and potential future seasons.

4.11.6 Unauthorized Player Participation

If a Player is found to be playing for a team other than the jurisdiction of residence, the Player will be suspended for the balance of the season, and the Team will forfeit the last game in which the Player participated. Additional penalties may be imposed on the Team, Coach or Club in flagrant cases.

4.11.7 Other Player Infractions

Penalties for other Player infraction not specifically noted here shall be determined by the Executive Committee and may include fines of up to \$500, forfeiture of games, loss of League voting rights, suspension of teams, and expulsion from the League by the Board.

5.0 WEIGH-IN POLICIES

5.1 The League maintains standard Weigh-in policies and procedures to document the eligibility of all Players, to determine the Player's Official Weight, and to assure they are properly placed within the Age/Weight Class Matrix described previously. These procedures are mandatory for all Players.

5.2 FCYFL policy is for clubs to place players in the proper weight class prior to the start of practice. The League does not encourage or condone forced weigh loss in any form for players to play in a lower weight class. Certain minor weight loss is experienced with increased activity due to normal practice schedules and should be expected. Significant weight loss may be unhealthy and should only be controlled under the auspices of a physician and not as part of this League.

5.3 Times & Dates

The official League Weigh-In will be held at a date and time to be determined by the League at least one week prior to the start of the season. Time and places of the Official Weigh-in will be furnished to each Club on or before the end of the 2nd week of practice. The day commonly set aside for the Official Weigh-in is the Saturday two weeks prior to the Labor Day weekend. A minimum of two subsequent Late Weigh-Ins shall be held when and where deemed necessary by the League. All Players are required to attend the official League Weigh-in. Those missing the League Weigh-in may attend a Late Weigh-in but will be required to pay a late fee established by the League.

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5.4 Allowable Attire

During the weigh-in procedure, Players shall wear standard street attire. As a minimum Players may wear gym shorts or swimsuits. As a maximum Players may wear only one of each item of clothing. Players may not wear football gear or uniform at the Weigh-In.

5.5 Structure

5.5.1 At their assigned time, and once all paperwork is completed and in order, a Team is brought before the League by the Head Coach or designated alternate Coach acceptable to the Club Commissioner. Only the Club Commissioner and Coach may be in attendance for the Players on that Team. The League shall be represented by members of the FCYFL Board of Commissioners, members of local Recreation Departments, and/or designated assistants approved by the Executive Committee. Each Player shall present their Identification to the League at this time and be weighed on an official League scale.

5.5.2 Players that exceed the allowable weight for their age at the Team's weight class shall be reassigned by the Club Commissioner to a team in their appropriate weight class. Such reassignment should occur immediately but no longer than 72 hours after the Player's weigh-in.

5.5.3 If no team exists at that weight class, the Player is eligible for a reweigh at a late weigh-in without penalty.

5.5.4 Players whose weight for their age allows them to play for a lower weight class shall be reassigned by the Club Commissioner to a team in that appropriate weight class. Such reassignment should occur immediately but no longer than 72 hours after the Player's weigh-in.

Player identification and proof of eligibility be available to the Coach at the completion of the Team's session.

5.6 Transferability

All Players registered with one Club Team become a member of that Club's Team official roster at the time of certification at the official Weigh-In and cannot be transferred to another Club's Team during the regular football season and post-season. Exceptions may be granted if presented in writing to the Executive Board where Teams fold prior to the first game of the season.

5.7 Late Fees

Any Player not weighed at the official League Weigh-in will be required to pay a late fee to be eligible for a late weigh-in regardless of reason. This late fee need only be paid once per season per Player. Payment must accompany Player paperwork at the table. Late fees shall be paid in cash or check. Checks shall be made payable to FCYFL and must list the Player(s) name, weight class, and Club in the memo portion of the check. The Club shall be responsible for any returned checks.

5.8 Ineligibility

Any Player not attending a League weigh-in and/or to establish eligibility may not participate in League play. Players unable to secure official Player Certification by the last official Weigh-In are not eligible to participate in any official FCYFL sponsored games and events.

5.9 Conduct

The conduct of the Players during the Weigh-in procedures is the responsibility of the Club and Head Coach. Systems shall be established and maintained by each Club to identify and communicate acceptable conduct of its Players as well as an enforcement plan to assure proper conduct. Failure to appropriately maintain proper conduct or react to unacceptable conduct will be considered a breach of these rules and subject to sanctions by the League.

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5.10 Penalties

Penalties for the failure of Clubs and/or Coaches to follow the rules and regulations set forth herein shall include sanctioning of either the Team or the entire Club as the infraction dictates. Specific sanctions may include fines, forfeiture of games, loss of League voting rights, suspension of teams or individuals, exclusion from League post-season competition, and expulsion from the League by the Board. Evidence of fraudulent or intentionally deceptive documentation shall be grounds for immediate expulsion of the Player and/or Head Coach.

6.0 EQUIPMENT POLICIES

6.1 Equipment Standards

Equipment used by Teams and Players shall meet the standards National Federation of State High School Associations (NFHS) rules unless otherwise noted herein. It is the responsibility of each Club that equipment shall be in good repair and properly fitted to each Player.

6.2 Mandatory Player Equipment

6.2.1 All Players must be completely uniformed to be eligible to compete in League sanctioned games. Mandatory equipment includes:

- Helmet (with approved face guard and chin strap)
- Tooth and Mouth Protector (intraoral/fitted)
- Shoulder Pads
- Football Pants (with thigh pads & knee pads)
- Hip Pads and Tail Pad
- Jersey (with number front and back)
 - NFHS numbering/position requirements need not be followed.
- Shoes may have either molded cleats or removable cleats.

6.2.2 Athletic Supporter (with cup insert) and other personal protection devices are strongly recommended.

6.2.3 Proper footwear shall be worn at all times. A place kicker or punter may not elect to remove a shoe to kick the ball.

6.3 Optional Player Equipment

Additional Player equipment is allowed providing it meets the standards noted above and does not pose a threat or safety concern for the Players or Officials.

6.4 Illegal Player Equipment

No Player shall participate in any League practices or games with illegal equipment. This includes but is not limited to those items identified in the NFHS rules and anything deemed unsafe by the presiding officials.

6.5 Hard Cast Rule

No athlete is permitted to participate in any League practice or game with a hard cast, splint, brace, or any other protective appliance except when padded and protected in accordance with NFHS rules. Any Player wishing to practice or play with such a device must first gain written permission from their Club's Commissioner. The approval of the padding and the Players eligibility for a League game shall be determined by the Game Official. The Player shall submit a signed written request to the Game Official prior to the game. The request must include a physician's statement indicating the Player is cleared to play. Copies of the request and physician's statement shall also be available for review by the opposing Head

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Coach and the Field Supervisor. A sample of a League approved Physician's Release Form is available in the appendix.

6.6 Game Uniforms

- 6.6.1 All Clubs are required to have one consistent, approved, uniform color combination scheme using their Club Colors at the beginning of each season. These uniforms shall be worn at all games, home and away, unless a conflict arises. Each Club is also responsible for having sets of contrasting jerseys available for their teams use should conflicts arise.
- 6.6.2 In the event of a conflict in colors between opposing Teams, the Commissioners or appointed agents of each Club shall resolve the conflict prior to game day. Home teams shall have the first option to wear their standard Club Colors.
- 6.6.3 Should a conflict arise at the game field and the Game Officials require more distinction be provided between the teams, the visiting team shall be supplied with contrasting jerseys by the Field Sponsor through the Field Supervisor. Each Field Sponsor shall maintain sets of jerseys in assorted sizes at the game field for this purpose. The jerseys shall be returned at the completion of the game before leaving the site. Missing or damaged jerseys shall be replaced at the expense of the visiting Club.
- 6.6.4 Players shall maintain the same jersey and number throughout the season unless the jersey is damaged beyond reasonable repair or lost.
- 6.6.5 Jersey numbers shall not be reassigned within a Team at any time during the season of play-off games.
- 6.6.6 No jersey shall be changed during the game unless deemed necessary by the Game Officials. In the event of such a jersey change both sidelines shall be notified.

6.7 Game Balls

- 6.7.1 The home team shall furnish official game balls meeting League standards. The visiting team may elect to use its own ball when on offense providing it is an approved size and material and placing the ball in play will not unnecessarily delay the game.
- 6.7.2 Game balls shall meet the following size specifications based upon the Weight Class:

Weight Class	Football Size
AB.....	K2
75#.....	K2
85#.....	K2
95#.....	TDJ
110#.....	TDY
125#.....	TDY
150#.....	NFHS High School Collegiate, or NFL

6.7.3 Ball Composition

Balls may be obtained from various manufacturers under several name designations. Ball composition and construction however must meet the requirements of the National High School Federation rules with size dimensions modified to match the balls listed in the previous section. **Rubber or Plastic Balls are prohibited. Composite are acceptable.**

6.7.4 First Aid Kits

Each team must furnish its own First Aid Kit and maintain the kit at all games and practices. The kit shall include, as a minimum, items to stem and control bleeding of minor cuts/abrasions and reduce the possibility of infection.

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6.7.5 Emergency Plan

Each Club and Team shall prepare an emergency plan to deal with unexpected injuries, sickness, or other issues which may arise during practices and games. The Plan shall include at a minimum information and medical releases for all Players and Coaches, emergency contact numbers for parents and/or guardians, methodology for contacting emergency services, and names and availability of emergency medical technicians (EMTs) at practice and game fields. The Plan shall include areas and strategies for Player protection from severe weather or other significant events.

6.7.6 Penalties

- Penalties for the failure of Clubs and/or Coaches to follow the equipment rules and regulations set forth herein shall include sanctioning of either the Team or the entire Club as the infraction dictates. Specific sanctions may include fines, forfeiture of games, loss of League voting rights, suspension of teams, exclusion from League post season competition, and expulsion from the League by the Board.
- Penalties for Players improperly equipped during a game may include warnings, unsportsmanlike conduct penalties, or ejection from the game as determined by the presiding official.

7.0 PRACTICE POLICIES

7.1 Commencement of Practice

7.1.1 No practice or Team meetings shall commence prior to the date established by the League each year. This rule applies to any organized team instruction, such as skill sessions, grass drills, group physical training, as well as blocking and tackling drills, running of plays, etc., but does not preclude individual activity by Players to get them into condition for the first day of team practice.

7.1.2 No physical contact will be allowed for any Player during their first three days of practice. Each Player must have at least three practice periods of conditioning and training before engaging in any contact drills or scrimmages.

7.1.3 Players may wear only shoulder pads and helmets during their first three days of practice.

7.2 Location of Practice

7.2.1 Each Club shall assign designated practice space to each Team. The practice areas shall be kept clean, safe, and in good repair. All practice locations for a Club's teams shall be identified in writing to the Executive Board prior to commencement of practice. Any changes to a Team's practice locations shall be submitted in writing prior to relocation of Teams.

7.2.2 The FCYFL allows the use of lighted practice sites.

7.2.3 Clubs shall limit practice areas to those defined in their approved field use permits. Non-county Clubs shall follow additional restrictions set forth by their individual jurisdictions.

7.3 Duration & Frequency of Practices

Practices shall not exceed one 2 hour period per day, five days a week until school starts. Beginning with the first week of school the number of team practices or team meetings shall not exceed 4 per week including games for all weight groups.

7.4 Cancellations / Modified Practices

Safety of the players, coaches, and spectators is paramount. No practices shall be held if dangerous or hazardous conditions exist at the practice site. Such conditions may include, but are not limited to, extreme heat, storms, lightning, dangerous winds, soggy turf, and others. The Club Commissioner may elect to postpone or modify practice sessions to mitigate such conditions where possible. These may include temporary changes to

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scheduled times of practice, limiting contact and/or equipment during practice, increased water breaks, etc.

- 7.5 Safety – During preseason practices, the maximum number of days per week where contact of any kind with the head is allowed is four (4) days out of the five (5) days currently in place. Beginning with Labor Day Monday, the maximum number of days per week where contact of any kind with the head is allowed is two (2) days out of the three (3) days of practice currently in place. The spirit and intent of this rule is to reduce the number of helmet contacts a player incurs.
- 7.6 Note: During the normal course of a full season, unforeseen schedule changes beyond all reasonable control, may affect the specific application of this rule. These rare occurrences are the exception and come from the league administration only. No club, team, or individual coach has the authority to deviate from any rule.
- 7.6.1 Each Team shall be familiar with written Club safety procedures and emergency procedures at the practice fields. Clubs, Teams, and Coaches shall maintain effective communications tools to contact emergency services should the need arise.
- 7.6.2 Coaches shall be responsible for routine inspection of practice facilities, field equipment, and Player equipment to assure safety and proper fit.
- 7.6.3 Coaches shall not leave a game or practice area until all Players have left the site.
- 7.7 Scrimmages
Scrimmages between teams of different weight classes are prohibited.
- 7.8 Use of Illicit Drugs, Tobacco, or Alcohol Products
There shall be no use of drugs, tobacco, or alcohol products at any FCYFL practice field by any Head Coach, assistant coach, team parent, or any other Club official. The Club Commissioner is responsible for enforcing this rule. If a Head Coach, Assistant Coach, Team Parent, or any Club official and refuses to cooperate, he/ she will be warned that continued failure to comply with this rule will result in disciplinary action by the Club or League. The League expects all participants and guests of the football programs to follow School Board and Park Authority regulations when using these facilities.
- 7.9 Recording or Observing Practices
No coaches or team parents will video record or observe another Club's team practices at any time. (This DOES NOT include pre-game day warm ups). The practice of video recording or observing another Club's team practices in order to gain an offensive or defensive advantage shall be considered detrimental and contrary to the best interest of the FCYFL program. Any Player or member of the coaching staff involved with any of the aforementioned offenses will be suspended for the remainder of the season.
- 7.10 Conduct
The conduct of each Player during, before, and after practice sessions is the responsibility of the Head Coach, the coaching staff, and the Club. Systems shall be established and maintained by each Team and Club to identify and communicate acceptable conduct of its Players as well as an enforcement plan to assure proper conduct. Failure to appropriately maintain proper conduct or react to unacceptable conduct will be considered a breach of these rules and subject to sanctions by the League.
- 7.11 Penalties
Penalties for the failure of Clubs and/or Coaches to follow the rules and regulations set forth herein shall include sanctioning of either the Team or the entire Club as the infraction dictates. Specific sanctions may include fines, forfeiture of games, loss of League voting

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rights, suspension of teams, exclusion from League post-season competition, and expulsion from the League by the Board.

8.0 GAME POLICIES

8.1 Governing Rules

8.1.1 USA Football Rules apply to all scheduled league games unless amended by these official League Rules. Any questions not covered by the Official League Rules, official interpretation thereof, or any conflict not subject to protest shall be decided by the FCYFL Executive Committee.

8.1.2 Exceptions to USA Football Rules

Section 1 of USA Football's Rulebook outlines the difference between the Rules used at various levels of football. FCYFL accepts the majority of these exceptions but DOES NOT accept them all as outlined below.

Fouls

- ACCEPT- All contact with Kickers 15 yard Penalty
- ACCEPT- All Facemask fouls are a 15 yard penalty
- DO NOT ACCEPT- All Blocking below the waist is banned. While we agree this should be banned it is too hard to fairly enforce across FCYFL until High School Federation Rules are changed.
- DO NOT ACCEPT- Defenders lined up over the Center must be 5 yards off the Line of Scrimmage in Junior Divisions. FCYFL has modified Anklebiter Rules for 2010 to address the intent of this rule.
- ACCEPT- The penalty for pass interference, facemask fouls and personal fouls shall be 15 yards and a first down.
- ACCEPT- The penalty for illegal forward pass and touching by an ineligible receiver is 5 yards BUT no loss of down. Also, there is no loss of down for offensive pass interference.

Penalty Enforcement

- ACCEPT- The penalty for a live-ball foul by either team behind the line when the play ends beyond the line is enforced from the previous spot. And conversely, the penalty for a live-ball foul by either team beyond the line when the play ends behind the line is the previous spot.
- ACCEPT- Accepted penalties for fouls by a Team occurring in its own End Zone is a safety.
- ACCEPT- Pass interference by either Team results in a 15 yard penalty from the previous spot.
- ACCEPT- Off setting penalties cancel and down is replayed, UNLESS, one penalty is a personal foul, in which case the personal foul is enforced.

Other Rules

- ACCEPT- Two points for a PAT Kick and 1 point for a Run or pass PAT.
- ACCEPT with Modification- Modified Competition Rule FCYFL will keep using our 24 point lead.
- DO NOT ACCEPT Running Clock - FCYFL will continue to use a 10 minute per quarter clock with start and stop.
- ACCEPT- No number by position Rules are used by FCYFL.

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Points of Emphasis

- ACCEPT- Trick Plays and Unfair Acts. Trick plays include “wrong ball”, “hideout” or “fumbleoski”. Deceptive acts include actions or verbiage designed to the opponent into thinking there is a problem and a snap is not imminent.
- ACCEPT- Helmet to Helmet Contact- Helmets were never designed to be weapons and proper technique for blocking and tackling do not encourage use of the helmet or facemask.
- ACCEPT- Illegal contact or using the helmet, shoulder(s) or arms to contact an opponent above the shoulders is illegal. This type of contact with a defenseless player is dangerous and will be called by the game officials.
- ACCEPT- Section 6 Code of Conduct- FCYFL endorses the USA Football COC supplemented by our own.

8.1.3 Overtime Procedures

If at the completion of a regulation game the score is tied, the game will be resolved by using the NHSF overtime procedures, except as follows:

- The ball shall be placed the ball on the five-yard line at the start of each team’s possession in lieu of the 10-yard line.
- The Referee and Field Supervisor may use discretion in end zone selection if conditions warrant or allow the teams to decide according to NHSF rules.
- All overtime periods shall be played at the same end of the field initially chosen, unless a change is warranted by the game Official.
- There will be no additional coin tosses or intermissions during multiple overtime periods. Each succeeding overtime period shall alternate first team on offense.

8.1.4 Modified Competition Rule

A mandatory application of a modified competition rule (MCR) will be in effect when any team gains a twenty-four (or more) point lead in a League sanctioned ball game after the second half kick-off. After any score that creates the twenty-four (or more) point difference, the losing team will be given possession of the football at the opposing team’s forty (40) yard line in lieu of a kick-off. In the event of a score by the losing team and the point difference remains at twenty four (24) [or more], possession of the football shall be returned to the losing team at the opposing team’s forty (40) yard line in lieu of a kick-off.

8.1.5 Special Anklebiter Conference Rules

Refer to section AB of these rules for special Anklebiter exceptions to NHSF rules including, but not limited to, player positions, kicking, defensive alignment.

8.2 Schedules

Team conferences and game schedules are established each season by the League based upon the number of teams in each division of each weight class. Schedules will be provided prior to opening day of the season and will be modified throughout the season as required. A standard schedule includes six or seven games over a seven week schedule. Some teams will advance to post season play including playoffs, championships, and other bowl games. Games may be scheduled on weekends or weekday evenings. Games lost due to weather and/or other issues will be rescheduled when possible, but such rescheduling is not guaranteed. Playoff schedules are determined based upon the number of teams participating and time available. A minimum of four teams usually qualify for the playoffs in each division of each weight class.

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8.3 Game Field Requirements

8.3.1 All game fields shall be sponsored by a Club or other responsible body approved by the League. The Field Sponsor (Host Club) shall be responsible for maintaining the field in playable conditions and providing certain minimum equipment and support.

8.3.2 Perimeter Barrier

Barriers must be in place to restrain spectators -- even on new synthetic fields. Each field shall be protected with a perimeter barrier around the field consisting of a fence or rope and stanchions to restrict non-participants from the playing field. Wherever possible the barrier shall be placed a minimum of 10 yards beyond the edge of the field. Only commissioners, officials, players, chain crew, coaches and equipment managers of the participating teams will be allowed inside the barrier. Spectators shall not be allowed near the sidelines or end zones during games.

8.3.3 Field Markings

Each game field shall be marked in accordance with basic NHSF guidelines. Lines in accordance with NHSF rules shall be provided at five yard intervals. Yard markers shall be provided to designate the lines at a minimum ten yard interval. Markers shall be set back two yards from the sideline. Goal lines shall be identified with NHSF approved pylons at the intersection of the goal line and sidelines (minimum of eight pylons per field). Additional pylons, if available, shall be placed according to NHSF rules.

8.3.4 Field Equipment

- Goal posts shall be provided at each end of the field. The goal posts shall be kept in good repair and at the NHSF dimensions. The posts and any other unyielding devices at or near the playing field shall be protected with appropriate padding.
- The Field Sponsor shall provide the ten-yard markers and down markers (chains) in good repair and checked for accuracy.
- Chain crews moved to the home team sideline.
- Scoreboards and posted clocks shall only be used with the approval of the field official. In all cases, Coaches, players, and fans shall be advised that the official time is kept on the field.

8.3.5 Field Personnel

- The Field Sponsor shall provide a Field Supervisor and appropriate staff on scheduled game days to maintain order at the field and report to the League. Field Supervision -- all home games must be supervised by the Commissioner, Assistant Commissioner or Club Board Member. These Field Supervisors CANNOT be inside the coach's box or participating as a coach.
- Proactive Sideline Enforcement -- must have Sideline Monitors on both sidelines--1 but preferably 2 per sideline. The Field Supervisor is responsible for oversight of the field, adjoining warm up areas, spectator areas, and access areas. The Field Supervisor shall complete an official League field report for each day of games scheduled at the field and forward the information to the League. They are the liaison and host for the officials, visiting teams, and fans. Field Supervisor shall be responsible for assuring proper roster exchange between teams prior to each game.
- The Field Supervisor or assistant shall coordinate chain crew assignments for each game with the teams involved and deliver them to the officials. The home team shall provide three (3) responsible people, minimum age of 18 and acceptable to the game officials, to operate the 10 yard markers and the down marker. At their option, the visiting team may elect to provide one of the members of this group. These individuals become an extension of the officiating crew and shall devote their full attention to the game. As

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noted in other sections of these rules, smoking, cameras, cell phones, and other communication devices are not allowed on the sidelines. Any behavior or activities of these individuals seen as detrimental to sportsmanship or to game play shall result in the individuals expulsion from the sidelines and game field for the remainder of the game and possible sanctions against the Club. The Club shall be responsible for replacing any such ejected individuals.

- Member Clubs will request a higher police presence at games sites and agree to call the police at the first sign of a problem or incident.

8.4 Officials

- 8.4.1 Scheduled league games will be officiated by a recognized Football Officials Association assigned by the League.
- 8.4.2 Prior to their first game of the day, the Officials shall meet with the Field Supervisor or designated assistant and sign the appropriate forms and review the day's activities.
- 8.4.3 Referees will be provided a location secure from fans and Coaches before and after games and escorted to parking lot if requested.
- 8.4.4 Verbal or physical threats or intimidation of referees before, during, or after games, results in the offending person being banned from FCYFL permanently.

8.5 Rosters

- 8.5.1 Official League Rosters are established a minimum two days prior to the first game of the season and filed with the League. The rosters contain each eligible player's name, League age, validated playing weight, and jersey number according the League format. An "Official Roster" is printed directly from the FCYFL website. Rosters created by individuals not using the FCYFL website are not valid.
- 8.5.2 Only eligible Players may be listed on the roster.
- 8.5.3 Players shall be listed by age alphabetically with the younger players first.
- 8.5.4 Weights listed shall be the maximum weight from the weight matrix for each Player. Anklebiter rosters shall list the certified weight from Weigh-In.
- 8.5.5 Game Day Rosters shall be a copy of the Official League Roster, on file with the League, with any approved additions or changes marked in ink. Such changes may include jersey number changes, strikeouts for ineligible or unavailable players, and other special considerations. Explanations shall be identified in the remarks column.
- 8.5.6 Game Day Rosters shall be distributed to the opposing team through the Field Supervisor at the start of all League games. Two copies shall be provided at all games. The second copy shall be retained by the Club for record.
- 8.5.7 A maximum of six individuals (including coaches, team managers, stat keeper, doctors, etc) shall be listed on a roster. All persons listed on a roster must complete the criteria that of a coach in FCYFL.

8.6 Game Procedures and Regulation

- 8.6.1 The Head Coach shall be responsible to organize and maintain control of their team and fans prior to, during, and after all games.
- 8.6.2 The following procedures and regulations shall be followed by all teams during League sanctioned games and events:
 - Each Team shall arrive at the appropriate field for all scheduled games at least 30 minutes prior to official game time.

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- Upon arrival the Head Coach shall meet with the Field Supervisor or designated assistant, sign in, and present two copies of the Team's Game Day Roster with noted exceptions and explanations. Warm up areas, if available, will be assigned by the Field Supervisor at that time.
- The Field Supervisor shall check the Rosters for proper information and format and exchange the rosters by their delivery to the opposing coaching staffs.
- Any required corrections identified by the Field Supervisor shall be made by the Head Coach prior to the exchange.
- No game shall commence until the Game Day Rosters have been exchanged between coaches.
- Should any Team refuse or be unable to provide an appropriate Game Day Roster, the scheduled game shall be played under official protest and so noted on the Field Report to the League.
- All players shall be in uniform and warmed up when captains are called to the field prior to the game start or kick-off.
- Teams shall not enter the playing field until directed by the Field Supervisor or Officials.
- Teams arriving late shall be given a 15-minute grace period from the scheduled game start time to enter the game field and be ready for play.
- Teams arriving after the grace period shall forfeit the game and be subject to league penalties.
- Games shall not start earlier than 15 minutes before the official scheduled start time.
- Teams are required to have ten eligible Players on the field at the game kick-off. The game may proceed afterward with a minimum of nine Players if necessary. The opposing team is under no obligation to play down their number of players on the field but may do so without penalty.

8.6.3 Sideline Limitations and Regulations

- A maximum of six people shall be permitted in the designated coaching area between the 25-yard lines.
- Coaches shall be easily recognizable by appropriate wearing apparel, such as a cap, sweatshirt or jacket identifying them with their organization and/or team.
- Team statisticians, if not members of the six member coaching staff, must remain outside of the designated coach's area and a minimum five yards from the sideline, conditions permitting. No signaling or contacting the coaching staff is permitted. If the statistician is one of the five member coaching staff they shall respect the 25 yard line limitations and remain in the coaches box.
- Team parents, team doctors, and other individuals, if not members of the six member coaching staff, must remain outside the field area during the game unless an injury requires their attention at the bench.
- Spectators must stand behind rope, fence and/or other barrier at all times during the game.
- Unsuited Team Players, Mascots, etc. shall remain on the bench or outside the fence during game play.
- No cameras are allowed inside of the perimeter barriers, on the playing field, or on the sidelines by coaches or spectators. Recognized media and press photographers with valid identification may operate inside the barriers if approved by the Field Supervisor. Identification shall be worn and visible at all times.

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- Electronic, cellular, satellite, and other similar types of communication devices are prohibited from use by coaches, administrative help, chain crew, players, and/or any other individuals participating in League games.
- Following the game and traditional handshakes the Teams shall vacate the field and bench area quickly to allow for the succeeding game.
- The Field Supervisor or designated assistant shall record the final score as reported by the Officials at the conclusion of each game.
- No Coaches on the field period-- 1st offense 15 yard unsportsmanlike penalty and 2nd ejection for violation of coaches Code of Conduct.
- Head Coach is the only person who actively engages in a conversation with the referees. Assistants can be flagged for unsportsman-like behavior and 2nd offense they can be ejected for a violation of coaches Code of Conduct.

8.7 Score Management

In the spirit of good sportsmanship, winning point spreads of 45 points, or more, are strictly prohibited. The Modified Competition Rules per Paragraph 8.1.4 are designed to decrease the likelihood of this occurrence. It is still the head coach's responsibility, however, to ensure the winning point margin does not exceed 44 points. Any head coach whose team defeats an opponent by a margin of 45 points, or more, will be suspended from coaching the next game. Any head coach who repeats this offense in any season may be subject to suspension for the remainder of the season.

8.8 Use of Illicit Drugs, Tobacco, or Alcohol Products

There shall be no use of drugs, tobacco, or alcohol products at any FCYFL game field by any Head Coach, assistant coach, team parent, or any other Club official. The Field Supervisor is responsible for enforcing this rule. If a Head Coach, Assistant Coach, Team Parent, or any Club official and refuses to cooperate, he/she will be warned that continued failure to comply with this rule will result in disciplinary action by the Club or League. The League expects all participants and guests of the football programs to follow School Board and Park Authority regulations when using these facilities.

8.9 Player Participation

8.9.1 All eligible Players shall participate in each game of the season except in the case of injury or absence.

8.9.2 The player participation policy of the American Conference is that each player shall participate in every game for a significant portion of the total game time. Although a specific number of plays or time requirements are not specified in this conference, it is the spirit and intent of the League that all Players participate fully. Teams participating in this Conference shall not select players that will not play a significant portion of each game.

8.9.3 The player participation policy of the Central and National Conferences as well as the Anklebiter Group is that each player shall play the entire game, either on offense or defense, except in case of an injury or sickness. The purpose of this rule is to allow every participant to play the entire game. The basics of the rule are:

- The maximum number of players per team is 22.
- Should a team (other than Anklebiter) apply for a waiver on roster size, they will automatically be placed in the American Conference.
- The offensive team may choose to play 12 players while running their offense, using the 11th and 12th players to shuttle plays into the huddle. Only two players may be used to shuttle offensive plays, each player alternating on subsequent downs. If a coach chooses to use this method, then those players used to shuttle plays must also play defense and cannot be substituted unless injured or sick.

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- At the change of any possession, all players on the sideline must enter the game.
- 8.9.4 Full compliance with the participation rule is mandatory. Coaches found guilty by the Rules Committee for not complying with this policy will be disciplined. Specific sanctions may include fines, forfeiture of games, suspension of coaches, exclusion from League post season competition, and expulsion from the League by the Board. Complaints shall be filed in writing through the Club Commissioner to the League.
- 8.10 Conduct
- 8.10.1 Field Supervisors and Head Coaches shall be responsible for the conduct of all players, members of the coaching staff and spectators. This includes the time periods before, during, and after League games and other events. Improper conduct, in the judgment of the game officials, on the part of the players, coaches or spectators may result in penalties, expulsion, and suspension or forfeiture of the game. The local Club Commissioner and/or Field Supervisor shall have the responsibility to assist the game officials in maintaining proper conduct of players, coaching staff and spectators.
- 8.10.2 Player Warnings
- Any Player exhibiting any form of unsportsmanlike conduct may, at the discretion of the game officials, be sent off the field for a “cool down” period of a minimum of ten plays after which the Player shall be allowed to return to the field. Player warnings shall not be considered as being ejected from the game. Players shall not receive more than one “cool down” period per contest.
- 8.10.3 Player Ejections
- Flagrant unsportsmanlike conduct, at the discretion of the game officials, or a second Player Warning from the officials shall be cause for Player disqualification and ejection from the game. Any Player so disqualified by the officials, shall remain on the bench for the remainder of the game or, if deemed necessary by the officials, ejected from the permitted facility and prohibited from any further contact, direct or indirect, with the Team during the remainder of the game. For failure to comply, the officials may forfeit the game.
 - Any Player allowed by game officials to return to a game shall not be considered as being ejected from a game.
 - Player removed from the game on the final play of the game shall be considered ejected from the game.
 - Game officials shall notify the Field Supervisor of any ejections at the conclusion of the contest. Payer name and number shall be recorded and submitted to the League along with the game score.
 - Any Player disqualified in a League game shall be ineligible for a minimum of one following game.
- 8.10.4 Coach Ejections
- Flagrant unsportsmanlike conduct by the Head Coach or any member(s) of the coaching or sideline staff shall result in disqualification of those involved. Any person so disqualified by the officials shall be ejected from the permitted facility and prohibited from any further contact, direct or indirect, with the Team during the remainder of the game. For failure to comply, the officials may forfeit the game.
 - Such conduct may include, but is not limited to, abusive, disrespectful, or profane language, intimidation, fighting, physical confrontations, or other unsportsmanlike acts before, during or after the game.

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- Any member of the Team's coaching staff so ejected may not return to their coaching position without the permission of the Club Commissioner and League after a minimum two game suspension.
- Spectator Ejections any spectator who uses abusive, disrespectful, or profane language or who otherwise exhibits unsportsmanlike conduct before, during or after any ball game shall be ejected from the permitted facility and could be subject to banning and or criminal prosecution.

8.11 Penalties

Penalties for the failure of Clubs and/or Coaches to follow the rules and regulations set forth herein shall include sanctioning of either the team or the entire Club as the infraction dictates. Specific sanctions may include fines, forfeiture of games, loss of League voting rights, suspension of teams, and expulsion from the League by the Board.

8.12 Reporting

The Field Sponsor (Host Club) shall be responsible for recording of all game scores, game winners, officials and coach signatures, ejections, and other relevant information concerning each game. Information shall be reported to the League within twenty-four (24) hours of the last game of the session including entering of scores into web-based database.

8.13 Game Postponement

Games will only be postponed in case of inclement weather or extenuating circumstances beyond the control of the League. The decision to postpone games will be made by the FCYFL Chairman or his designated representative. All postponed games, including rain outs, will be rescheduled where possible and posted on the League website.

8.14 Team Rankings

8.14.1 Team rankings at the close of the regular season in each division shall be determined by a point rating system. EXCEPTION - Those Age/Weight Divisions (regardless of Conference) that have exactly eight (8) teams are exempt from using the approved rating scale and ranking will be determined based on head to head competition.

8.14.2 Each Team's final rating will be calculated from the accumulated points based on the values below divided by the number of games played by the Team.

8.14.3 Point values shall be as follows:

WINS by the Team - 12 points

TIES by the Team - 6 points

Games TIED by a DEFEATED opponent - 1/2 point

Games WON by a TIED opponent - 1/2 point

Games WON by a DEFEATED opponent - 1 point

8.14.4 The highest rating becomes the highest ranked team while the second highest rating becomes the second ranked team and so on.

8.15 Playoffs & Championships

8.15.1 Playoffs are provided by the League for the top ranked teams in each division or subdivision. The number of teams advancing to the playoffs will be determined by the number of teams within the division or subdivision.

8.15.2 In the case of ties involving team rankings, they will be broken as follows:

- a) If two teams tied in power points have played each other during the regular season, the team who won in head to head competition shall receive the higher ranking.
- b) If two teams tied in power points have not played each other during the regular season and both already occupy playoff eligible rankings, the team with losses to the higher

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ranked opponents shall receive the highest seeding. If both teams have losses to exactly the same opponents there shall be a draw for final rankings between the two teams there shall be a playoff game for the final playoff position.

- c) If two tied teams have not played each other during the regular season and only one playoff position is available there shall be a playoff game for the final playoff position.
- d) Three Way Ties - If three teams possess the same record at the end the regular season, the following criteria will apply:
 - 1. If one of the teams has defeated the other two teams, that team gains the highest seed. The remaining two teams will be seeded by head to head record.
 - 2. If each team possesses one win and one loss to the other teams, then a draw will be performed with the following results:
 - a. If there exists 1 playoff position remaining, then all three teams will take part in a playoff. The two teams with the lowest draw will play each other, and the team with the highest draw will then play the winner to determine the final playoff position.
 - b. If there exists 2 playoff positions remaining, then the team with the highest draw will be seeded #3, and the two teams with the lowest draw will play a playoff game for the #4 seed
 - c. If there exists 3 playoff positions remaining, then the teams will be seeded by the draw.
 - d. Ties involving more than three teams will be resolved by the Executive Committee using similar criteria and methods noted above.

8.15.3 Playoff Bracket

The number of teams that qualify for the playoffs are as follows:

# of teams in a division	# of playoff teams
9 or fewer teams	4
10 to 12	6
13 or 15	8

8.15.4 Playoff Format

The higher ranked team in each game is considered home team. Seeding does not change during playoffs.

Basic (Four Teams):

Round 1 - #1 vs. #4 and #2 vs. #3

Round 2 - winners of round 1 for championship

Extended (Five Teams):

Round 1 - #4 vs. #5

Round 2 - #1 vs. winner of Round 1 and #2 vs. #3

Round 3 - winners of round 2 for championship

Extended (Six eligible teams):

Round 1 - #3 vs. #6; and #4 vs. #5

Round 2 - #1 vs. winner #4 vs. #5 and #2 v. winner #3 vs. #6

Round 3 - winners of round 2 for championship

FCYFL ANKLEBITER GROUP

The Anklebiter Instructional Group (AB) is one conference, divided into several divisions, dependent on the number of teams enrolled. Since these are the youngest players in an instructional group with special competition rules, no distinction between levels of experience is warranted

FCYFL ANKLEBITER GROUP

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1. ANKLEBITER GROUP

AB 1.1 Defined

- 1.1.1 Anklebiters are the youngest division in the League system including seven, eight, and some nine year old players. Special considerations and rules are provided for this group to foster and encourage better instruction, playing conditions, and competition among the group.
- 1.1.2 Unless modified in this section, Anklebiter teams are subject to the same rules and regulations for the remainder of the League as outlined in these Rules.
- 1.1.3 Anklebiter teams must follow the League's Player Participation rules noted in Section 8 for all League games.

AB 1.2 Position Limitations

- 1.2.1 In addition to the weight requirements imposed by the League's Age/Weight Class matrix, position limitations are also imposed upon Anklebiter players based upon their weight recorded at the Official Weigh-In on their eligibility card. Only those players with an official weight of 70 pounds or under are eligible to play in a position that normally handles the ball, on offense this includes backs and ends. Exceptions include the offensive positions of center, punter, or placekicker. In addition, defense players over the 70 pound limit shall not lineup more than 5 yards behind the line of scrimmage during punts. Similarly, kick off receiving team players over the 70 pound limit shall not line up more than five yards beyond the neutral zone as defined in the NFHS rules. Players over the 70 pound limit shall not receive or advance a kicked ball.
- 1.2.2 Allowable player weight gain during the season is subject to weight class limitations noted in earlier sections. In addition, any anklebiter player exceeding 75 pounds in weight during the season loses their eligibility as a ball handler.

AB 1.3 Team Balance

- 1.3.1 Unlike the other weight classifications, all League anklebiter teams are considered equivalent in determining their playing schedule. Therefore, if multiple anklebiter teams are sponsored by a Club, they shall all be balanced in ability. Each Club is responsible to ensure this balance through a open and fair drafts of all available players and the distribution of coaches between the teams.

AB 1.4 Special Kicking Rules

FCYFL ANKLEBITER GROUP

The Anklebiter Instructional Group (AB) is one conference, divided into several divisions, dependent on the number of teams enrolled. Since these are the youngest players in an instructional group with special competition rules, no distinction between levels of experience is warranted

- 1.4.1 Anklebiter teams shall have the option of “Free Kick” on any offensive down. This “Free Kick” option may be used for punts, field goals, or extra points. The offensive team must declare such intentions to the game officials and the opposing team from the huddle prior to putting the ball in play. Under this option, at the snap of the ball neither team will cross the line of scrimmage or make contact with an opposing player until the ball has been kicked. At that point action becomes live and regular rules are enforced.
- 1.4.2 Defensive players may leap in attempts to block the kick but shall not cross the line of scrimmage. After the ball is kicked live and regular rules are enforced. The execution of the free kick must occur within 30 seconds from the ready to play whistle. Any attempt to delay the game or use up the clock by purposefully holding the ball or other unnecessary delays shall incur a delay of game penalty at the discretion of the officials.
- 1.4.3 Drop kicking is prohibited in the anklebiter division.

AB 1.5 Coaches

- 1.5.1 The AB group is composed of the youngest players within our League. For many, this is their first exposure to tackle football. AB coaches are critical in determining how these players and families view tackle football and our League. Positive coaching, teaching, and drilling fundamentals, teamwork, and sportsmanship are essential.
- 1.5.2 The AB coach must complete FCYFL coach’s certification training and attend the preseason AB coach’s meeting where the FCYFL reviews the rules and answers all questions regarding this division. All AB coaches will acknowledge the receipt and understanding of these rules by signing the Code of Conduct form.
- 1.5.3 Though instructional in nature, coaches ARE NOT allowed on the field during League game play except for injury or declared time outs acknowledged by the officials.
- 1.5.4 Referees will be informed of these special AB rules before the season and briefed by the Field Commissioner during pregame check in. Head coaches are expected to advise referees during League games when there is a rule violation (such as an over 70lb player advancing the ball on a kick). Adherence to these special rules represents a fundamental core value of the FCYFL and our Member Clubs, therefore violations of these rules will be dealt with severely.

AB 1.6 Minimum Weights (reference FCYFL Rule 4.4.2)

- 1.6.1 At their official weigh-in, Anklebiters must weigh at least 40 pounds and those in the 75# weight group and above must weigh at least 56 pounds.

AB 1.7 Player Participation (reference FCYFL Rule 8.8)

- 1.7.1 All eligible Players shall participate in each game of the season except in the case of injury or absence.
- 1.7.2 The player participation policy of the American Conference is that each player shall participate in every game for a significant portion of the total game time. Although a specific number of plays or time requirements are not specified in this conference, it is the spirit and intent of the League that all Players participate fully. Teams participating in this Conference shall not select players that will not play a significant portion of each game.
- 1.7.3 The player participation policy of the Central and National Conferences as well as the Anklebiter group is that each player shall play the entire game, either on offense or defense, except in case of an injury or sickness. The purpose of this rule is to allow every participant to play the entire game. The basics of the rule are:

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- a) The maximum number of players per team is 22.
 - b) Should a team (other than Anklebiter) apply for a waiver on roster size, they will automatically be placed in the American Conference.
 - c) The offensive team may choose to play 12 players while running their offense, using the 11th and 12th players to shuttle plays into the huddle. Only two players may be used to shuttle offensive plays, each player alternating on subsequent downs. If a coach chooses to use this method, then those players used to shuttle plays must also play defense and cannot be substituted unless injured or sick.
 - d) At the change of any possession, all players on the sideline must enter the game.
- 1.7.4 Full compliance with the participation rule is mandatory. Coaches found guilty by the Rules Committee for not complying with this policy will be disciplined. Specific sanctions may include fines, forfeiture of games, suspension of coaches, exclusion from League post season competition, and expulsion from the League by the Board. Complaints shall be filed in writing through the Club Commissioner to the League.

AB 1.8 Football Size (reference FCYFL Rule 6.7)

1.8.1 The AB group will use the Wilson K2 (or equivalent) size

AB 1.9 Rosters (reference FCYFL Rule 8.5)

1.9.1 Teams are required to have ten eligible and rostered Players on the field at the game kick-off. The game may proceed afterward with a minimum of nine Players if necessary. The opposing team is under no obligation to play down their number of players on the field but may do so without penalty.

AB 1.10 Overtime procedures (reference FCYFL Rule 8.1.5)

1.10.1 If at the completion of a regulation game the score is tied, the game will be resolved by using the NHSF overtime procedures, except as follows:

1. The ball shall be placed the ball on the five-yard line at the start of each team's possession in lieu of the 10-yard line.
2. The Referee and Field Supervisor may use discretion in end zone selection if conditions warrant or allow the teams to decide according to NHSF rules.
3. All overtime periods shall be played at the same end of the field initially chosen, unless a change is warranted by the game Official.
4. There will be no additional coin tosses or intermissions during multiple overtime periods. Each succeeding overtime period shall alternate first team on offense.

AB 1.11. Exceptions to NHSF rules:

- a) Jersey Numbers - There shall be no restrictions as to jersey numbers by Player positions.
- b) Scoring Rules -The NHSF rules will be amended to provide for scoring of points after touchdowns as follows:

Run or Pass 1 point Place Kick or Drop Kick 2 points

AB 1.12. Score Management (reference FCYFL Rule 8.7)

1.12.1 In the spirit of good sportsmanship, winning point spreads of 45 points, or more, are strictly prohibited. The Modified Competition Rules per Paragraph 8.1.4 are designed to decrease the likelihood of this occurrence. It is still the head coach's responsibility, however, to ensure the winning point margin does not exceed 44 points. Any head coach whose team defeats an opponent by a margin of 45 points, or more, will be suspended from coaching the next game. Any head coach who repeats this offense in any season may be subject to suspension for the remainder of the season.

F C Y F L A N K L E B I T E R G R O U P

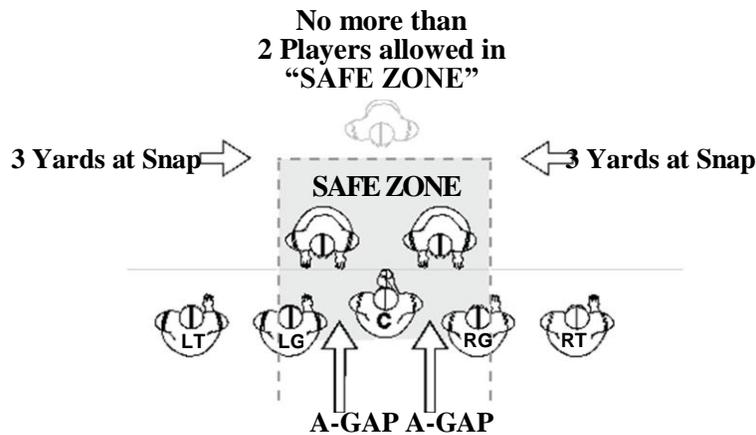
The Anklebiter Instructional Group (AB) is one conference, divided into several divisions, dependent on the number of teams enrolled. Since these are the youngest players in an instructional group with special competition rules, no distinction between levels of experience is warranted

AB 1.13 Special Defensive Alignment Rules

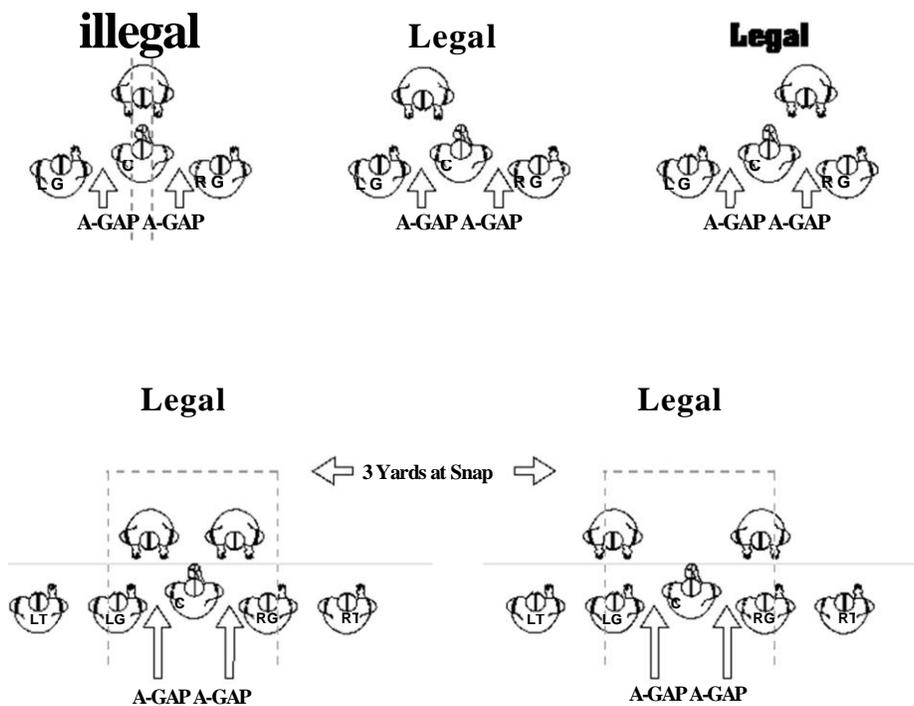
1.13.1 The Anklebiter division is provided with special defensive alignment rules to increase Player safety and allow conditions for the majority of offensive plays to be initiated beyond the quarterback/center exchange. All AB Coaches are expected to abide with both the spirit and intent of these alignment rules. Therefore: **1.** The AB "Safe Zone" is defined as Head Up on Right Guard to Head Up on Left Guard from the Line of Scrimmage to 3 yards forward at the snap; **2.** The defense is limited to two down lineman in this "Safe Zone" but no player may line up on the Center's head on any snap; **3.** All standing players must be outside of this Zone.

See illustrations below.

AB Safe Zone:



Lining up on Center Examples:



FAIRFAX COUNTY YOUTH FOOTBALL LEAGUE RULES
Adopted by the FCYFL Board of Commissioners - 2012

Standards Committee Procedures

1.0 Valid Game Protests

- 1.1 Game protests are limited to specific infractions by a Team during a game with the protesting team. These include ineligible Player(s) participating in the game and/or specific roster violations.
- 1.2 Ineligible Player infractions include but are not limited to those Players not listed on the official roster on file with the League, those without an authorized eligibility card, over age, overweight, fraudulent addresses, or falsified records.
- 1.3 Roster infractions include but are not limited to fraudulent entries, unauthorized deviations from Official Team Roster, and failure to present the proper roster(s) at game time.
- 1.4 Timing - Protests must be filed with the Vice Commissioner for Rules within 24 hours from completion of game.
- 1.5 Fees - All Protests must be accompanied by a fee of \$100.00 per protested Player or Roster. If a game protest is upheld, the fee will be returned. If not upheld, fee will be forfeited into the general fund of the League.

2.0 Protest Procedures

- 2.1 The plaintiff Club Commissioner shall submit the specific protest complaint, in writing, to the Standards Committee Chairman or appointed designate, along with the appropriate fee within 24 hours of the original notification but not more than 48 hours from the end of the protested game.
- 2.2 Protests will not be accepted without the fee.
- 2.3 The Standards Committee will then establish a hearing date and notify the defendant Club Commissioner.
- 2.4 The defendant Club Commissioner shall have the responsibility of notifying the affected team's Head Coach, Player(s), and the Player(s) parents or guardian(s).
- 2.5 The hearing will be convened by the Rules Committee to hear both sides of the issue. Both the plaintiff Head Coach and the defendant Head Coach and/or Club Commissioner shall be present to answer the charges. Any Player(s) involved in the protest must also appear before the Committee.
- 2.6 In the event a Player's weight is at issue, the Standards Committee shall weigh the Player on a league scale during the hearing.
- 2.7 Failure of any of these parties to appear before the Standards Committee shall be grounds for findings in the other's favor. The Standards Committee shall make a ruling at the close of the hearing.