



## 2014 – SOUTH SUBURBAN YOUTH FOOTBALL LEAGUE (SSYFL) RULES AND REGULATIONS

(07/28/2014)

**\*Rule adjustments for 2014: Sections 4.1 (association team size), 5.13 (Score reporting), 6.2.2 (regular season schedule), 6.2.5 (scheduling games), 7.3 (Championship site).**

### 1.0 Organization:

- 1.1 The SSYFL is a middle school football league for students who attend seventh and eighth grade and live or go to school within one of the SSYFL's seven high school (Eastview, Rosemount, Apple Valley, Eagan, Lakeville North, Lakeville South, and Burnsville) boundaries.
- 1.2 Each youth sports association (Eastview Athletic Association, Rosemount Athletic Association, Valley Athletic Association, Eagan Athletic Association, Lakeville Football Association, and Burnsville Athletic Club) has its own governing body. Each member association will select a Program Director who coordinates the football activities in his or her association and also serves on the SSYFL Governing Committee. (Lakeville will have two reps – one for each North and South.) The SSYFL Governing Committee consists of a Program Representative from each association and the seven high school head coaches. Commissioner and co-commissioner positions are selected from the group of association representatives and will rotate annually from one association to another in the following order: Eastview, Rosemount, Apple Valley, Eagan, Lakeville North, Lakeville South, Burnsville.
- 1.3 Rules: The SSYFL Governing Committee establishes the rules and regulations of the SSYFL.
- 1.4 Voting: Each high school rep that is a member of the Governing Committee is entitled to one vote. The high school head coaches will have the combined authority to cast a single vote for a Governing Committee total of eight (8) votes. In the case of a tie, the commissioner and co-commissioner will make the final decision.

1.5 Insurance and Release: The SSYFL is not responsible for the condition of any player equipment, team equipment or football fields. Equipment and fields are provided by the member associations. The SSYFL is not responsible for providing health, accident or liability insurance to any player, coach, official or spectator or other person. Insurance, if any, is provided by the member associations. The SSYFL is not responsible for any bodily injuries or damages sustained by any player, coach, official, spectator, or other person while participating in or attending league games or tournaments. In consideration of being permitted to participate in the league and for other good and valuable consideration the sufficiency of which each league member has acknowledged, each league member agrees to release, defend, hold harmless and indemnify SSYFL and its respective incorporators, officers, directors, shareholders, Governing Committee members, agents, employees, staff, sponsors, legal representatives, administrators, subsidiaries, affiliates, divisions, owners, operators, successors and assigns (collectively referred to herein as "Releases") from and against any and all liability for any and all losses and damages of any type or kind, and from any and all claims, suits, demands, actions or rights of actions, of whatever kind, either in law or in equity, arising from or by reason of death, bodily injury or property damage which may occur to persons while participating in, or while attending, league games and tournaments, whether caused in whole or in part by the negligent act or omission of the Releases. The league member associations agree to provide Liability Insurance Coverage of not less than \$500,000 and agree to provide a certificate of Insurance listing the SSYFL as additional insured.

## **2.0 Registration and Player Eligibility:**

- 2.1 The player must satisfy the participation guidelines of his or her association.
- 2.2 Players must play at the grade level they are currently enrolled.
- 2.3 **Team rosters must be submitted to the SSYFL no later than 5:00 pm on August 22, 2014** identifying the names, weights (7<sup>th</sup> grade only), and jersey numbers of each player. The official SSYFL Roster form must be completed by each team and may be found in the "Documents" section of the SSYFL web site ([www.ssyfl.net](http://www.ssyfl.net)) and is an integral part of the league rules.

## **3.0 Weight Limitations:**

- 3.1 Players official weight will be identified on the official team roster by their respective associations.
- 3.2 Running Backs and Quarterbacks: Players are eligible to play these positions who weigh (without equipment) less than or equal to the following weights:  
  
**7th Grade: 150 lbs.**  
**8th Grade: No restrictions**
- 3.3 Play will be blown dead when an ineligible offensive player has the ball. An offensive end that exceeds the weight restriction may advance the ball only by catching a forward pass beyond the line of

scrimmage. Upon receiving a forward pass, any offensive player who exceeds weight restriction may run (advance) the ball.

- 3.4 Punters/Kickers: A player of any weight can be used; however, a kicker exceeding the weight limit rule outlined in Rule 3.2 may not advance the ball by run or pass.

#### **4.0 Team Size and Selection:**

- 4.1 Each team shall consist of no fewer than sixteen (16) players, but the SSYFL strongly recommends no fewer than twenty (20) players. Each association may add players to teams as long as they are placed in a balanced manner, and prior to the final roster date.
- 4.2 The Program Director from each member association will create teams from his or her association by draft or similar means. Each association must draft talent-balanced teams to the best of their ability. Subsequent players added after the draft players must also be added in a talent-balanced manner. The goal for each association is to construct teams in each age group that are equal in ability.
- 4.3 The exchange of players between teams is prohibited except for very unusual circumstances and with the advanced approval of the SSYFL Governing Committee.
- 4.4 Member associations may register any player who resides within the geographical boundaries of their association's high school.

Players who reside outside of the geographical boundaries of the association's High School must:

1. Attend a public or private school within the geographical boundaries of the association's High School; **or,**
2. Have played football for the association's youth program for two (2) consecutive years preceding their 7<sup>th</sup> grade season.

The High School attendance boundaries will be used for purposes of ruling on disputes between associations and determining a player's eligibility to participate with a SSYFL member association team.

- 4.5 Each association is responsible for providing coaches for each team. No more than four (4) coaches may be on the sidelines during a game. Only the head coach may talk to the referees.

#### **5.0 Game Rules:**

- 5.1 Minnesota State High School League ("MSHSL") rules will be followed except as noted below. The MSHSL rules apply to players, coaches, parents, and referees. Go to [www.mshsl.org](http://www.mshsl.org) for information. League rules do not permit videotaping of opponents for the purposes of scouting.
- 5.2 Playing Time Rules: The SSYFL encourages teams to play all players on their rosters as much as possible. From a league standpoint, each player on the roster must play a minimum of eight (8) plays in a game (offense, defense, and special teams). The individual associations may decide to increase this minimum for their own teams.

- 5.3 Game Time: Four quarters of fifteen (15) minute running time (during running time, the clock does not stop except for time-outs, injuries, penalties, touchdowns and change of possessions). Stop time applies during the last four (4) minutes of each half. During the last four minutes of each half the clock will stop for time outs, injuries, penalties, touchdowns, incomplete passes, first downs, change of possession and out of bounds. However, if a team is leading by 28 points with 4:00 minutes left in the fourth quarter, there is no stoppage of time (except for injuries and penalties).
- 5.4 7th Grade Defensive Alignment: Linebackers, cornerbacks, and safeties must line up at least three (3) yards off the line of scrimmage and may not move forward until the ball is snapped.
- 5.5 8th Grade Defensive Alignment: Follow MSHSL rules.
- 5.6 7th Grade Defensive Linemen: A maximum of six (6) defensive linemen are allowed. This rule does not apply if the ball is inside the defensive team's ten (10) yard line; however, linebackers, corners and safeties may not move forward until the ball is snapped.
- 5.7 Extra Points: Following a touchdown, the coach will have the choice to go for 1 point or 2 points. (The coach will tell the referee his choice.) 1 point conversions will be from the 3 yard line. 2 point conversions will be from the 8 yard line. Once the choice is declared and a play is run or a penalty occurs prior to the play, the choice cannot be changed.
- 5.8 Overtime: In case of a tie at the end of regulation, each team will have four (4) plays to score from the 10 yard line. Same extra point rule (5.7) will apply. If the score remain in a tie, a second overtime round will be played, using the same rules. There is a maximum of two overtimes during the regular season. If the score remains a tie, it will be a tie. In the playoffs, teams will continue to play until there is a winner.
- 5.9 Game Balls: Intermediate sized footballs must be approved by the SSYFL (Nike or Wilson Y-1000 is the correct size ball).
- 5.10 Personal Fouls: The officials may eject any player or coach who receives an unsportsmanlike penalty from the game with no warning. A player or coach who receives two unsportsmanlike penalties in one game is automatically ejected. Any player or coach who is ejected from a game is suspended for the next game. The ejected team member's coach must inform his or her Program Director of the ejection within 24 hours of the ejection. The Program Director will notify the SSYFL Commissioner with 48 hours. The Commissioner will notify the SSYFL Governing Committee of the incident and final ruling. The SSYFL Governing Committee may remove a player or coach for chronic misconduct or egregious behavior during league activities from an official team roster, rendering the player or coach ineligible to participate in the league.
- 5.11 Game Cancellations: The Program Director of the association where a game is scheduled to be played will determine whether a game should be cancelled because of weather or field conditions before the start of the game. Each member association is responsible for the condition of the fields and field equipment needed for the games. The officials have the authority to cancel a game or delay a game that is in progress.

5.12 Re-scheduling of Games: Once the league game schedule is set, games will not be rescheduled except in the case of inclement weather or a school-sanctioned event that brings the team's available players below the league minimum defined in Rule 4.1. If either of these exceptions occurs, it is up to the two coaches to work with each other and the SSYFL Commissioner to find a date and location that works for the two teams. SSYFL will notify the referees of the change. Failure to reschedule a game will result in a loss for both teams. (If a game is cancelled due to weather within 4 days of the start of playoffs, the game will be eliminated (no win or loss) unless a viable option to reschedule is found.)

5.13 Game Score Reporting: **ALL HEAD COACHES** (winners/losers) must report scores via e-mail to [mail@ssyfl.net](mailto:mail@ssyfl.net) **within 24 hours** of game completion. Please include the following information:

1. Subject line: Grade, both team names & date
2. Text body: Game Score and location
3. Text body: # of referees at the game (used for tracking/billing purposes).

## 6.0 SSYFL League Regular Season:

6.1 Official league activities may begin on August 1.

6.2 SSYFL Regular Season

6.2.1 First games will generally begin the week prior to Labor Day weekend.

6.2.2 Number of Games/Practices: SSYFL will attempt to schedule no more than a two (2) regular season league games per week. However, more than two games in a week may be necessary due to weather related issues and/or playoffs. A schedule resulting in more than 3 games in a seven (7) day period will require board consideration.

6.2.3 A team may not have more than five (5) events (games/practices) per week.

6.2.4 During the regular season, efforts will be made to ensure teams from the same high school are not playing against each other provided there are enough teams to fill out a schedule. In the playoffs, anyone could play anyone.

6.2.5 During the regular season, every effort will be made for each team to have at least one game with a team from each association. In some instances, this may be impossible.

## **7.0 SSYFL League Playoffs:**

7.1 The SSYFL governing committee will seed teams for the playoffs using the following criteria in order:

1. Overall record determined by winning percentage.
2. Head-to-head competition (where applicable).
3. Record vs. common opponents
4. Point differential (maximum 14 points per game).
5. Coin Flip

7.2 Playoff Structure: Pure bracket, seeded once with the top seed playing the bottom seed.

7.3 2014 Championship site: Dick Hanson field, Burnsville High School

7.4 Field Equipment and people to run chains and yard markers: Supplied and provided by the home teams.

## **8.0 SSYFL League Fees and Expenses:**

8.1 League Participation Fee: Each member association pays a proportionate amount of the league expenses to be determined by the SSYFL Governing Committee. The per-player fee will be determined based on expenses.

8.2 Official's Expense: Three (3) officials will be scheduled for all games. The officials will be middle school/high school certified. The home team is responsible for payment. Championship day referees will be paid for by SSYFL.

*Agreed and signed by each Association's Representative on behalf of their Athletic Association.*

*Agreed and signed by each High School Head Football Coach.*