

# BY-LAWS OF RIVER VALLEY YOUTH TACKLE FOOTBALL LEAGUE, INC.

Last Updated: July 31, 2017

## **Article I NAME**

This organization shall be known as the River Valley Youth Tackle Football League, Inc.

## **Article II OBJECTIVE**

The objective of this organization shall be to exemplify and teach good sportsmanship, teamwork, and the basic fundamentals of football and to stimulate the young person's interest in sports while providing constructive recreational use of leisure time.

## **Article III GOVERNMENT**

Section 1, MANAGEMENT: The government of the River Valley Youth Tackle Football League, Inc. shall be under the supervision of its Officers and Board of Directors.

Section 2, COMPOSITION: A team shall be defined as a having multiple levels under the same team name, i.e. Frankfort White. A level is an age/weight class, i.e. Lightweight or Varsity. The Athletic Board of Directors shall consist of one (1) member from each team in the League. The number constituting a quorum shall be one (1) more than half the Board. The term of office for the Athletic Board of Directors shall expire December 31 each year. Each Team is responsible for designating a sitting board member as a back-up representative. Each team shall provide written notification to the league at the January meeting of the League Board of Directors identifying the team representative to serve on the board and the alternate.

Section 3, OFFICERS: The Officers of the River Valley Youth Tackle Football League, Inc., shall consist of a President, a First Vice President, a Second Vice-President, a Secretary, and a Treasurer. These Officers shall be members of the Board of Directors. Any officers appointed to fill a vacancy shall serve the remainder of the term from the date of his or her appointment. The Board of Directors shall make all appointments of Officers, Board Members, and Committee Chairpersons. It shall be the responsibility of the Board of Directors to fill all vacancies by appointment.

Section 4, DUTIES: The Officers shall perform the duties and exercise the powers prescribed by the Articles of Incorporation set forth in these By-Laws. These duties and powers shall include, but not be limited to the following:

A. PRESIDENT: The President's term of office shall be one (1) year and is contingent upon at least one (1) year Board membership. The President shall act as Chairperson of the Board of Directors and Ex-Officio Member of all committees. The President shall be responsible for conducting the affairs of the River Valley Youth Tackle Football League, Inc. and for executing the policies established by the Board of Directors. In addition, the President shall be responsible for interpreting and applying these by-laws to require conduct in accordance herewith by all members of this League. The President shall have the authority to co-sign checks. The president is allowed to vote on all issues presented. During the season, it is the responsibility of the President to rule on any issues involving the application of league rules until such time as said issue can be addressed by the League Rules Committee. The President's interpretation of the Leagues rules shall be considered final until the said issue is addressed by the League Rules Committee. The President is deemed to have a conflict of interest in any issue involving rules where the President's team or a parent, player, coach or administrator from the President's team is either the subject of the rule's application or the party seeking the interpretation/application of a rule. If such a conflict of interest exists, the First Vice President shall assume responsibility for the rules application unless a conflict of interest exists for the First Vice President, then the Second Vice President shall be required to address the rules application.

B. VICE-PRESIDENT (INTERNAL): The First Vice-President shall preside in the absence of the President and shall work with other Officers and Committee Members relating to internal affairs. The First Vice-President shall also assist the Registration Chairperson(s) in verifying registration requirements. Both Vice-Presidents shall carry out such assignments as may be delegated by the President. The Second Vice President shall assume the duties of the First Vice President in his absence.

C. SECRETARY: The Secretary shall maintain a register of Members and Directors, record minutes of each meeting, inform members of said meetings, and maintain a record of the league's activities. The Secretary shall be responsible for Board correspondence.

D. TREASURER: The Treasurer has the authority to co-sign checks and disperse league funds as approved by the Board of Directors. The Treasurer shall maintain financial records, prepare budgets, and present financial reports at each Board meeting, as well as an annual report at the January meeting.

No member shall receive any compensation for serving on the Board.

## **Article IV MEMBERSHIP**

Section 1, ADULT MEMBERS: Any person who has a child enrolled in the program or has an active interest shall be a member of the River Valley Youth Tackle Football League, Inc., and shall be subject to its By-Laws.

Section 2, YOUTH MEMBERS: Any child meeting the requirements as set forth in the By-Laws of the River Valley Youth Tackle Football League, Inc., shall be eligible for participation. If equipment is available, no child will be refused to participate provided that they conform to the team By-Laws and the River Valley Rules of Play.

Section 3, DISQUALIFICATION: Any member not conforming to the By-Laws of the River Valley Youth Tackle Football League, Inc., may be disqualified at the discretion of the Athletic Board of Directors.

## **RIVER VALLEY YOUTH TACKLE FOOTBALL LEAGUE, INC. RULES OF PLAY**

### **DIVISIONS / WEIGHTS**

1. Each club will consist of (4) teams, (1) per division, limited by age and weight class. See Attachment A – Weight & Age Matrix
2. Players, ages six (6) and seven (7) on or before August 31 of the season can only play on the Super Lightweight level. Players, ages eight (8) and nine (9) on or before August 31 with a weight that exceeds 110 pounds, can only play on the Lightweight level. Players age ten (10), who weigh more than 136 pounds can only play on the Junior Varsity level. Any player playing down a level due to age, but who exceeds the permissible weight limit for that level, can only play on the offensive line between the offensive tackles. If any player is playing at a lower level due to this age restriction, an opposing Athletic Director in any game may require that player be limited to five (5) plays or that the player be removed at any time from a game when in that Athletic Director's opinion, the player is a safety threat or is having an inordinate impact on the game. An Athletic Director's decision to remove a player on this basis may not serve as a basis to appeal a game. Any player subject to this rule may request of the league a waiver to allow the player to play up a level where there is a written request to do so from the player's parent (s) and the Athletic Director of the player's team feels it would be in the player's best interest to advance the player.

### **OLDER / LIGHTER RULES**

1. Older / Lighter players must have an "X" (4" x 4" minimum) on their helmet. The X must be clearly noticeable and will be the color as dictated by the league.
2. Only **(2)** Older / Lighter players on the playing field at a time. **(December 2015)**
3. Older / Lighter players must get their minimum plays in the 4 quarters of the regular game. To be clear. Older / Lighters may play in the 5th quarter but they must still get 5 plays in the regular game.
4. The penalty for exceeding the number of allowed older/lighter players on the field, after the huddle breaks, will be 10 Yards and replay the down.
5. Older lighters can only play ineligible positions on offense across all levels. In addition, they are not allowed to return the ball on kick offs. However, they can play any position on defense including punt return. **(November 2016)**

## STRIPER RULES

1. Only three (3) striper players on the playing field at a time. A double striper counts as one of the three (3) stripers allowed on the field at any time.
2. Single striper players must have a single team color stripe on helmet, front to back. The stripe must be clearly noticeable and can/should be an opposite color of the helmet. The exception will be – any team with a pre-stripped helmet must stripe their helmets in a manner perpendicular to the existing stripe. Double stripers must have 2 distinguishable color stripes on the helmet, front to back.
3. All striper players may not be on the kick-off or kick-off receiving team.
4. All single and double stripers cannot handle the ball on offense and can only handle the ball if there is a turnover on defense. In the course of play, if a striper, either on defense or offense, recovers a fumble or intercepts a pass, he may not advance the ball.
5. Offensive stripers may line up within three positions of the snapper. However, if a striper is lined up in the third position from the snapper, he may not be uncovered, that is another offensive player must be on the line, within one yard and outside of the striper. A striper may only be uncovered on the line of scrimmage if he is lined up within two positions of the snapper. Any combination of 3 single or double striper players can play on the defensive or offensive line between tackle nose to tackle nose. In this scenario, single striper players can line up in gaps between tackles on defense. Double stripers can only play on defense if a double striper is on the offensive line and must line head up on the offensive double striper. **(May 2016)**
6. Defensive single stripers must be nose-to-nose inside or equal to (two positions from the snapper) the offensive tackle position. A single striper may be lined up over an offensive striper, if the offensive striper is lined up within three positions of the snapper. Initial contact must be made on the line of scrimmage, with the player moving in a forward motion.
7. All striper positions on offense are down linemen. All stripers cannot be eligible receivers if on the end of the line. All stripers may not pull.
8. If any striper plays out of position, an automatic ten (10) yard penalty will be assessed against offending team.
9. A striper may only kick the ball on a punt, extra point, or field goal. An extra point, field goal, or punt cannot involve a striper handling the ball or blocking from the kicking or punting position.
10. The double striper counts as one of the three (3) stripers allowed on the field. The double striper plays on the offensive line only (except when rule 12 applies) as a covered offensive lineman and not at the end of a line. Double stripers cannot pull.
11. No more than one double striper on the field at a time. Unless, if a team has 4 or more double stripers, 2 double stripers may be on the line at the same time. (See rule 10) They must line up at the 2 offensive tackle positions only. There can be no more than 3 total stripers on the line at one time. The double stripers will be put in at the start of the game and play 5 plays in a row. The next double striper will then be put in until all have received their 5 plays. At that time, the original double striper rule will be observed (only 1 double striper on the field at a time).
12. On the Varsity level only, teams are allowed to line up a double striper on defense only when the offense is utilizing a double striper. The defensive double striper must line up directly across from the offensive double striper. All defensive single striper rules apply to the double striper in this case. If a double striper plays out of position, an automatic ten (10) yard penalty will be assessed against offending team.
13. On SLW, LW, and JV teams are allowed to play one double striper on defense. A double striper must line up directly across from an offensive single striper or double striper. All defensive single striper rules apply in this case. If a double striper plays out of position, an automatic 10-yard penalty will be assessed on the offending team. **(May 2015)**

## GENERAL RULES

1. All teams must field eleven (11) players at the start of every game or that game will be forfeited. A player may play up a level only to avoid a forfeit, and with the opposing athletic director's approval. This will not cause the player moving up a level to play at that upper level for the remainder of the year. Said player(s) must play in both their regular game as well as their temporary game. No player shall be allowed to play up a level to gain an advantage. Players may play in only one division on any scheduled date, unless to avoid a forfeit. NOTE: Striper rules apply (refer to striper rule 1).

2. All games will be played under IHSA Rules with the following exceptions:

(A.) Extra points will be scored: One (1) point for run or pass, two (2) points for kick.

(B.) Field goal tries in Super Light: The ball will be moved ten (10) yards closer to goal post because of eighty (80) yard playing field. Subsequently, the goal line will shift 10 yards as well.

(C.) Each team will provide their own game ball in offense in any game. The same type of ball must be used through the entire game. The type of ball each team decides to use must be introduced at the beginning of the game at the time of the coin toss. Game Balls (to include those listed below, additions or changes by Athletic Board approval). Manufacturer and sizes are as follows:

<b><u>WILSON</u></b>	<b><u>PREMIUM LEATHER</u></b>	<b><u>LEATHER</u></b>	<b><u>PREMIUM COMPOSITE</u></b>	<b><u>COMPOSITE</u></b>
	GST 1320	1300	GST 1782	1714
VARSITY	TDS	TDS	TDS	TDS
JUNIOR VARSITY	TDY	TDY	TDY	TDY
LIGHTWEIGHT	TDJ	TDJ	TDJ	TDJ
SUPER LIGHTWEIGHT	K2	K2	K2	K2
<b><u>RAWLINGS</u></b>	<b><u>PREMIUM LEATHER</u></b>	<b><u>LEATHER</u></b>	<b><u>PREMIUM COMPOSITE</u></b>	<b><u>COMPOSITE</u></b>
	ST5PRO	ST5	ST5PRO	ST5
VARSITY	OFFICIAL	OFFICIAL	OFFICIAL	OFFICIAL
JUNIOR VARSITY	YOUTH	YOUTH	YOUTH	YOUTH
LIGHTWEIGHT	JUNIOR	JUNIOR	JUNIOR	JUNIOR
SUPER LIGHTWEIGHT	PEE WEE	PEE WEE	PEE WEE	PEE WEE
<b><u>BADEN</u></b>	<b><u>PREMIUM LEATHER</u></b>	<b><u>LEATHER</u></b>	<b><u>PREMIUM COMPOSITE</u></b>	<b><u>COMPOSITE</u></b>
		DUECE		COMP
VARSITY		D		C
JUNIOR VARSITY		DY		CY
LIGHTWEIGHT		DJR		CJR
SUPER LIGHTWEIGHT		PW		PW
<b><u>SPALDING</u></b>	<b><u>PREMIUM LEATHER</u></b>	<b><u>LEATHER</u></b>	<b><u>PREMIUM COMPOSITE</u></b>	<b><u>COMPOSITE</u></b>
		J5Y	ADVANCE	J5Y
VARSITY		OFFICIAL	OFFICIAL	OFFICIAL
JUNIOR VARSITY		YOUTH	YOUTH	YOUTH
LIGHTWEIGHT		JUNIOR	JUNIOR	JUNIOR
SUPER LIGHTWEIGHT		PEE WEE	PEE WEE	PEE WEE

<u>NIKE</u>	<u>PREMIUM LEATHER</u>	<u>LEATHER</u>	<u>PREMIUM COMPOSITE</u>	<u>COMPOSITE</u>
		VAPOR	V-TOUCH	SPIRAL TECH
				V-FLIGHT
Varsity		SIZE 9	SIZE 9	SIZE 9
JUNIOR VARSITY		SIZE 8	SIZE 8	SIZE 8
LIGHTWEIGHT		SIZE 7	SIZE 7	SIZE 7
SUPER LIGHTWEIGHT		SIZE 6	SIZE 6	SIZE 6
<u>UNDER ARMOUR</u>	<u>PREMIUM LEATHER</u>	<u>LEATHER</u>	<u>PREMIUM COMPOSITE</u>	<u>COMPOSITE</u>
		695	595	495
Varsity		OFFICIAL	OFFICIAL	OFFICIAL
JUNIOR VARSITY		YOUTH	YOUTH	YOUTH
LIGHTWEIGHT		JUNIOR	JUNIOR	JUNIOR
SUPER LIGHTWEIGHT		PEE WEE	PEE WEE	PEE WEE

(D.) Games will consist of four (4) quarters with fifteen (15) minutes or less at Half-time. Referees in all Divisions will give a two (2) minute warning in the fourth quarter indicating two (2) minutes remaining in the game, but will not require a timeout.

Quarters will be as follows:

Super Light and Light Weight Divisions:

Twelve (12) minutes with clock running continuously with the exceptions of Time-outs, injuries, touch downs, and the final two (2) minutes of each half at which will be played by IHSA rules. Thirty seconds between plays will be enforced.

The playing field will be shortened to eighty (80) yards for Super Light.

Junior Varsity and Varsity Divisions:

Ten (10) minute quarters and on a regulation field.

Twenty-five seconds between plays will be enforced (per ISHA regulations).

(E.) 5<sup>th</sup> Quarter Games

A "5th Quarter" game shall be played PRIOR TO SLW, LW, JV, and Varsity games. If a team does not have sufficient players to field a 5th quarter team the opposing Athletic Director must be notified on the Wednesday prior to the upcoming game. Starters in the regular game should not play in this game. If a team is required to play a few starters to complete a 5th quarter team, they need to be identified and explained to the opposing team prior to the 5th quarter and should play in positions that honor the spirit of this rule.

NOTE: The 5th quarter IS NOT a place to play players that didn't make weight, older lighters, and/or starters playing in different positions. IT IS for development of non-starters and younger players only.

(1.) SLW & LW – 25 minutes. JV & Varsity – 25 minutes **(May 2017)**

(2.) Each team plays 12/10 minutes of Offense and 12/10 Minutes of Defense consecutively (split time equally for both teams). There are no first downs / no turnovers / no punting

(3.) Each drive will start at opponent's 30-yard line

(4.) If a team refuses to play a 5th quarter, then they are obligated to follow the 5 play rule and their opponent is not obligated. If both teams do not play a 5th quarter, then the 5 play rule is in effect for both teams. Home team announces their intentions first. **(2015)**

(5.) Each team is required to play 11 players vs 11 players or no fifth quarter is played. **(June 2016)**

(F.) Games will be controlled by four (4) officials whenever possible. In order to maintain play, three (3) officials can be used if accepted by both teams involved. Official time will be kept on the playing field by the referees.

(G.) ON FIELD COACHING RULE:

If a team desires, a coach may be on the playing field throughout all Super Lightweight and ~~Light Weight~~ **(eliminated November 2016)** Division games. This coach will be an advisor and instructor only, and will let the players make as many decisions as possible. Both coaches must be at least (5) yards behind the deepest player on their team at the snap of the ball. There will be no coaching or moving players for either coach on the field after the break of the OFFENSIVE huddle. The play cannot be changed and no audible can be called by either field coach. A violation of this rule will be considered an "unsportsmanlike conduct" penalty. If there is an issue with coaching on the field, the Athletic Directors of those teams should discuss and handle the situation.

(H.) NO KICK-OFF RULE:

1. In the Super Light and Lightweight divisions, when a team leads by twenty (20) or more points, the team down by twenty (20) or more points shall receive the ball on the 30-yard line of the team that has the lead of twenty (20) or more points until the point differential is below twenty (20) points. The starting backfield must be pulled from the offensive game for the team with the twenty (20) or more point advantage until the point differential is closed to less than twenty (20) points.
2. In the Junior Varsity and Varsity Weight divisions, when a team is up by twenty-four (24) or more points, the team that has the twenty-four (24) or more point lead will kick off from the twenty (20) yard line, until the difference is below twenty-four (24) points.
3. If in a Junior Varsity or Varsity game a team has a scoring advantage of twenty-four (24) or more points to begin or at any point in the second half of a game, then the game clock shall thereafter be a running clock except during timeouts, following a touchdown, during an extra point or during an injury. Once a clock is a "running clock" it will continue as a running clock even if the disadvantaged team closes the point differential to less than twenty-four (24) points.
4. Playoffs and Super Bowl - Regular kick-off rules will apply to all (4) level teams during the entire game, regardless of score. The trailing team will not receive the ball at the 30 yd line for SLW & LW levels regardless of score. The leading team kicks the ball off from the 40-yard line at the JV and Varsity levels. The "No Kickoff Rule" does not apply in the playoffs at any of the 4 levels.

(I.) STARTING BACKFIELD RULE:

1. The starting backfield\* of the leading team must be substituted and may not handle the ball on offense until the score is below twenty (20) points for the SLW and LW levels; and twenty-four (24) points for the JV and V levels. If positions of players are not available as substitutes, positions of players must be changed.
2. This rule is in effect for all playoffs and Super Bowl.

\*The starting backfields are those players identified in rule #24, it's starting backfield and ends. The exception to this will be a player who is listed in the starting backfield and assumes the position of the punter or kicker. This player may continue to perform these duties but at no time may he/she advance the ball, other than kicking.

(J.) THREE YARD RULE FOR TWO POINT STANCE:

1. At the Super Light level, players are not allowed to line up on the line of scrimmage in a two-point stance within what is commonly referred to as the A, B or C gaps in other words inside the defensive end position. Defensive ends can line up in a two-point stance. All other players must be in a three or four-point stance. Any player in a two-point stance in the box (positions from C gap on the defensive right to C gap on the defensive left) must be at least three yards off of the line of scrimmage. No player in a two-point stance can advance to less than three yards of the line of scrimmage prior to the snap of the ball. Violation of these rules is punishable by a ten-yard penalty.
2. The above rule applies at the Light Weight level after a team is leading by twenty (20) or more points. Violation of these rules will result in a fifteen (15) yard penalty.

(K.) TIME-OUTS:

Four (4) time-outs per half will be allowed for Super Light and Light Weight Divisions.

Three (3) time-outs per half will be allowed for the Junior Varsity and Varsity Divisions in all games.

ALL TIME OUTS are SIXTY (60) seconds.

A time-out may be called to challenge the number of strippers, double strippers and/or older/lighter players prior to the snap of the next play. If the challenge is upheld the time-out will not be charged, however if the challenge is not upheld the team will be charged the time-out.

(L.) Kicking, Punting, Extra Points and Field Goals:

1. SLW & LW – Punting

Punting team must inform the referee if they are going to punt. If they are punting, the defensive team cannot rush the kicker, and they must attempt the punt (No fake punts). The punter cannot move more than five yards from the right or left of center to punt. Punting teams are required to have a minimum of 7 players on the line of scrimmage and they must be within one yard of one another to facilitate the spirit of a punt formation. Receiving team is required to have a minimum of 5 players on the line of scrimmage within the span of the punting teams ends. They are able to initiate contact after the ball is kicked.

2. There will be no kickoffs at the SLW level only. The ball will simply be placed on the receiving team's 30 yard line. **(November 2016)**

3. Pop up kick offs will be blown dead by referee per NFHS/IHSA rules **(May 2017)**

(M.) All tie ball games will be played off per IHSA Rules. At the Super Light and Light Weight Divisions, the ball will be placed at the five (5) yard line in the event of a third over time.

(N.) All playing shoes (rubber cleats or tennis shoes) must be IHSA approved shoes. Screw-in spikes with metal tips are allowed.

(O.) The Super Light Division will not have any major penalties to exceed ten (10) Yards.

(P.) Once a player has played in a league game, or a "5<sup>th</sup> Quarter" game, during the regular season, that player cannot move to a lower level to play during the regular season or any playoff game.

(Q.) The delay of game penalty will be administered in accordance with the NFHS rules. If there is a delay of game called the clock will continue to run unless it is apparent during the second or fourth quarter that a team is intentionally trying to run time off. The referee has the discretion as to when the clock starts either on the ready for play or the snap in accordance with the NFHS rules. If there is repeated violations to run time off the clock by delay or other penalties the head coach will be flagged for unsportsmanlike conduct for making a travesty of the game.

(R.) At all levels during kickoffs, at the time the ball is kicked, there must be at least four players positioned to the left or right of the kicker.

3. WEIGH-INS: The weigh-in for the SLW game will be conducted prior to the start of the 5<sup>th</sup> Quarter game. All weigh-ins will be held at half time of the preceding game.

(A.) Each team is requested to have their Athletic Director or designated coordinator to conduct weigh-ins and disputes. No parents or assistant coaches will be allowed at weigh-ins. The AD's from each team have the right to ask any non-player to leave the weigh-in area.

(B.) A balance beam or digital scale is the only scale approved by the league athletic directors. A fifty (50) pound metal weight will be used to check scale before weigh-ins. Each player must weigh in as outlined in the age and weight chart. There will be no rounding up or down of weights including decimels. **(May 2016)**

(C.) Weigh-ins will be conducted without shoulder pads and helmets, except for SLW, which will weigh in with shoulder pads, no helmet. Non SLW players may weigh without equipment, or wearing a minimum of equipment consisting of girdle pads, knee pads, thigh pads, game jersey, game pants, game shoes, and socks. Refer to weight chart.

(D.) Opposing athletic directors will have the right to inspect this equipment to assure that it is of the type used by the players in the game.

(E.) If a player is late for a game, they must sit out until halftime to be weighed-in.

(F.) Junior Varsity and Varsity players will be weighed carrying or wearing their game jersey.

(G.) If a player weighs in at half-time prior to his/her game and does not make weight, he/she has the right to weigh in at half time of his/her game. The five plays per game rule apply. At halftime, a striper, who played in the first half, may not re-weigh to make non-striper weight and play as a non-striper.

(H.) All Stripers, Double Stripers, and Older/Lighters must bring their helmet to weigh-ins to validate correct markings.

(I) There will be no early weigh ins at all levels. **(November 2016)**

#### 4. ROSTERS

(A.) Teams will provide a roster with jersey numbers of players in each weight division to the League Athletic Directors and to all opponents no later than the Wednesday preceding the opening day of the season (or a \$25 fine will be assessed). If numbers change by the first game, new rosters must be supplied to the River Valley AD board.

(B.) No new players may be added to a team roster after the second game of the season unless:

1. The team has less than 22 players at the level on which a player is proposed to be added; and
2. a majority of the RV League Board approves of the addition.

The League President may conduct the vote on whether to add a player by telephone or email, but must keep a written record of the vote on the issue, recording the vote of each Team representative and the name of each representative voting. That record shall be read at the next regular monthly league meeting.

(C.) Roster minimum of thirty (30) players before a waiting list may be started. ~~A team may maintain a maximum roster of fifty (50) players.~~ **(eliminated November 2016)**

5. All games will be played on Saturdays or Sundays beginning no earlier than 11:00 a.m., except by special agreement by both teams. If a home team wishes, it may change the starting positions of a division game. The home team must notify the visiting team one week prior to the game.

6. Players will be allowed to move up in division if overweight, but once moved, they will not be allowed to move back. Players may play in only one division on any scheduled date, unless to avoid a forfeit.

~~7. If two teams tie for first place, they will be considered co-champions.~~

#### 8. REGISTRATION:

(A.) Registration of players is allowed at any time. NO TRYOUTS. Any team that violates the registration process by picking players based on ability and not on a first come basis shall be placed on one (1) year probation and will not participate in that year's playoffs. Practices will start three (3) weeks prior to the first game. No players will be allowed to practice without insurance and proof of age. All Super Light and Light Weight teams have been granted permission to conduct an informational seminar one week prior to start of practice. There is to be NO contact; class room only. All four (4) divisions: The first official week of practice is as follows: first 2 days is helmet only, the next 3 days is helmet and shoulder pads only. Beginning on day 6 teams can be in full pads. There will be 12 days with full pads of practice before the first game. **(May 2017)** If additional players are added to the roster, the player must follow the above guidelines before he can play in his first game. **(May 2016)**

(B.) Returning players must register at returning player registration. Players will be allowed to sign up until the day before open player registration. If a player fails to do so, he/she will forfeit their returning player status and go into the lottery as a new player. Siblings of returning players must register with the returning player prior to new player registration. Once a player is registered and assigned to a specific team, if that player quits that organization, he/she is cannot return to the same organization until the next calendar year.

(C.) There will be a lottery system used for all new players registering. All names will be placed in a lottery style drawing and drawn at the completion of the registration. A roster will consist of a minimum of thirty (30) players before a waiting list can be started. There is no maximum roster size **(May 2017)**.



(D.) Returning players will start the roster. The number of available roster spots will be filled by pulling names from the new player lottery until all the names are gone. Vacated roster spots will be filled by the waiting list in the order they were drawn. The 2<sup>nd</sup> V.P. will hold all rosters and waiting lists.

(E.) Players must show proof of legal guardianship when registering under the sibling guidelines. Appropriate legal documentation must be presented to the individual league secretary regarding name changes and guardianship.

(F.) An ad must be placed in the newspaper two weeks prior to registration. Copies of the ad must be given to the 1<sup>st</sup> V.P. (or designee) at the next RVC board meeting.

(G.) Any new organization starting a football program from scratch will have 16 roster slots designated for coaches or board members' children with a maximum of 4 per level with the names to be given to the River Valley prior to their registration.

9. Leagues will be allowed five (5) practices per week prior to September 1. After this date, the maximum number of practices per week will be four (4). A player must have one week of practice prior to participating in their first league game. The league requires all participants to have a sports physical. A copy of one taken for school will be accepted. Parents who refuse must sign a waiver releasing league and organizations of any liabilities.

10. Referees and organizations will have full responsibility for maintaining discipline and control in all matters concerning the conduct of the coaches, players, fans, and their effect upon playing conditions.

(A.) Players, members, coaches, and/or team officials that are ejected or involved in fighting before, during, or after a game in the area of, or on the field will receive a one (1) game suspension. Any second ejection during a season will result in a suspension for the remainder of the year.

(B.) Canceled Games Prior to Completion:

1. Canceled any time during and prior to the start of fourth quarter are considered incomplete and will be continued on the home team's field at an agreed upon date and time.

2. Games in play during the fourth quarter are considered complete.

(C.) Game Delays:

The League recommends delays to last one (1) hour prior to canceling a total game day or one game. We also require referees to remain on the premises and will be reimbursed for their time. To minimize the backup of games, if able to continue, the following options should be utilized:

1. Complete games in progress and cancel next game utilizing 10-B.

2. Cancel game in progress utilizing 10-B or 10-C and start the next game.

(D.) Referee fees will be = \$230 per day (regardless of number of 5th quarter games), or as previously agreed upon by the River Valley Athletic Board for a period of 3 years. **(July 2016)**

11. No advertising or soliciting shall be done by any organization during RYVFL events.

12. Should a team, for any reason, wish to protest a game, a written statement must be made to the officers (President, First Vice President, Second Vice President, and Secretary) of the League Athletic Board, giving the reason for the protest, within seventy-two (72) hours of the completion of the protested game. The League President shall refer the matter to the League Rules Committee. The Rules Committee will initially consider the matter and recommend to the League Athletic Board its findings as to whether the protest should be determined valid or invalid and the appropriate penalty or adjustment. The League Athletic Board will vote to accept or reject the recommendations of the Rules Committee. If accepted, the decision stands. If the League Athletic Board rejects the recommendation of the Rules Committee, then the League Athletic Board must, by majority vote, determine if the protest is valid. The League Athletic Board must also determine by a majority vote the appropriate penalty or adjustment. A protest fee of fifty dollars (\$50) will be assessed to the protesting team, to be returned, if the protest is upheld. The losing team will pay a fine of two hundred fifty dollars (\$250). It is the River Valley League Athletic Board's discretion on the outcome of the game that is under protest.

13. Any coaches or team official found intentionally violating League rules or the accepted rules of fair play and sportsmanship, that team may be placed on one (1) year probation. This rule will be strictly enforced by the Board of Directors.

14. All new member teams are placed on a one (1) year probation period with no League voting rights.
15. All players must play a minimum of five (5) plays, including 5<sup>th</sup> Quarter games, when scheduled.
16. A list of all facilities at each home field and a map or directions to each home field shall be provided to League Directors at roster hand-in.
17. Chains and down markers will be provided by the home team and placed on the home side of the field.
18. A River Valley player is prohibited from playing in any other tackle football league, during the River Valley season, defined as the team's first practice through the Super Bowl.
19. Each team will have the identification registration provided by the teams on the playing field (includes copy of birth certificate and a recent picture).
20. A twenty-five dollar (\$25) fine will be assessed to any team without a representative at a League meeting. Second time is fifty dollars (\$50), third time is one hundred dollars (\$100), fourth time is one (1) year probation, and fifth time team is out of the League.
21. All teams are required to have all helmets and face masks re-certified every two (2) years or per manufacturers recommendation.
22. No high school students will be allowed to play.
23. No alcoholic beverages allowed at practice or games. Smoking is not allowed on sidelines of any League game. A no smoking ban is in place at many of the fields being played on (Illinois State Law prohibits smoking on any school property). Please observe these rules when posted. Cooking on grills (Tail gating) is prohibited.
24. Prior to the start of each game, the names of the "TRUE" starting backfield line-up will be exchanged between head coaches and provided to the referees. The "TRUE" starting backfield will consist of the four (4) backs and the two (2) ends that will participate in a majority of the offensive plays. To avoid confusion, the five (5) positions not listed will be the two (2) tackles, two (2) guards and center. ANY VIOLATION OF THIS RULE WILL BE CONSIDERED A VIOLATION OF LEAGUE RULE 34 AND PENALIZED ACCORDINGLY.
25. Player will be allowed to compete while wearing a hard cast with a ½" padding and referee approval. A player may play while wearing a soft cast and must have a physician's release on physician letterhead.
26. On offense, all initial contact below the waist is illegal.
27. Dues for membership to River Valley Youth Football League, Inc. are assessed yearly on a per TEAM basis. (Team defined in this situation as per 4 Team group. Ex. Frankfort Falcons Blue is one team and Frankfort Falcons Black is another). **(November 2015)**
28. Voting procedures to amend or add to the By-Laws are as follows:
  - (A.) One vote per team (Team defined in this situation as per 4 Team group. Ex. Frankfort Falcons Blue is one team and Frankfort Falcons Black is another) (see Rule 14 for exception). **(November 2015)**
  - (B.) Registered officer of each team, or in their absence the listed alternate casts the vote.
  - (C.) A By-Law change must be discussed at the meeting directly preceding the meeting where the By-Law change vote takes place. A majority vote of those present is required to pass or amend a By-Law.
29. The League will establish a post season tournament format separate from the regular season with Board of Director approval.
30. The League has established a team representative (members of the Athletic Board of Directors, coaches, statisticians, etc.) dress code. The representatives must wear a designated team shirt. Accessories such as bandannas, heavy jewelry, gloves, etc. will NOT be allowed. Caps may be worn with the bill pointing forward.
31. Rules for dual team alignment:

(A.) Players will remain on the same team if returning in the same division.

(B.) Once a player is selected by a team designated color, that player will stay designated to that color.

(C.) Players who advance to the next weight division may opt to be placed in a draft pool and be divided one-by one by the head coaches: Coaches, board members, and support staff (medical, equipment, etc.) will regulate family participants.

(D.) Newly registered players will be placed in a draft pool in the order that they were picked from the lottery (based on first, second, third, etc.). Coaches will pick one-by-one until each team is complete based on the teams maximum per team. Remaining players will be placed on a waiting list in the order they were selected from the lottery. When a position opens on a team, the next player at the top of the waiting list will be taken.

(E.) Any new expansion team (second, third, fourth team) can have a one-day evaluation practice (of existing players, not new players) only if all players in the organization will be placed in a draft pool, prior to their draft, up to one month preceding the first scheduled day of practice. The draft shall be a one-by-one pick until all teams' rosters are achieved.

(F.) Team roster must contain a thirty (30) player minimum, before a waiting list can be started.

### 32. Team Disciplinary Problems:

Will be referred to the League Rules Committee and addressed in the same manner as team protests set forth in Section 12. With disciplinary proceedings the Rules Committee will consider:

(A.) Discuss the problem with the complaining and offending individuals.

(B.) Advise what penalties have been assessed by his/her organization.

(C.) Advise what is being done to keep the problem from re-occurring. This step must be approved by a Majority of League representatives.

(D.) Second offense of the same type violation in a one (1) calendar year period will result in a one (1) year probation.

(E.) Third offense of the same type violation in a one (1) calendar year period will result in ejection from the River Valley Youth Tackle Football League, Inc.

(F.) The team ejected from the League may be reinstated only if they agree to abide by all conditions set forth by the River Valley League Representatives

33. There will be no play-by-play announcing while the play is actually taking place.

34. Any team that is found circumventing league rules in order to gain unfair advantage before or during the season shall forfeit any games already played, be placed on probation for one year, and will not participate in the playoffs. Definition of Probation: A team that is on probation will have no voting rights for one (1) year from the date of the infraction.

35. Any team that has violated rules regarding player registration or has been found to have cheated after the season, shall forfeit any games won, stripped of any super bowl wins, and will be banned from the upcoming seasons playoffs.

36. Teams that are found guilty violating league rules shall have their registration process overseen by the League Rules Committee. The League Rules Committee will then draw the participant's tickets at random based on the roster size set by the offending team, the team rosters will then be given at the end of that night's registration to the disciplinary board.

37. The River Valley President may conduct the vote on items that require board action, prior to the next River Valley meeting, when necessary. The vote can be conducted by phone or email. River Valley AD's shall have no more than 48 hours to respond. The decision of the issue will be the majority of votes received. The president must keep a written record of the vote on the issue, recording the vote of each Team representative and the name of each representative voting. This record shall be read at the next regular monthly league meeting.

### 38. Rules Committee

A Rules Committee shall exist for addressing and expediting the resolution of conflicts that occur throughout the year. The Rules Committee will oversee problems with officials, coaches, disciplinary matters, and rules violations. The Rules committee will investigate and if warranted, bring the problem to the RV Board for action. This committee will consist of three River Valley board members, along with an alternate member, in case of any conflicts of interest that may arise. Their duties include:

- (A.) Gather any information needed regarding the conflict, from any and all parties involved.
- (B.) Communicate with each other in person to discuss. If not in person, a conference call will be arranged.
- (C.) The Rules Committee will then recommend to the RV Athletic Board its findings as to whether the issue at hand should be determined valid or invalid and the appropriate resolution.

The League Athletic Board will vote to accept or reject the recommendations of the Rules Committee. If accepted, the decision stands. If the RV Athletic Board rejects the recommendation of the Rules Committee, then the League Athletic Board must, by majority vote, determine if the conflict is valid. The League Athletic Board must also determine by a majority vote the appropriate resolution. The RV Athletic Board decision will be considered final.

39. Boundaries – if a player was on a RYVFL roster the previous season, teams need written approval from both team's RV board representatives to switch organizations the following season. If you don't get approval from both, player stays with same organization or sits out for 1 year. If a player was not on an RV roster, the player is fair game for everyone. If a player moves their residency into the new town, approval is not needed. **(December 2014)**

40. The penalty for teams that fail to meet all 4 levels (having only 3 teams) will be assessed a fine each week of what is equivalent to one days (as current referee fee). This fine will be paid to the River Valley Youth Football League regardless if you were home or away. **(April 2015)**

41. Videotaping is restricted to the press box, end zones or the bleachers (if any). Any sideline video product i.e Hudl Sideline is not allowed. **(May 2016)**

42. All organizations will consist of 4 teams, 1 per level. If an organization wishes, you can petition for 8 teams, 2 per level. This will need to occur on a yearly basis. If you petition for 8 teams, and approved, kids are placed on original rosters from previous year. **(September 2016)**