

TYFL

Official League Rules & Regulations

2021 Season

All Divisions

Purpose:

League Goals

- To teach the fundamentals of football to insure safe preparation for the school districts Jr High and High School team.
- To develop good character and sportsmanship within each player.
- To encourage the development of a physically fit body.
- To create a healthy competitive spirit among players.

League Structure

- The league is governed by a Board of Directors. The Board of Directors will have its own charter and Rules and Regulations by which it will operate.
- League play will be governed under NCAA Rules except where the league rules differ.
- All the children need to show proof of major medical insurance and age (Birth Certificate)
- The league will be responsible for scheduling all competitive events.

Facilities used in all events will be used in the schools of the cities of the above.

Player Qualifications:

Eligible players

- Each player must be in the 3rd-6th grades and not be 13 years old before December 1st in the year in which they play (11 years old for 3rd and 4th graders). The league age/grade rules playing will be governed by UIL rules. If a player is too old for his grade level, he or she will be bumped up to the next grade level. A player who is too young for a division (2nd grade or 4th grade wishing to play in the 5th/6th division) may be allowed to play provided the child's parents give their written approval and the coach approves of the player being on their team.
- If a player weighs in without pads at more than 110 lbs. for 3rd/4th or 140 lbs. for 5th/6th, that player will be ineligible to carry the ball during the season.
- Weigh-ins will occur either during the Draft Day at the beginning of the new season or will be coordinated with an independent TYFL board member who will witness the weighing of the child with a TYFL approved scale. The player's weight at the time of the official weigh-in will be recorded as their official weight for the entire season regardless of gain or loss.
- If a player has not been officially weighed prior to the beginning of the season, they may be contested prior to the 2nd season game. Once contested, the coach must coordinate a time when the player can be weighed by an

independent TYFL board member. In addition to a board member, present at the weigh in should be the players coach and 2 witnesses. An official TYFL Contested sheet will be prepared for this player and the official weight will be recorded on this sheet and signed by all present. Once contested, the player may not be contested again for the entire season.

- Players not eligible to carry the ball are classified as *restricted players*. Restricted players must wear an X on the back of their helmets made with black tape.
- Restricted players may play quarterback, punt, kick a field goal, or kick a point after a touchdown. However, the restricted player under no circumstances will be allowed to advance the ball past the line of scrimmage. Violation of this rule will result in the play being blown dead immediately resulting in a 15 yard penalty and loss of down.
- Restricted player can play any position on defense. They MAY advance the ball by pass interceptions or fumble recovery.
- Restricted players may NOT advance the ball on a punt or kickoff return. If a restricted player fields the ball on a kickoff or punt, the play will be blown dead and the ball will be placed at the point of possession.

Equipment

- All players are required to wear helmets which meet safety standards with the appropriate facemask. Shoulder pads and football pants equipped with pads (including knee pads). All players must wear and use a functional mouth piece each play.
- No metal cleats allowed!!
- Coaches are required to inspect all equipment throughout the season for safety purposes.
- No jewelry or wristbands shall be worn. This is illegal and will result in a 15 yard penalty.
- Any player wearing a cast due to an injury will only be allowed to practice or play with written consent from the players parent/guardian AND doctor. If written consent is obtained, the cast must be padded with a minimum of 4 inches of foam type padding. Both coaches and officials must agree upon the safety of the padding. In the case of a dispute, an independent TYFL board member will provide the final decision.

Team requirements

- Each team can have no more than 28 players. If a team exceeds 28 players, they must split into 2 teams so that all players get a chance to play.
- Each team must have a minimum of 13 players to begin the season.
- Any team that drops below 13 players during the season must report to the league president. The league board will then decide how best to continue.

Coaching requirements

- The league board members must approve all coaches and coaching assistants.
- The league president has final decision on approval.
- Background checks should be performed.

Practices

- August 16th is when a team is allowed to come together for practice.
- A team can practice up to 3 times per week prior to the beginning of the school year and 2 times per week after school begins.
- Time limit on practices should not exceed 2 hours.

Participation

- A player **MUST** participate in at least 25% of the downs played in each scheduled game except for disciplinary reasons approved by the league president.
- Missed practices and/or poor practice behavior may lead to less playing time.

Weather Cancellations

- Games will be played during inclement weather. **ONLY** the referee may cancel the game once the ball has been put into play and will be **IMMEDIATELY** announced to the head coaches. All teams shall go to the scheduled game locations where the decision to play shall be made.
- Game cancellations will be communicated via Facebook, email or text messaging to the head coach of each team.

Game Structure

Game Clock:

- Game consists of four 10 minute quarters and a 10 minute halftime period.
- Clock will only stop for injuries, touchdowns, and timeouts.
- Last 2 minutes of the game will be governed under NCAA rules.
- Timeouts will be limited to 1 minute.

- Each team will have 2 timeouts per half.
- One of the officials will be the official time keeper for each game.

Chains and trash detail

- Home team is responsible for providing the chain gang. League provides chains.
- Home teams of the days final games will be responsible for trash detail.

Coaches on/off the field rules

- 6 max coaches/non players on the sidelines during games. This includes coaches, towel boy/girls, ball boys/girls, clip board operator, trainers, etc. 6 total (does not include chain gang)
- 3rd and 4th grade: Prior to game 3 the following rules will apply: two coaches per team shall be allowed on the field on offense and defense. The coach must be at least 10 yards from the ball at the time it is snapped. The coach can make no verbal comments after the play has started.
- All coaches will no longer be allowed on the field after game 3. At this time coaches must call plays from the sideline, except during timeouts. Then a coach may huddle with his team on the field.
- 5th and 6th grade: No coaches will be allowed on the field.

Number of players on the field

- The game will be played with 11 players on each side, if possible. In the event that 11 players from each side are not available the game will be played with an equal number of players on each side. Example: 10 vs 10, 9 vs 9, or 8 vs 8. A team must have 8 players minimum available to start or complete the game.
- When the game is played with less than 11 players, the game rule pertaining to the number of players on the line of scrimmage will be altered as follows:
 - 10 players, must have 7 on the line of scrimmage
 - 9 players, must have 6 on the line of scrimmage
 - 8 players, must have 5 on the line of scrimmage

Offense schemes

- All hometown teams basically run their 7th grade offensive plays and defensive schemes when practical. Head coaches judgment.
- The main goal is to get the players ready for their 7th grade play at the Middle School that they will be attending.

Offensive Positions

Only 4 players can be in the backfield. Players should know if they are on the line of scrimmage or not.

Penalties will be called by the refs if more than 4 players are in the backfield. 5 yard penalty.

Scoring

- Touchdowns are worth 6 points.

Conversions after touchdown

- A team may go for 1 point by running or passing.
- A team may go for 2 points by kicking an extra point.

Field Goals

- A team may attempt a field goal.
- A field goal in all divisions is worth 4 points.
- The attempt must be declared prior to the field goal.
- The attempt will be made from the line of scrimmage
- No deep snapper. Holder starts with the ball at the line of scrimmage. The offensive line is 5 yards in front of the holder, no closer. If the coach opts to deep snap then it doesn't mean anything except practice for the snapper, holder, or punter. If there's a bad snap then the ball will be given to the holder/punter and play resumes.
- The holder can move further back from the allowed place to hold the ball.
- Defense can not rush the field goal attempt. Applies to extra point kick attempts as well.
- Defense can jump up and down or yell in order to distract the kicker.

Punting

- On 4th down the offensive team must declare that they are going for a 1st down or declare a punt. (All divisions)

- The offense can not fake a punt and attempt to advance the ball. (All divisions)
- If a punt is declared, the referee places the ball at the line of scrimmage. The punter walks up to the line and picks up the ball. The punter will then step back to the desired distance from the line of scrimmage. Live play begins when the ball is punted. The punt team may not release downfield until the ball is in the air.
- The defense/receiving team cannot rush the punter in an attempt to block the punt.
- The receiving team can only have 2 players back to receive the punt. ALL other players must be on the line of scrimmage.

Punts/Punt return placements

Anywhere on the line of scrimmage (tight/wide)

On offense 10 players on the line of scrimmage

On defense/punt receiving 9 players on the line of scrimmage. No more than 2 off the line of scrimmage. 5 yard penalty.

Tie game

- In case of a tie game during the regular season there shall be overtime.
- There will be a coin toss with the visiting team making the call.
- The winner chooses either offense or defense to start.
- The team that selects offense shall have 4 legal down attempts to score in any manner from the 10 yard line, i.e. touchdown or kick a field goal. If a touchdown is scored the scoring team will be given the opportunity to convert the extra point. (Go for 1 or 2)

- Regardless of the outcome of the 1st offensive attempt to score, the other team shall be given the same situation on the same end of the field. If a winner is not determined, then 1st and goal situation shall be replayed until a winner is determined.
- Penalties will be same as in regulation.
- Extra points will be attempted after each touchdown.
- The defense can score same as in regulation.
- If there is a turnover, ball moves back to the 10 yard line.
- 1 timeout per team during each overtime.

Mercy Rule

- When there is a 46 point difference in the score of the game at the end of the 3rd quarter, the game is considered over from a points standpoint at that time. Once the mercy rule is reached, no more points will count. The score will go into record as a win with the score at the end of the 3rd quarter being the official score. Once the mercy rule is reached, there will be no more clock stoppages from that point on.

Division standings at the end of the regular season

- If at the end of the season division records do not determine the final standings, UIL rules shall apply where a coin toss shall be made. In case of a three-way tie, there shall be a coin toss by the

three teams involved with the odd team taking the highest position. If one of the three teams has defeated the other two teams during the regular season, then that team shall have the highest position. 1st tie breaker is the result of head to head competition.

Player/Parent/Coach conduct

- All players, parents, and coaches must conduct themselves in a way that promotes sportsmanship toward all other participants in the league. This includes, but is not limited to all opposing teams players, spectators, coaches, and the officials. Any player, parent, coach, or spectator not conducting themselves in a sportsmanlike way will be subject to the following penalties:
 1. *Parents/Spectators: A warning will be issued*
Players/Coaches: Normal penalty of 15 yards for unsportsmanlike conduct will be assessed.
 2. *Parents/Spectators: A second offense will result in removal from the game.*
Coaches/Players: A second offense by the same player/coach will result in a 15 yard unsportsmanlike conduct penalty and ejection from the game.

- If a player/coach is ejected from a game:

1. A meeting will be called by the Board of Directors to discuss the situation and take a vote to determine if any additional punishment shall be added. Additional punishments include:

- Verbal warning or a written warning that will be added to record.
- Suspensions that will vary from one game through remainder of season depending on the severity of the infraction. ***If player is suspended for the remainder of the season, there will be NO refund of league fees.***

If an ejection occurs and a meeting is called, the coach/player will be informed of the meeting prior to the meeting being held so that they will have the opportunity to attend the meeting and explain their side of the situation. All Board of Director decisions are final.

