

NorCal Youth Football League

NYFL



2023 rules and guidelines

Table of contents

	page
➤ Mission stat	3
➤ Introduction	4
➤ Definitions	4
➤ NYFL Meetings	5
➤ Affiliation requirements	7
➤ The association	7
➤ Scheduling	7
➤ Divisions	8
➤ Team assignments	9
➤ Practices	9
➤ Recruiting	11
➤ Check-ins	11
➤ Player certifications	12
➤ Coaching and conduct	14
➤ Playing rules	15
➤ Awards	23
➤ Referees	23
➤ Complaints and protests	24
➤ NYFL hearings	24
➤ Penalties	25
➤ Cheerleaders safety and competition rules	26

Mission Statement

The NorCal Youth Football League (NYFL) is dedicated to the athletic, academic, and mental development of our youth through football and cheerleading. We conduct all organizational activities while embracing a single-team concept. The success of the NYFL is measured by the fun, achievement, sportsmanship, and competition that each of us experiences because of pulling together to develop the children of our community. The NYFL invites your support in leading the character of our youth toward responsibility, self-discipline, respect, integrity, and sportsmanship.

INTRODUCTION

NorCal Youth Football League (NYFL) Operating Guidelines are composed of input and contributions from youth football organizations. It purposely avoids involvement or intervention in many areas that are solely the interests or internal affairs of individual conferences or associations. A copy of NYFL by-laws shall be issued to each association. All Association Presidents will form The NYFL Board. The Officers will be elected as per the Bylaws. In the event a position becomes vacant during the season, the NYFL Board may vote for an interim who will fill that position for the remainder of the season. The position will be elected for the following season.

The National Federation of State High School Associations' Rule Book is used for the actual playing rules for NYFL games. Copies of this rulebook may be obtained by writing to CIFCS.ORG

These NYFL Operating Guidelines are meant to be a supplement to the CIFCS rules and the Standard Operating Procedures of your association. Because of special needs or differences, such as geography, your Standard Operating Procedures may contain certain items that vary from the NYFL Operating Guidelines. NYFL Guidelines take precedence over your Standard Operating Procedures.

Individual organizations are free to make their own rules more exacting or stricter for good government within their respective organization, but this may not make them less astringent.

NYFL will annually provide a schedule of fees and due dates to each affiliate association by February 1st, of each year.

Where the pronoun denoting the masculine gender is used in these Operating Guidelines, it is always intended to include the feminine gender as well.

Any person suing the NYFL may not be badged during litigation (the process of suing/settling). All Associations will be required to purchase Board Insurance coverage through the league.

DEFINITIONS

DIVISION: All divisions are age-based only.

ASSOCIATION: One or more teams banded together under a single entity, usually of a common locality, with a common body of leadership, administration, and sponsorship. Associations may be independent or affiliates of a conference.

BYE GAME: A bye occurs anytime a team does not have an opponent between the time of their first regular season game and their last regular season game. A bye game could be inter-league or intraleague and does not count towards a team's won/loss record for determining a championship. NYFL approval is required to fill any bye game.

EXHIBITION GAME: An exhibition game is a game played in the pre- or post-season with a non-NYFL association or league. Exhibition games have no bearing on league standings and are played primarily to publicize youth football.

PLAYOFF GAME: Games that include Association Division and Conference Championships.

POST-SEASON GAME: Any game played after the last regular season game. Association and

PRACTICE SCRIMMAGES: Controlled scrimmages between different teams in the same age/weight divisions may be held after the first week of contact practices.

PRE-SEASON GAME: Pre-season games are played before the first regular season game and require NYFL approval. They are either inter-league or intra-league games and have no bearing on the current season league standings.

REGULAR SEASON GAME: The consecutive games that take place starting in August, as approved by NYFL.

CHEERLEADER: A Cheerleader is a song-leader, cheerleader, and/or mascot in any combination form.

SPONSORS: Civic and service clubs, fraternal organizations, and/or similar community-minded local organizations or individuals whose purpose is to render financial or other assistance to an organization or association. Business or commercial enterprises shall be permitted as sponsors only when the activity of a firm or company is not detrimental to the welfare of the youth. Sponsors do not set or establish association policy and are not automatically entitled to association membership.

GENERAL MEETING: The football and cheerleader Boards of Association Representatives, hereinafter called the NYFL Board and Cheerleaders Board, shall meet periodically as determined by the NYFL Board, who shall also designate the time and place of each meeting.

4 NYFL MEETINGS

GENERAL MEETINGS

- General meetings are for all NYFL affiliates to attend to develop policies, procedures, and rules for the benefit of all NYFL, sharing common problems and successes, and developing needed programs for the betterment of youth football and cheer.
- The NYFL Board shall meet not less than four times between January and December of each calendar year.
- A calendar of NYFL dates shall be distributed annually.
- Notice of general meetings shall be given to each Association in person, by phone, or by e-mail at least ten (10) days before the date set for each meeting.
- The NYFL Board shall chair all general meetings. The meetings will be conducted in an orderly manner with all representatives given a fair opportunity to be heard. Unless authorized by the NYFL Board, only designated representatives will be heard.
- The rules contained in Roberts Rules of Order, Newly Revised shall govern all NYFL meetings in all instances in which they are applicable and in which they are not inconsistent with NYFL rules and regulations.
- The NYFL Associations and Cheerleaders Boards shall hold annual rules meetings **together**.
- Every team must have a Team Representative at every league meeting. If a Team Representative can't make it they need to send an alternate. Teams not showing up without prior notification could result in a fine of \$250 per meeting missed. If your team is fined and the fine is not paid, that team will be in bad standing with the League. (Team Representatives and/or alternate needs to be consistent) Each team will need to notify their Representatives and Alternates. Meetings will start no later than 10 minutes after the scheduled time. If a team is late, it will be their responsibility to get any information they may have missed. **Cheer coordinators are welcome to attend all league meetings to discuss all cheer-related issues or concerns.**
- Any Association that fails to attend three (3) consecutive NYFL Associations Board meetings will lose voting rights for 1 calendar year and possibly be dismissed from NYFL.

ASSOCIATION REPRESENTATION

- Each association sponsoring one (1) or more non-school youth tackle football teams and in good standing with NYFL shall have one (1) seat and (1) vote on matters brought before them by the NYFL Board.
- Each association shall designate a primary and an alternate representative to the NYFL Boards.
- If either the primary representative or the alternate representative cannot attend the meeting the association may appoint another representative to attend on their behalf.
- The NYFL Board must be notified before the meeting who the substitute representative will be.

AGENDA

- The NYFL League Secretary shall be responsible for preparing an agenda for each general meeting.
- The deadline for submitting agenda items by an affiliate association shall be five (5) days before the meeting, excluding emergency meetings.

RULE CHANGES

- Associations wishing to propose new rules or rule changes, additions, or amendments for football or cheerleading shall submit their proposals in writing by the agreed date of the NYFL board. All proposals will be taken under advisement by the NYFL Board on the form.
- Rules passed during the off-season will go into effect the following season unless it is a safety issue.

FEES

- Team fees shall be set annually by the NYFL Board. Insurance premium costs will be determined by the insurance agent and communicated to the NYFL Secretary, who will inform and will be voted on by the NYFL Board.
- All fees are paid to NYFL unless otherwise specified. The annual schedule of fees shall provide due dates for payment of association team and insurance fees.
- Failure to pay team fees by due dates shall result in immediate suspension and/or fine(s).
- Insurance coverage will be provided by the NYFL League at each team's expense.
- Failure to pay insurance premiums on time will result in the cancellation of all NYFL-sanctioned activities (e.g., practices, fundraisers, sign-ups, etc.).
- Criminal Offender Record Information Policy - the overall responsibility for the administration of a criminal history/background check rests with the (Designated individual: PRESIDENT or VICE PRESIDENT of the association team.) NYFL must approve companies used for background checks by May 1st. Background checks must be submitted to the NYFL Board no later than July 15th of each season. The NYFL League Board must approve all coaches, board members, and volunteers before they receive a League badge.
- Coaches' information for background checks and pictures for badges must be turned in by June 15th. August 1st will be the deadline to add ANY new coaches unless a team drops below 5 coaches on a level.

- Add-on of Badged Personnel after the July 15th deadline: Once Teams have submitted the background checks and pictures of individuals to be badged to NYFL, NYFL has two weeks (14 days) to provide that team with that individual's badge.
- Organizations are limited to the following numbers of badged personnel. Eight (8) Football Coaches/Personnel per level, and Ten (10) Executive Board Personnel. For cheer, squads with 12 or fewer cheerleaders can have three badges. Squads with 13 or more cheerleaders can have 5 badges. The same applies if you have a separate mascot squad. This limits all organizations to a maximum of Sixty-Two (62) badged personnel (67 if you have a mascot squad). 12 Team parent badges.

AFFILIATION REQUIREMENTS

- New organizations wishing to affiliate with NYFL for the upcoming season must submit a written application by no later than February 15th of the current year, unless otherwise determined by the NYFL Board. New teams will be on probation there in the first season. During probation new teams may not vote during the rules, hold an office position, or receive distributed revenue from the previous season. Full voting rights after 1 year of probation are over.
- The NYFL Board must vote to remove a core team who is no longer on probation with a 2/3 vote. Once removed all games played are removed from the standings.
- All other organizations wishing to affiliate with NYFL for the following year's season, must execute an annual contract turned in 2 weeks after the end-of-year NYFL meeting.
- All organizations must agree to support and promote NYFL programs and philosophies and must agree to abide by NYFL policies, procedures, rules, and regulations. The NYFL Board will meet with all new teams annually to orient them to the NYFL.
- All organizations must agree that the NYFL League Rules will be distributed, read, and understood by all administrative and coaching personnel in their organization.

THE ASSOCIATION

INCORPORATION

- Incorporation is mandatory for all NYFL affiliate associations.
- A copy of each association's Articles of Incorporation and proof of annual filing must be supplied to NYFL upon request by the NYFL Board.
- BYLAWS: A copy of each association's current operating policies and procedures must be available upon request by the NYFL Board.

• **SCHEDULING**

GAME SCHEDULING

- All scheduling of games will be done by the NYFL Executive Board to ensure parity, equality, and protection for all NYFL teams. The League will set dates for all NYFL events. The League will not schedule any Sunday Games if possible. The Sunday Games will be a last resort with documented effort being made to secure a Saturday location.

SCHEDULING REQUESTS

- Scheduling requests (e.g., home field availability or requested opponents) must be made in writing to the NYFL Board by March 1st to receive consideration.

TENTATIVE SCHEDULE

- By March 15th, each association will receive a proposed regular season schedule.
- All problems/conflicts with the proposed schedule must be made in writing to the NYFL Associations Board by June 1st.
- All schedule adjustments will be made by June 15th.
- The schedule will be considered final on July 1st.

BYE GAMES

- The executive board will try to avoid scheduling bye games. Ultimately it is the number of teams that are in the league that creates or avoids a bye game.
- All teams must provide addresses of their home fields before August 1st. A league will be sent out to all teams.

- **LEAGUE EVENTS**

League events will be scheduled by the NYFL Board keeping in mind to create parity in the league and location. Any badge holder may represent their association to fulfill volunteer obligations.

- **FOOTBALL:** The league keeps the gate, the league pays for refs and supplies, 100% of field costs, and medics (\$250 cap). All teams work the event. The team keeps and pays for snack bars and vendors.
- **CHEER COMPETITION:** The league keeps the gate, pays for judges, trophies, mat fees, 100% of the facility, DJ, and medics. All teams work the event. The team keeps and pays for snack bars and vendors.
- **SUPER BOWL:** The league keeps the gate, and pays refs, trophies, supplies, 100% field cost, and medics. All teams work the event. The team keeps and pays for snack bars and vendors.

DIVISIONS

League waivers will be required to be signed by parents and the Team President. Teams cannot restrict 6 yr. olds from playing. Cutting players is not allowed. Safety concerns will be addressed by the PSC and the Association President.

- **AGE DIVISIONS**

Following are the ages and weights that will be used for the certification of players throughout the season. The maximum age is the age the football player may turn on or before **August 15th**, of the current year. Each organization will field to the best of its ability the following age divisions:

6U: Ages 5,6-year-olds.

8U: Ages 7,8-year-olds

10U: Ages 9,10 years old.

12U: Ages 11,12 years old

14U: Ages 13, 14 years old

NOTE: The above age categories must be strictly adhered to by all associations at all levels. There will be no exceptions to the above.

- **INDUCING A PLAYER TO LOSE WEIGHT**

- Inducing a player to lose weight is not allowed.
- No one connected with the program may ever suggest to a player or parent that a player lose weight to make a team. The use of “rubber suits” is forbidden. Players may not “run” before **checking in**.

- **INELIGIBLE PLAYERS**

- Any coach, administrator, or individual who knowingly allows an ineligible football player/cheerleader to participate in a game or scrimmage will immediately be suspended for the remainder of the season and the following season, participation reviewed per NYFL board, forfeit the game that the ineligible player participated in and a \$500 fine will be charged to the organization and suspension to the President and Head Coach.

The ineligible player is defined as but is not limited to a player not of age for level certified to suspended players.

TEAM ASSIGNMENTS

- Team assignments are made by the organization.
- No one may establish a limit to the number of players on a team if the limit is fewer than thirty (30).
- An organization may add players up to a roster size of 40 up until the Friday before Game 3. A player may never be waived to a level below once they have been certified to a level. Any recruits before Game 3, must complete 10 hours of conditioning.
- **TEAM SIZE**

Football teams shall not exceed the maximum/minimum number of participants stated below:

- **FOOTBALL:** A football team shall have not less than twelve (12) and no more than forty (40) players certified to its roster.
 - The maximum roster size for football shall be 40 participants.
 - **MINIMUM PLAYERS FOR THE GAME:** A minimum of eleven (11) players is required to play a game. Referees will be used.
 - If it was the visiting team that showed up with fewer than 11 players, they will pay the home team for all the referees for that scheduled game within 72 hours. Unless pre-arranged with Assignor
 - The game will be a forfeit win for the team with enough players.
-
- NYFL should be notified immediately, in writing, anytime a team drops below the minimum number of players to play a game. The Assignor will be notified.
 - Teams with less than 11 players may scrimmage with the agreement of both teams if the other team has been properly notified ahead of time (No Refs).

PRACTICES

FIRST DAY OF PRACTICE

- The first day of practice for NYFL football teams shall be July 1st unless otherwise specified by NYFL.
- **CONDITIONING PERIOD**
 - A minimum of the first ten (10) hours of practice sessions must be devoted to conditioning for all participants (both football players and cheerleaders). No Conditioning session can exceed 2 hours in a 24-hr. period.
 - During this conditioning period, no protective football gear, except helmets and mouthpieces, may be worn. No player may engage in contact.
 - The conditioning period may be waived if the player can show proof that they have played another sport within 2 weeks of joining the team.
- **PRACTICE SESSIONS**
 - No practice session may last longer than two (2) hours. Double practice sessions during any 24 hours are prohibited.
 - Practice sessions are limited as follows:
FIRST WEEK: After 1st game 8 hrs./wk (No more than 2 hrs. in a 24-hr. period)
 - Equipment hand-out is not a practice.

- **CONSUMPTION OF LIQUIDS:** Since heat prostration is by far the number one killer of football players, frequent water breaks for both Football players and cheerleaders should be given by heat, humidity, and level of activity.
- No limit, within reason, should be placed on a football player/cheerleader's intake of water.
- No football player/cheerleader will ever be denied water if requested.
- Water breaks will be given at a minimum of 30-minute intervals.

- **FIRST AID REQUIREMENTS**
 - A First Aid Kit must be on the field at all practice sessions.
 - At least one individual with a current Red Cross Multimedia First Aid card must be present at all practice sessions.

- **FORBIDDEN DRILLS**
 - No drill may be used (such as "bull in the ring") where a group of players is instructed or encouraged to administer physical abuse or excessive contact upon a single football player/cheerleader. A coach may be held liable by a court of law for instructing any drill or technique that results in a football player/cheerleader's injury.

- **FOOTBALL PLAYER/CHEERLEADER REQUIREMENTS**
 - No football player/cheerleader may be permitted to participate in a practice session until s/he has turned in the following: (1) Signed Parent Form. (2) Current physician's certificate of approval to participate. (3) Player Application.
 - Any football player/cheerleader who has been under the care of a physician must present a medical release before returning to his team to participate in practice sessions or games. Unless the note already signifies an end date.

- **INSURANCE**
 - A valid football accident insurance policy must be in effect before any practice sessions take place.
 - ALL CONFERENCES / ASSOCIATIONS / TEAMS / SQUADS must provide this documentation, no exceptions. Any team or squad participating in the Regional or National Venues will not be allowed to take the field or stage with our acceptable proof of insurance.
 - The MINIMUM GENERAL LIABILITY AND ACCIDENT INSURANCE LIMITS:
 - Accident: \$100,000
 - General Liability: \$1,000,000

- **PERSONS AUTHORIZED TO ATTEND PRACTICE SESSIONS**
 - Every practice session must be attended by at least one member of the association board. This is for the coaches as well as the football players'/cheerleaders' protection. The representative keeps unauthorized personnel off the practice field areas, ensures football players/cheerleaders are not mistreated, and fields questions from parents, prospective players, etc.
 - Besides NYFL or association representatives, only coaches, players, and support personnel (equipment managers, water boys, etc.) requested by the head coach may be present on the practice field.
 - Only badged personnel are allowed on the practice field or sideline areas.

- **SMOKING, DRINKING, DRUG USE, OR VULGAR/ABUSIVE LANGUAGE**

- Smoking cigarettes, cigars, vaping, or pipes or chewing tobacco in the presence of football players and/or cheerleaders at practices by coaches, administrators, or support personnel is prohibited, unless in a designated smoking area. Smoking is prohibited on school grounds.
- Alcohol and/or narcotics consumption is prohibited at any function attended by football players or cheerleaders.

- Individuals may not leave a practice site and go to a parking lot, for instance, to consume alcohol or take narcotics in any form.
- Vulgar and/or abusive language will not be used in the presence of football players or cheerleaders.
- Coaches, administrators, or support personnel violating this section will be subject to review by the NYFL Board to determine consequences.

RECRUITING

- Football players/cheerleaders may never be recruited from other teams within the league with the promise of financial rewards or free goods or services.
- No one may try to induce or recruit a football player/cheerleader from one organization to another after that football player/cheerleader has been assigned to a team.
 - If a coach or other individual attempts to recruit a football player/cheerleader from another NYFL Associate's organization that has signed an application for the upcoming season, that coach or individual will be immediately sanctioned at the discretion of the NYFL Board.
- No waivers will be necessary to switch teams within the NYFL League after the seasons end. Players may not change teams within the NYFL League, once a player contract is signed unless their team releases them in writing. **No team can accept any player who owes money or is in bad standing with another team.**
- Participants may participate in only one tackle football or cheerleader program (i.e., high school or youth program) during the NYFL season.

CHECK-INS

Check-in staff is required to be at the **check-in** area on time regardless of whether their team is there or ready to go when they are supposed to be.

- Player **check-ins** are mandatory for all games and NYFL events.
- Check-ins are 1 hour before game time.
- No one is allowed inside the room or area where certification **check-ins** take place except the certifying official(s) and his/her assistant(s).
- Associations will be checked in by Head Coaches or a badged designee. The Head Coach or a badged designee from each team is required to conduct the check-in together.
- The certifying official, at his discretion, may excuse all other personnel from the room except for at least one assistant.
- Players are to be in full uniform at check-in.
- The opposing team's check-in staff is always in charge during team check-in.
- NYFL Board Members may attend check-ins as observers. In the case of a discrepancy at the weigh-ins, both Board Members shall have the authority to render a decision. In the event an agreement cannot be reached; the League Board will be consulted.
- Football player/cheerleader ID cards and certified team rosters will be available in team books for review. The teams will exchange certified numerical MPR sheets.
 - The check-in staff will sign and date every player's ID card, indicating whether a player is O.K. injured (I), absent (A), or removed (R), sick (S). Player "drops" are to be marked by the Presidents of both teams during check-ins.
 - All rosters and MPR sheets must be certified.

PLAYER CONDUCT DURING CHECK-INS:

- During the check-ins, players must remain silent and line up single files in numerical order.
- Chants, yells, or verbal exchanges between players or teams are forbidden during check-ins.
- Check-in staff should always remember to be courteous to opposing players, but firm in maintaining silence and order in the check-in area.
- CHECK-IN ORDER: The away team shall be checked first, unless all players or binders are not ready at the time of check-in, 1 hour before the scheduled start of the game, the home team may be checked in first.
 - Players arriving after the start of the game shall be allowed to check in at halftime by the opposing team's check-in staff.
 - No player shall be allowed to participate in a game that does not arrive before the end of halftime.
- No player shall be allowed to participate in a game until he/she has properly checked in.
- **EXITING THE CHECK-IN AREA:** Teams must always leave the check-in area after being certified, etc., in a clean and orderly fashion. All gear or personal effects should be taken with the players/coaches to the sidelines when a team takes the field for a game.
- Teams are to go directly to the warm-up area.
- Teams may warm up before checking in.

PLAYER CERTIFICATIONS

Jamboree will be the official date of check-in certification for football players and cheerleaders.

PROOF OF AGE

- The following must be presented for football player/cheerleader certification:
 1. If a new player, the ORIGINAL certified birth record from a county courthouse (with embossed seal and contrasting ink).
 2. A passport or immigration visa, state identification card
 3. Out of Country birth Certificates will be handled on a case-by-case basis.
 4. Foster/Adoption Children will require original documentation from the state or county social worker. Player cards will be embossed and stamped instead of Birth Cert. once Certified into the league. Once a player is certified, it is not necessary to have a copy of the Birth Certificate in the binder. A previous certified Player Card from the previous year is acceptable.
 5. Must have a copy for record-keeping of the book.

TEAM BINDERS

- Each team must present the following paperwork, placed in a 3-ring binder, to the opposing team's check-in staff at check-ins for all games for each division.
 - Certified copy of main team roster and three (4) additional copies.
 - Certified (1) copies of your MPR
 - Copy of the rule book.
 - Player Cards must be on cardstock paper.
 - Binders must be in the following order for certification and throughout the season.
 1. Certified Player Card on white card stock paper, typed with no handwritten changes.
 2. Stamped Age Verification Birth Certificate, ID School Profile

3. Physical
 4. Liability Waiver
 5. Image Release
 6. Concussion Form
 7. Code of Conduct
- If player cards are kept in plastic sleeves, the area for the check-in personnel must be cut out for ease of access.

TEAM ROSTERS & MPR SHEETS

- Before certification, all appropriate spaces on the roster must be filled in. Rosters/MPR must be typed. No handwritten entries are allowed.
- List all football players in numerical order. Cheerleaders in numerical order.
- Only the columns for football player/cheerleader name (first and last), age, date of birth, and jersey # for football players should be completed before the certification jamboree. Leave all other columns blank for completion by certification officials.
- In the event a football player or cheerleader who is listed on the roster is not fully certified, his/ her name may be lined out and initialed by the certifying official.
- Each team must present the original and one copy of each team roster, signed by their association president, to a certifying official.
- Each team is
- One copy is retained by NYFL.
- The original is retained by the team; additional copies may be made at the association's discretion. One copy must go into the binder with the football player/cheerleader player cards to be presented at all pregame weigh/check-ins.
- The certifying official will place their stamp directly under the last football player/cheerleader's name on the copy and the original roster, and sign both the copy and the original roster.
- Every roster with a minimum of (16) players roster must be certified before the first regular season game for a team to be eligible for postseason championship play.
- All teams are required to have double-stamped rosters by the 3rd game of the season to be eligible for postseason championship competitions.
- **Jamboree:** Jamboree will be the official date of certified check-ins & and rosters.

ADDING/DROPPING PLAYERS AFTER CERTIFICATION OF THE TEAM ROSTER

- Players may be added to the roster up until 3rd game. Names must be TYPED in on the official roster. Handwritten names will not be accepted or allowed to play. NO Player/Cheerleader will be certified on Gameday, this must be done prior. At Jamboree, official rosters must be given to the NYFL Board. He or she will then sign and emboss/stamp the roster and return it to the teams before the next game. Those rosters are to be always kept in the binder.
- Additional football players/cheerleaders may only be certified by a certifying official.
- Teams adding players after the certification date must get that player/cheerleader to a certifying official with the original old, certified roster and a new typed roster with the new player/cheerleader's name on the new roster. Failure to present the old, certified roster or the new type of roster with the addition of the new player/cheerleader at the time of certifying the new player/cheerleader will deem that player uncertifiable. Paperwork must be in order and certified before the player can be officially checked in.

MOVING PLAYERS BETWEEN DIVISIONS

- Once a football player/cheerleader has been certified s/he may not be moved between divisions without NYFL approval, and then only until the regular season game. Exception: Players may be moved up to fill a roster at any time.
- A football player/cheerleader may not be moved until s/he has been recertified by the designated certifying official.
- Once a player is certified on a level, they can only move up a level not down a level.
- A player playing up must have a waiver signed by the parent, the association President, and an NYFL League Official.

BOOK CERTIFICATION

- Certification will be 1 to 2 weeks before Jamboree. Any errors must be fixed before Jamboree. Any players not certified, may not play.
- If the required documentation and properly filled out forms are not presented in good order at a team's scheduled certification, the certifying official(s) has (have) the right to refuse to certify the player(s) and/or team(s). The association then must transport football players/cheerleaders to their area director, at a time and place convenient to the certifying official. The association should contact a certifying official before the scheduled certification to review procedures with them.

COACHING AND CONDUCT

ADULT COACHING STAFF

- **ADULT PERSONNEL:** Adult team coaching personnel shall consist of one (1) head coach and no more than seven (7) assistants/trainees/instructors. (3) JR Assistants are allowed will not be included in the number of coaches allowed.
- The head coach of any team must be 21 years of age as of the first day of practice.
- Assistant coaches must be at least 18 years of age as of the first day of practice.
- Each team will be permitted three trainees/JR Assistants as three of the seven assistants must be at least 15 years old.
- **COACHES' APPLICATIONS:** All head coaches, assistant coaches, trainees and/or instructors, and **check-in staff** are required to complete and sign an NYFL "Coach's Application". All contracts must bear the signature of the association president as well as the person named on the individual contract. One copy of each coach's contract shall be retained by the association for that contracted season.
- Any coach transferring from one association to another must obtain a release (in writing) from the first association before the start of practice. Not to extend past the current season.

STANDARDS OF CONDUCT

- The standards of conduct in this section and the related penalties are designed to sustain a fair and credible environment.
- It is forbidden for any NYFL affiliate to strike or "manhandle" a football player or cheerleader.
- It is forbidden for any NYFL affiliate to propose, encourage, or otherwise facilitate any NYFL youth to participate in any activity that is a violation of state or Federal law.

- It is prohibited for any NYFL staff member or affiliate association staff member to knowingly allow an ineligible, uncertified, or otherwise disqualified individual to participate in league activities.
 - The use of alcohol, drugs, vaping, and tobacco products while engaged in NYFL-sanctioned activities such as coaching; instructing, games, and competition are prohibited.
 - Staff (coaches, administrators, team parents, etc.) are expected to use tact when disciplining a player or cheerleader. **The child is not to be berated publicly.**
 - It is prohibited for any person to verbally encourage any player to inflict physical harm to any other player or use language that is derogatory to other players or associations.
 - No betting on games, competitions, or any other NYFL events.
 - Any coach who is ejected for unsportsmanlike conduct during a game/scrimmage will be immediately suspended until further notice pending a review by the League NYFL Board.
 - Coaches will be aware that their actions are always under scrutiny.
 - Coaches must always conduct themselves in a manner that exemplifies their team and the NYFL.
 - The League shall have the authority to remove any adult from game day operations for just cause in violation of the rulebook. Badge removal and ban from league activities may be enforced pending board review.
 - Any coach that is suspended will not have contact with any person involved in their team's organization, nor will they have contact with any other member of the League regarding football/cheer-related issues.
 - Organizations may face fines, probations, suspension, and or removal from the League, and/or any combination of the above for violating League rules or for conducting their teams in a manner that does not reflect the best interests of the League.
 - Officials' actions and statements may be challenged with cause by the NYFL Board. Game results will not be changed due to alleged official misconduct. Only Head Coaches can ask for clarification regarding calls from referees.
 - **REMOVAL FROM SQUAD:** The head coach may remove from a team/squad or bench from a game and/or competition, with the approval of the association president, any football player/cheerleader for misconduct, attendance, or improper dress.
- **BEHAVIOR FROM THE SIDELINES**
 - No individual, be it a coach or football player/cheerleader, in the sideline area shall make verbal exchanges with personnel from the opposing team.
 - All verbal remarks from the sidelines during a game can only be directed to one's team. Remarks should be limited to coaching instructions positive reinforcement and cheers for the efforts of one's team. **No exceptions with 0 tolerance**
 - Derogatory remarks are strictly forbidden. **No exceptions with 0 tolerance**
 - No member of an association, team, or its staff may go to the opposing team's side of the field without a valid cause. Filming or photography is not considered a valid cause. **No exceptions with 0 tolerance**
 - Coaches are expected to be positive role models and shake hands regardless of the outcome of the game.

PLAYING RULES

- **EQUIPMENT REQUIRED FOR PARTICIPATION IN CONTACT**

- Organizations are responsible for checking each player's equipment for compliance.
- The following equipment is required for each player before his or her participation in contact:

HELMETS: All must bear a NOCSAE stamp and facemask.

FACEMASKS: All facemasks must be full cage, steel frame type. Plastic, nylon, polycarbonate, T-bar, or double-bar facemasks are not permitted unless NOCSAE-approved and stamped.

CHIN STRAPS: All helmets must have a 4-point chin strap with PLASTIC snaps (no metal snaps allowed).

MOUTHPIECE: All mouthpieces must be colored, have a strap, and be tethered to the face mask. Exception: Colored binky style mouthpiece does not need a strap but must be a bright color (not clear, tan, white or black, etc.....).

SHOES: Cleats shall not exceed 1/2 inch in length. Metal cleats are not allowed.

FACE SHIELDS: May be used but are not required. The shield must be clear.

KNEE BRACES: May be used but must have all metal parts padded.

GAME JERSEYS

- Last names only on the jersey. Use first initial/last name if a duplicate. No first names/nicknames. Any player can wear any number regardless of position. No team may have two players with the same number during the same game.
 - **NUMBER SIZE:** Jerseys must have a minimum 8-inch front and 10-inch back number. Optional: 8-inch front and back numbers will be allowed on X-small and small jerseys only!
 - If a team has only one-color jersey (No away Jersey), they must notify their opponent if they have the same color jersey by Wednesday before game day. Organizations with two jerseys should be accommodating to teams without.
 - Permanent number changes must be reported to all teams.

TEAMS TAKING THE FIELD

- The National Anthem is to be played at all games. All players and staff are required to stand.
- No team will be permitted to warm up in the end zone or take the playing field area (sidelines, track, etc.) while another game is in progress.
 - Each team must take the field in an orderly fashion.
 - Each team must take the field directly after check-in. Any player leaving the field must check out and in with the opposing Team's Head Coach and be accompanied by an adult.
 - Each team shall proceed directly to their bench area and the half of the field designated to them for warm-ups.
 - Teams may not cut across an opponent's half of the field or their bench area.
 - No verbal or physical gestures are to be exchanged between teams when taking the field.
 - Yells or chants by each team in front of its fans on their side of the field are permitted.
 - Players may not yell or chant anything that refers to or is directed at the opposing team.
 - Team snacks must be allowed into games with a badged Head Coach or Team Mom. Ice chests are subject to search. The badged Head Coach and Team Mom member must bring

in team snacks if they are in an ice chest. One ice chest per level will be allowed for football and cheer. Ice chest must remain on the field. Only fruit and water are allowed.

BASIC RULES

- All games will be played under the current National Alliance Edition Football Rules Book of the National Federation of State High School Athletic Associations, except where modified by NYFL. There will be preseason referee meetings with coaches to clarify rules.
- **LENGTH OF QUARTERS:** The length of all quarters for all divisions of play is ten (10) minutes, 10 minutes half time except 6U, homecoming, and championship games.
- **SCORING:**
 - Touchdown** - 6 points
 - Field Goal** - 3 points
 - Safety** - 2 points
 - Point-After-Touchdown (PAT) by kick** - 2 points
- All kickoffs will be from the 40-yard line except for 6U. Each organization is responsible for ensuring their squads are prepared for special teams by Game 1.
- There will be no blitzing allowed during the Round Robin.
- All teams are required to attend the Jamboree. The fields used at the Jamboree must be set up with a regulation width (53.5 yards).
- Teams will be allowed to scout other teams using video or still cameras. An opposing team may scout DURING A GAME ONLY. This may include the charting of plays and handwritten notes or electronic equipment.
- Teams may use radio equipment between coaches. The use of radios in players' helmets will be allowed.
- There will be only one player on the field at a time that has a radio.
- Each player that is equipped with an on-field radio shall be designated by a 1" fluorescent green dot in the middle and back of the helmet.
- There shall be no crashing of the center on Punts or PATs.
- Each team will be allowed 3 timeouts per half.
- No games will be scheduled to start before 9:00 a.m.
- Injury timeouts called by the officials will not count against the team.
- The officials shall stop the clock on change of possession and will not restart it until the ball has been snapped (Definition of Varsity Time). This is only within the last two minutes of each half.
- Blocking below the waist will be allowed on the Offensive line from tackle to tackle only!! Blocking below the waist must be targeted at the upper thigh. Blocking below the waist downfield and in the backfield is NOT allowed!
- **"GORDON RULE"**: Any team with a lead of 1 point or more, who has ball possession and can run out the clock by taking a knee, must do so. Ex: If there is 1:19 left in the game, you have the ball at the opponent's 22-yard line and the opponent has no time-outs, you must take a knee to run out the clock. No rushing to the LOS to run another play or trying to score. No field goal attempts. No team may stack the box on defense with more than 8 players during this rule adjustment.

- There is no penalty for defensive penetration when a player is taking a knee. *An exception to rule: "Gordon rule" (rule 14.5) When a team is mandated to take a knee to abide by this rule.*
- **"MERCY RULE"**: If a team is up in score by 28 or more points, **then the Mercy Rule will be in effect half time**. Both teams will play regular football with a running clock. If the point spread falls below 28 points, then the Mercy Rule is over, and the clock returns to normal. It is recommended for the winning team, if available, to play second or third-string players on the field in the spirit of sportsmanship as well as to avoid running up the score. There will be no onside kicks or "accidental" onside kicks after a 28-point spread or it's a personal foul and penalty of 15 yards. (Starts 10yds)

6U RULES (IN ADDITION TO THE ABOVE)

- The 6U division will keep score. Refs on the field as well One coach can be on the field behind his team. **One coach and Two players may roam from the 25-yard line to the goal line**. Once the huddle breaks, the Coach is required to stay 15 yards back off the LOS and have no further physical contact with the Players. Penalties for breaking this rule: 1st offense; verbal warning, 2nd offense; the coach will be removed from the field and NO other coaches may be on the field for the remainder of the game.
 - There will be no punts at this level. On 4th down if the possession team wants to punt, they will declare a punt to the officials and the officials will mark off a 25-yard punt and the opposing team will take possession. If the ball is inside the 25, the ball will be placed 1/2 the distance to the goal on a punt.
 - The maximum penalty assessed at Starts will be 10 yards.
- NO kick-offs. The ball is placed on the 30-yard line. NO punting. The offensive team can run a 4th downplay or can change possession by giving the opposing team.
- Each half is a 25-minute running clock that does not stop during a change of possession or after touchdowns.
 - 6u teams will have three timeouts per half. Scores are kept and reported, and standings are kept.
- Defensive linemen are NOT allowed to line up on the center and MUST hit another offensive player before hitting the center.
- The QB sneak from a direct snap (center to QB) is not permitted and if the play is run it will be IMMEDIATELY blown dead and the ball returned to the original line of scrimmage with a LOSS OF DOWN (no yardage penalty). QB sneaks from the shotgun formation are okay.
- There is no blitzing. Only a defensive lineman can rush the ball carrier and a team may not have more than six (6) defensive linemen.
 - Linebackers and Defensive backs must play 3 yards off the line of scrimmage.

PLAYER GUIDELINES

- All Players will be required to read and agree to the player guidelines that will be listed on each application. Any player who has not participated in a game due to a medical issue/injury with a doctor's note must have a medical release note from the Dr placed in the binder to return to active participation.
- Any player ejected from a game will be reviewed **there will be an emergency executive board meeting to determine if the player will be suspended.**
- **DISRESPECT FOR AUTHORITY**: Any act of disrespect by a juvenile toward a Coach, Player, League Official, or Team can result in disciplinary action by the League. Incident reports and/or proof must be emailed to the Executive Board within

24 hours.

- **FIGHTING:** The League will not tolerate any act of fighting or otherwise abusive behavior by any player, cheerleader, team, parent, or spectator. There is 0 tolerance for fighting.
- Neither the NYFL nor any NYFL staff member can be held liable for the removal of any participant, parent, or coach from any organization.
- Weapons of any kind are prohibited at ANY NYFL event, and the location of the event includes parking lots. Any violators will be banned from the NYFL for life.
- MPR must be completed by 3rd quarter.
- All sidelines are to be kept clear with only the level on the field badged staff, For Example, if 6U is on the field ONLY 6U coaching staff and team moms can be on the field. Failure to comply results in the Head Coach's suspension and a \$500.00 fine. Only executive board members always have access to the field.
- NO Children under the age of 18 can be on the sidelines unless they are designated 2 water boys before the games to the refs. Failure to comply results in Head Coach suspension and \$500.00.
- Players will be required to always conduct themselves appropriately.
- Any player that commits an act that is found to be against the law and/or an act that is not in the best interest of the league; will be subject to disciplinary action from the League.
- Any player taunting or standing over an opposing team player, celebrating a hit, targeting a player, or using the Ni**er/Ni**a or Bi**h word will be automatically ejected from the game with a following-game suspension. All appeals must be made in writing within 24 hours by email to officalnyfl@gmail.com email.
- The following are reasons, at the organization's discretion, for suspension during the season:
 1. Any player who misses four (4) consecutive practices without notifying the Head Coach can be cut at the coach's discretion, with notification to the League.
 2. All players must practice a minimum of 4 hours in one week (assuming there is no bye week) and cannot play in that week's game.

CAMPS, GAMES, AND SCRIMMAGES

- **CAMPS:** Associations may participate in instructional camps geared to the age groups represented in NYFL.
- Participation in football or cheerleader instructional camps is left to the discretion of the individual association and participants.
- Participation in camps or clinics before the start of the regular season does not count toward the mandatory 10 hours of conditioning.
- Camps/Scrimmages count as practice time.
- **CHECK-IN:** No player may participate in a Jamboree, scrimmage, practice game, or regular game who is not in his/her respective age level as required for the first regular season game unless an age wavier has been signed and approved by the association President and league. Any player who participates in a scrimmage, practice game, or tournament must participate at a comparable age.

REGULAR SEASON

- The length of the regular season may vary from eight (8) to ten (10) weeks and will be established annually by the NYFL Board. NYFL will make every effort to schedule each team with an equal number of home and away games. This will allow those teams who wish to wrap up their season at the end of the regular season to play to do so.
- The first day of the regular season shall be as designated by NYFL.
- **PRE-GAME CONTACT:** It is the responsibility of the home team to contact the visiting team 5 days before their game to ensure that game times and places have not been changed. As a courtesy, the home association should take the responsibility of sending directions to the game site, game times, jersey colors, whether chairs are needed, etc., to all visiting associations at the beginning of the season well before scheduled games.
- It is the visiting team's responsibility to show up on the right day at the right place and time.
- Failure of a team to show up for a game will result in forfeiture of the game, the association being placed on probation for one (1) year, and a \$500 per game fine to be paid to the hosting team within 72 hours of the scheduled game(s). This fee will cover costs for referees, medics, janitors, or any other associated game day costs, including perishable food. Further NYFL action may be taken. If a team walks off the field during a game and quits, a fine of \$500.00 will be owed to the Hosting team or the NYFL.
- NYFL states all cheerleader squads must show up for all games, including all playoff games when their division team is participating.
- NO outside NYFL league games can be organized without written approval from the league board. All league games must be fulfilled on all levels in-house before seeking outside games.

CHAMPIONSHIP PLAY-OFFS

- NYFL Championship playoffs will begin no earlier than the first weekend after the end of the regular season. Eight teams from each division will go to Play-Offs.
- Teams invited to participate in NYFL Championship Play-offs may not decline the invitation. That team must advance to the next level of play each week if they are victorious.
- All books will be recertified before playoff games.
- League standings will be determined by League record, Head-to-head, and then least points allowed then points for. If still not determined, an average of points allowed will be taken.
- Playoff seeding will be based on the League Standings. The Higher Seed will be allowed to choose which side of the field they want their team to be on.
- All final ties for the postseason will be determined by the team that gave up the least number of points.
- All tie games will be played off following the National Federation Rules.
- All teams in good standing will be eligible for post-season play. Good standing will be defined by and enforced by the Executive Board.
- The playoff format will be based on the best-seeded team facing the last-seeded team.

CONDUCT TOWARDS GAME OFFICIALS

- The head coach, his staff, and players must accept the decisions of game officials as

being fair and called to the best of their ability.

- The head coach may request a time out to talk to the referees concerning a rule interpretation. If the referee makes the wrong call or ruling, according to the current rules, no timeout will be charged to the team. If the ruling stands, the team requesting the time will be charged with a time-out.
- We encourage all coaches and staff to be respectful to the refs.

TIE GAMES

- All games, regular season, or play-off, ending in a tie score at the end of regulation play will employ the tie-breaker system listed in the current NFSHSA rule book under supplement (10-Yard Line Overtime Procedure).
- Each team will be allowed a maximum of three (3) sets of downs to break the tie at the end of regulation play during the regular season. If a tie still exists at the end of these downs, it will be recorded as a tie.

REPORTING GAME SCORES

- Game scores are to be reported by the hosting of both teams by 9:00 PM of the game day via the band app.
- All league standings will be posted via the band app. For any discrepancies, you must send an email to officialnyfl@gmail.com

TEAM RANKINGS

- Weekly divisional rankings will be supplied to associations by NYFL after the second week of the regular season.

GAME BALLS

- **BALL SIZE:** 6U must use a Pee Wee-size football, 8U must use the K2 size ball, 10U/12U, must use a Junior-sized football, and 14U must use an Official size ball. Game balls must have the/ze marked on the ball from the manufacturer. No altering color. Must not be the same color as the home team jersey. The ball must meet the NYFL size requirement but can be any brand.
- Failure to use the required game balls will result in an illegal equipment penalty which is an unsportsmanlike penalty on the Head Coach resulting in a 15-yard penalty. (Starts 10yards)

BENCH AND SIDELINE AREAS

- The bench area is reserved exclusively for players and coaches. Only coaches, wearing their ID cards from the team playing, and the players from that team are permitted in the bench area.
- Two (2) water persons and one (1) ball person under the age of 15, may be designated by the Head Coach.
- Team statisticians (MPR), Press photographers, with a press card and association approval, and one administrative representative from each association are the only individuals permitted on the sidelines, but they must remain outside the bench area along the sidelines and have a volunteer badge.
- No member of a team or its staff may go beyond the twenty-five (25) yard line along the sidelines.

GAME PROTESTS

- Game protests must be in writing, signed by the head coach and association president, and postmarked no later than Twenty – Four hours (24) hours after the end of the game. Protests must be sent to the NYFL Board. Include all names, addresses, and phone numbers of witnesses.
- The decision to file a game protest alone is not sufficient grounds not to play the game, nor pull your team from the field before the official end of the game.
- The head referee is the only person who can decide to suspend a game due to safety reasons.
- Interpretation(s) of the NYFL rule book that affects the outcome of a game is grounds for filing a protest. Calls by referees are not grounds for a protest. No NYFL Board Member or Association President can dispute calls from referees. Head Coaches only! This doesn't apply to rule clarifications.
- NYFL decisions involving protests are final, and there is no right of appeal.

GAME DAY REQUIREMENTS

- **PLAYING FIELD:** The home team is responsible for providing a standard 100 x 53-1/3 yard playing field, working scoreboard, goal posts, stands, bathrooms, and drinking water facilities for spectators. There is a one-week requirement for a change of venue except for an emergency as determined by the Executive Board.
 - **FIELD MARKINGS:** All fields shall be properly marked to include yard markers and end zone pylons. A yardage chain and down marker shall also be provided.
 - **CROWD CONTROL:** Crowd control is the responsibility of both the home and visiting associations.
 - When a scoreboard clock is unavailable or inoperative, the time will be kept on the sidelines. The time will be kept by the referees or by a representative from both the home and visiting teams with a single stopwatch. The home team representative will hold and operate the stopwatch on the commands, which the visiting team representative receives from the referee.
- Football Players and Cheerleaders from the visiting association are admitted free when they are in their game gear. Players and cheerleaders of visiting teams who are not playing that day may be charged to enter at the discretion of the hosting organization. No one without their jersey or cheer outfit will be permitted for free.
- Game day invites are to go out no later than Wednesday. You must send the game invite to the NYFL email, & your opposing team. Sending your invite later that Wednesday could result in consequences. In your game day invite you must include
 1. Both organization's names
 2. Location
 3. Start time and check-in time.
 4. Rules of the hosting team's fields.
 5. Contact information.
 6. Payment types
- NO Children under the age of 18 can be on the sidelines unless they are designated 2 water boys before

the games to the refs. Failure to comply results in Head Coach suspension and \$500.00.

- All sidelines are to be kept clear with only the level on the field badged staff, For Example, if 6U is on the field ONLY 6U coaching staff and team moms can be on the field. Failure to comply results in the Head Coach's suspension and a \$500.00 fine. Only executive board members always have access to the field.
- MPR must be completed by 3rd quarter.
- No outside food or drinks will be allowed into games. No tailgating allowed.
- Organizations may bring in one team ice chest each for football and cheer (a total of 10 for the day). Only water, sports drinks, and fruit may be brought in for the players/cheerleaders.

- **SIDELINE CREW**

- The visiting team will furnish three (3) individuals, 18 years of age or older, for the yardage chain and down marker crew.

MANDATORY PLAY RULE (MPR)

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ANNOUNCER'S BOOTH

- P.A. announcers for games are to always remain objective and neutral. They are not play-by-play announcers, but should limit themselves to the introduction of players, relaying information about the down, yards-to-go, yard line ball is on, play gains or losses, players involved in the preceding play, both offensively and defensively, official's decisions on penalties, time left in the game, etc. Only appropriate music is allowed.
- Announcements about the home team affairs or activities should be limited to timeouts, half-time, or between quarters.

- **MEDICAL PERSONNEL**

- It will be the responsibility of the host association to notify the visiting association and game referees of the identity and location of said medical personnel.
- A medical Paraprofessional (EMT 1 qualified as a minimum) must attend all games and cheerleader competitions. EMTs must be able to show proof of qualifications and wear marked clothing.
- No games or controlled scrimmages can be started until a qualified medical paraprofessional is in attendance.
- A one-hour delay may be allowed to await the arrival of the medical responder. Should the medical responder not arrive the game will be canceled, and it will result in a forfeit by the home team.
- In the event the home (hosting) association fails to provide the proper medical Paraprofessionals; the following penalties will be imposed: Forfeit.
- If the visiting association has a qualified medical Paraprofessional in attendance, the games may go on as legal games.
- EMTs must have a basic first aid kit and must have ice packs.
- EMTs should be sitting under the same awning as referees. Both EMTs and Referees can pull a player from the game due to injury/illness

ADMISSION CHARGES

- The admission charge to a regular season game is \$8.00 for adults and \$6.00 for seniors and children 6-17 years of age. Five (5) and under are free.
- The admission to a postseason game and cheer comp is \$10.00 for adults and \$7.00 for seniors and children 6-17 years of age. Five (5) and under are free.
- Only coaches and administrators with NYFL badges are admitted free to all NYFL events except for the NYFL Cheer Competition.

COACHES

- Coaches must present a professional appearance as youth leaders. (No tank tops, muscle shirts, backward caps, sagging pants, or sagging shorts)
- All NYFL coaches must complete a background check before the season via Youth Sports.com football coaches must complete USA Football Certification. Cheer must complete YCADA Certification.
- Coaches must always be present and have badges visible while on the field. Failure to do so can result in removal from the field.
- Coaches and team moms must wear their badges.
- Badges must be on a lanyard to wear around the neck.

PLAYERS WITH CASTS/SPLINTS

- Any player wearing a hard cast or splint may play with Association Board approval, doctor's clearance, and referee clearance. The cast or splint must be padded with a ½ inch of padding all the way around to prevent injury to others. No foreign matter may be used under or to reinforce protective pads.

• AWARDS

• NYFL CHAMPIONSHIP AWARDS

- All players and coaches of teams in the NYFL Super Bowl will receive an award.
- Trophies will be awarded to the coach AND organizations that are in the Super Bowl. Awards will be provided by NYFL and approved by a majority vote from the Presidents.

• REFEREES

• GAME REFEREES

- **GAME REFERES:** The NYFL is responsible for providing, and the home team is responsible for paying a minimum of four (5) referees per game.
- Any individual affiliated with any association, in any way, may not referee any game for any team of that association.
 - A minimum of four (5) referees are required for each NYFL League game.
 - **GAMEPLAY WITH LESS THAN MINIMUM REFEREES:** A game maybe played with three (3) referees if only 3 referees show up.

- If only two (2) referees are present, the game may be delayed for one hour.
- After that time, the teams may have a controlled scrimmage.
- The game will be recorded as a forfeit by the home team if NYFL determines the home team is not entirely free of fault for the game officials not showing up as required.
- **Officials are unable to call a game before discussing with both organizations' presidents to make sure everyone is doing their due diligence.**
- **REFEREE QUALIFICATIONS:** All referees must be certified and be from a referee's association that is approved by NYFL.

• **COMPLAINTS AND PROTESTS**

- A complaint may be filed against any adult or child who breaks or abuses any rule or philosophies designed for the common good of youth football. Teams must notify the Executive Board in writing of any such occurrences including the sanction given to those involved. Complaints must be addressed at the organizational level first.
- Complaints must be made in writing (email) due within 24 hours following the game or event and with copies and proof sent to the NYFL Board to investigate. The person filing the complaint and his association president must sign the complaint. Include the names, addresses, and phone numbers of all witnesses. The team must also provide proof of allegations. Ex. Videotape. If it is determined the complaint is legitimate, the outcome will be sent out to the Presidents for a vote if necessary. If consequences are given to any teams, the Board of Presidents will all be notified. If the Hearing Board determines the allegation to be false, the team making the false allegation will be fined \$250.00.
- When money is owed to a team by another team, said the team will have the opportunity to pay the other team within 5 days. If payment is not made, they will forfeit their next home game and/or any League Event. If the payment is not made within 5 days, NYFL will pay the team that is owed the money. The team that owes must pay NYFL within 5 days. If money is still not paid by the due date, the team may be ineligible to play and/or forfeit any upcoming games or league events.

• **NYFL HEARINGS**

• **HEARING REQUESTS**

- All requests for a hearing must be made in writing and postmarked within twenty-four (24) hours of the event. Must be sent to the League email officalnyfl@gmail.com.
- All hearing requests must be signed by the association president.
- Hearing requests can only be made for matters that cannot be resolved through the normal course of an individual association's hearing procedure.

• **PERSONS ENTITLED TO HEARINGS**

- Coaches and administrators are the only individuals who have the right to a hearing.
- Parents and other adult personnel affiliated with an association do not have hearing privileges at the NYFL level. Hearings at the association level may be conducted

utilizing the same procedures and rules as for NYFL hearings.

- Hearings are not a court of law. Hearsay evidence may be admissible.
- Many of the restrictions imposed on a legal trial (e.g., sworn witnesses) have no bearing on an NYFL hearing.

- **HEARING PROCEDURES**

- Hearings must begin with the Executive Board explaining the steps and procedures of the hearing to all parties involved. Hearings will conclude when the Executive Board has concluded its investigation.

- **CONDUCTING A HEARING**

- Hearings are to be private, with no attendance allowed by the public or news media.
- Only the accused individual and/or the actual representative(s) of the accused organization (usually board members), hereafter referred to as "defendant", may be present. The hearing board has the right to limit the number of representatives in attendance at a hearing. Any hearing board member who has an affiliation with the accused organization must remove his/herself from the hearing board.
- Witnesses, or persons there to speak on behalf of the association, must remain outside the actual hearing room. The NYFL Board member oversees calling witnesses at the appropriate time to give their testimony.
- Both parties have the right to inspect each document offered in evidence and render a statement regarding any such evidence offered or presented.
- Minutes of the hearing must be kept by the NYFL board secretary.
- The NYFL board secretary will read the charge(s) and specifications to the defendant(s).
- Witnesses called may simply state support of or against the individual or association. They may be asked specific questions by the hearing board.
- Physical evidence may be submitted by both parties before, and at the hearing.
- At any time, the hearing board chairman may declare the hearing out of order, and the hearing board will immediately adjourn to render their findings based solely on the evidence presented to the point of adjournment.
- After all witnesses and evidence have been presented, the NYFL board will adjourn privately to consider their findings.
- The NYFL board may recommend sanctions appropriate to the offense(s).
- Within seven (7) days of the hearing, all parties involved must receive the written findings.
- All findings by the NYFL Board are final. There are no rights for appeal.

- **PENALTIES**

PENALTIES: Related to all aspects of League where penalties are not previously specified in the rulebook.

PENALTY ASSESSMENTS

- Penalties may be assessed if rules are broken Warnings, Probation, Fines, Suspensions, Expulsions, or other sanctions deemed appropriate by the Board.

PROBATION

- Probation is usually set for a period of one (1) season or more and may carry any number of conditions. For Associations, the following conditions are suggested:

No participation in post-season play.

Pay off all outstanding liabilities.

Any other conditions that will assist the association to improve its program.

SUSPENSIONS

To be discussed by the NYFL Board

EXPULSION

To be discussed by the NYFL Board

There is 0 tolerance for fighting at any NYFL event or any event where you are representing your organization and the NYFL. This includes league games, practices, scrimmages, fundraising events, and outside games and jamborees.

- Please note the Executive Board can make amendments to any rule based on the safety and good standing of the NYFL.