



Official Rules

The North Florida Youth Football Conference and Cheer Rulebook adopted by CFL and all its Rules and Regulations have been created and are enforced/administered with the following philosophy: Provide an all-inclusive, fair, and safe environment where any child can learn and participate in the sport of football and cheerleading without overbearing unrealistic un-enforceable restrictions.

The North Florida Youth Football/Cheer Conference Rulebook has been written with the minimum requirements allowing each association and team to strengthen and govern as they see fit customizing to the community they serve. All Rules and Regulations should be reviewed with common sense and understanding of the intent of each rule. The intent will be to create a fair and consistent team formation and opportunity for all participants/teams across the country. All recommendations/changes/clarifications are welcome and may be submitted through your association directors.

IMPORTANT NOTE: These rules belong to North Florida Youth Football Conference and have Been adopted by CFL since becoming members of NFYFC in 2020. CFL reserves the right to enforce all its rules and regulations and the spirit of its rules and regulations as it sees fit and may refuse participation or limit participation to any team or individual at any of its sanctioned events at its sole discretion. CFL/North Florida Youth Football Conference offers no right to appeal and will not be obligated to refund any participation fees and/or travel and related expenses. CFL/North Florida Youth Football Conference (NFYFC) follows state and/or high school governing rulebook for regular season games, except where a rule is superseded by this Rulebook.

“One athlete of character will improve a team. One team of character will improve a school. One school of character can impact an entire community.” – Bruce E. Brown

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Important Dates For The 2022 Season

July 16th - Football Coaches Meeting - Everyone
July 26th - First Official Day of Practice
August 13th - Jamboree Games
August 20th - Regular Season Week 1
October 8th - Quarter-final Playoffs
October 15th - Semi-final Playoffs
October 22nd & 23rd - Championship Games

Section 1 – Membership & Insurance Requirements

1.1 - Membership Requirements - All email addresses must be unique and directed to the named individual. Members must employ a minimum standard of conduct and must always maintain the players best interests. All applications for membership must include, at a minimum, the following information:

1.1.1 Association/Team Name (organization)

1.1.2 Organization Address

1.1.3 Organization Web Site Address

1.1.4 President Name, Daytime Phone, Email

1.1.5 Football Director Name, Daytime Phone, Email

1.1.6 Cheer Director Name, Daytime Phone, Email

1.2 - Insurance Requirements - All teams must furnish proof of General Liability and Accident Insurance prior to participation in any North Florida Youth Football Conference sanctioned event. Additionally, North Florida Youth Football Conference must be named as an additional insured.

Section 2 – Rule Enforcement Authority

2.1 - Associations are hereby required to enforce the NFYFC Rules and Regulations contained herein. Associations have the obligation and authority to enforce the NFYFC Rules, Regulations and the Spirit of the Rules and Regulations and its own rules, by-laws, and other organizational governing instrument. Additionally, Associations have the right to make any rule more stringent, but do not have the right to make these rules less strict. Any organization found not enforcing this rulebook, the rules regulations and the spirit of the rules and regulations may be suspended until compliance is achieved.

2.2 - North Florida Youth Football Conference is not required to hold hearings or appeals. Conferences, Associations and Teams are advised to set up their own procedures to handle these matters in a timely fashion.

2.3 - In addition to the basic expected behavior Administrators, Coaches and Volunteers additionally agree to the following:

2.3.1 - Treat each participant equally, excessive team or individual conditioning drills, disciplinary actions or assigning individual players laps or intentionally placing player in intimidating hitting drills for the purpose of encouraging weaker players to quit is not acceptable. Coaches determined to be using this or any other tactic to drop weaker players will be immediately dismissed for the remainder of the season and may be permanently suspended.

2.3.2 - Coaches are not to allow, nor encourage, any form of weight loss for the purpose of making the maximum weight in an Age & Weight Program / Division – See Minimum Penalties. This does not preclude your ability, if professionally trained/educated to do so, to provide nutritional and proper diet advice to obese participants.

2.3.3 - Not smoke and/or use smokeless tobacco on the field or in front of participants at any time.

2.3.4 - Abstain from the possession and drinking of alcoholic beverages and the possession or use of any illegal substance on the field or in front of participants at any time.

2.3.5 - Accept decisions of the game officials and judges on the field and in competitions as being fair and called to the best of their ability.

2.3.6 - Not criticize an opposing team, its players, spirit participants, coaches, or fans by word of mouth or gesture.

2.3.7 - Together with team officials, be jointly responsible for the conduct and control of team fans and spectators. Any parent, guardian, or fan that becomes a nuisance and out of control must be asked to leave.

2.3.8 - Not use abusive or profane language at any time.

2.3.9 - Not encourage their team to intentionally run up the score on an opponent. In the event of a commanding lead every effort shall be made to let all players play.

2.3.10 - Not recommend or distribute any medication, controlled or over the counter

2.3.11 - Not deliberately incite unsportsmanlike conduct.

2.3.12 - Not criticize/berate participants ever, to provide constructive criticism, in private, or in the presence of team/squad members if others might benefit.

2.3.13 - Remove from a game or practice any participant when his/her health is in question, whether because of injury, until competent medical advice is available.

2.3.14 - A coach will not use ineligible players and will always take the responsibility of having proper and legal documents on each player proving his eligibility.

2.3.15 - Ensure that all participants meet the minimum required number of plays under the Mandatory Play Rules and Regulations.

2.3.16 - Uphold all rules and regulations.

2.3.17 - A coach must discourage the wearing of gang colors or any gang symbol and the use of any gang related forms of communication during all team related activities including but not limited to team practices.

2.3.18 - Refrain from posting anything derogatory or antagonizing on any social network/internet or public communication of any type.

2.3.19 - Remember to win without arrogance and lose without excuses.

2.4 – Social Media Policy - Due to the nature of the Internet, each Team and Association, depending on your structure, must develop, communicate, and enforce a “Social Media Policy” on all members who represent all of us as their actions/words reflect us all collectively. Please remember these points:

2.4.1 - Be respectful to others.

2.4.2 - Everyone is responsible for what they post online.

2.4.3 - Understand that you are legally liable for anything you write or present online.

2.4.4 - Anyone can be sued for commentary, content, videos, or images that are defamatory, pornographic, proprietary, harassing, libelous, or create a hostile environment.

2.4.5 - Post knowledgeably, accurately, and use appropriate professionalism.

2.4.6 - Be quick to correct your own mistakes and admit when you are wrong.

2.4.7 - No one is authorized to speak on behalf of North Florida Youth Football Conference and Cheer, or to represent that they are.

2.4.8 - Do not cite anyone without their approval.

2.4.9 - Never reveal any confidential and/or proprietary information.

2.4.10 - Never identify players, parents, or league members/officers by name without their permission.

2.4.11 - Understand that any threats, potential threats of violence of any kind, online bullying or any other criminal act that is posted by any member, association, league officer etc., will be forwarded to law enforcement for prosecution and will be cause for revocation of NFYFC membership.

2.4.12 - Please make all your members aware that NFYFC reserves the right to revoke anyone's membership who seeks to defame or use the social media in any form to disrupt the mission, goals, and purpose of NFYFC and/or violates any of the suggested Social Media Policy.

2.5 – Unfounded Protest Penalty – In the event that there is a rule review request and/ or a protest of a decision and it comes back as unfounded, the following penalty schedule will apply. This schedule is per season.

2.5.1 – 1st Offense - \$100

2.5.2 – 2nd Offense - \$250

2.5.3 – 3rd Offense - \$500

2.6 – Conference Meeting Attendance Policy – In order for the NFYFC to conduct its business effectively, there will be meetings that require the attendance of each parks Football Commissioner. There will be alternatives to physical attendance such as call in or Zoom meetings. Attendance at these meetings is mandatory. There will be a \$250 penalty if any association misses 3 or more meetings during the season and/ or any planning meetings prior to the season.

Section 3 – Hearings & Appeals

3.1 - Associations shall have complete jurisdiction over hearings and appeals within their programs and may or may not be required to hold hearings or appeals depending on their governing instrument.

3.2 - All hearings and appeals must be conducted in the manner the Conference has constructed in its bylaws/organizational documents. Should no process exist, it will be at the complete discretion of the Conference to allow or disallow a hearing or appeal.

3.3 - NFYFC office will only, get involved, arbitrate/hold hearings and/or appeals on local issues if

3.3.1 – We are asked to do so by the member association, and

3.3.2 – We are requested to be by all involved, and

3.3.3 - All involved must agree that the NFYFC has the final say on all its decisions

3.3.4 - NFYFC always reserves the right to refuse to get involved in all local issues

3.4 - NFYFC at its sole discretion may or may not allow a hearing or appeal of any of its decisions and rulings. See section on “Rule Enforcement Authority” for additional information.

Section 4 – Minimum Penalties

4.1 – Coach & Administrator Offenses – The following are the minimum penalties that would be enforced for violation of, but not limited to the following rules:

4.1.1 - Rulebook Variance: Any organization found to have allowed a variance to this rulebook, the rules and regulations and the spirit of the rules and regulations without filing and receiving written approval may be suspended.

4.1.2 - Rulebook Enforcement: Any organization found not enforcing this rulebook, the rules regulations and the spirit of the rules and regulations may be suspended.

4.1.3 - Cheating: Permanent Suspension. (Roster / Participant Manipulation will be considered Cheating.

4.1.4 - Badgering of Game Officials with Threats and/or Inciting Fans to Display Poor Sportsmanship: Suspension for two games and two weeks of practice and could be a suspension for the remainder of the season or permanent suspension depending on the severity of the incident. Any coach or rostered volunteer ejected from a game for any reason will be suspended for a minimum of one week. All ejections may be reviewed by conference and if deemed excessive in nature, are subject to further disciplinary actions up to and including permanent league suspension.

4.1.5 - Fighting of Any Kind: Suspension for the remainder of the season and subject to arrest.

4.1.6 - Teaching Players Dirty Tactics: First offense: suspension for one game and one week of practice. Second offense: suspension for the remainder of the season or permanent suspension.

4.1.7 - Falsifying or Altering Documents: Falsifying birth or any other documents to make a participant eligible is grounds for forfeiture of all games in which they have participated and permanent suspension of the adult(s) responsible for the act and all evidence will be turned over to the local authorities for any criminal prosecution that may be relevant. NFYFC recommends that a full investigation is conducted by an impartial committee when document falsification or alteration is suspected. NFYFC may provide a 3rd party certification program to avoid these issues.

4.1.8 - Failure to Keep Faith with Juveniles and/or Parents: Defined as any deliberate practice of a coach, team, or Association, which placed the health, welfare, and safety of juveniles in jeopardy, or exploits or treats them in such a manner that the juvenile becomes a “tool” of the team. First offense: suspension for one game and one week of practice. Second offense: suspension for the remainder of the season or permanent suspension

4.1.9 - Player Manipulation: Excessive team or individual conditioning drills, disciplinary actions or assigning individual players laps or intentionally placing player in intimidating hitting drills for the purpose of encouraging weaker players to quit is not acceptable. Coaches determined to be using this or any other tactic to drop weaker players will be immediately dismissed for the remainder of the season and may be permanently suspended.

4.1.10 - Mandatory Play Rule: See Mandatory Play Rule Section

4.1.11 - Playing Ineligible Players: Suspension for rest of season. League will review status for next season. Suspension may be appealed, if an appeal process exists, to the Conference depending on the nature of the ineligibility. NFYFC

requires a full investigation by an appointed impartial committee be conducted prior to any suspension for use of ineligible players.

4.1.12 - When ineligible players are found, all games of which the ineligible players have participated in are forfeited and will count in the league standings as such.

4.1.13 - When ineligible players are found the Team is ineligible for post-season play of any kind regardless of the number of losses it has suffered for playing ineligible players.

****Special Note:** Any Coach, Administrator or Team Personnel found to have advised, encouraged, or tolerated any “Sweat Down” or “Extreme” weight loss techniques will be grounds for immediate suspension. Suspension will be anywhere from 1 year to permanent depending on the severity. Head Coaches will be held responsible for the actions and/or inactions of all team personnel.

4.2 – Participant Offenses - In the absence of local rules and regulations regarding participant extreme behavior, the following minimum penalties should be enforced whether in game or practice when the act is not covered by the governing state or high school rules, within the coach/administrator’s discretion:

4.2.1 - Fighting: First offense: Suspension for one game and one week of practice. Second offense: Suspension and parental/guardian conference.

4.2.2 - Disrespectful Behavior: Disrespect for coaches, participants, game, and team officials: First offense: removal from the game/practice and parental/guardian conference. Second offense: suspended for one game and one week of practice. Third offense: Suspension and parental conference.

4.2.3 - Badgering/Bullying: Badgering/Bullying opponents and or teammates by word or act with the purpose of intimidation: First offense: removal from the game/practice and parental/guardian conference. Second offense: suspended for one game and one week of practice. Third offense: Suspension and parental/guardian conference.

4.2.4 - Extreme Weight Loss: Any “Sweat Down” or Extreme” weight loss used by a player to make weight will be grounds for immediate suspension for the players own safety.

4.3 – Organization Offenses - In the absence of local rules and regulations regarding the following, it is NFYFC’s recommendation that the guidelines below be implemented.

4.3.1 - Assault: Any Player, Coach, Administrator, Parent/Guardian, or Fan should strike (hit) a game official, or member of the coaching staff, shall be subject to arrest by local law enforcement agencies, and permanent suspension including but not limited to being banned from all Events and Activities.

4.3.2 - Failure to Control Parents or Fans: Suspension of the Association from the Conference until the administration of the Association can submit evidence satisfactory to the Conference that the problems/conditions which allowed the issues to exist have been rectified.

4.3.3 - Mandatory Play Rule: See Section 9

4.3.4 - Failure to Control Coaches from Actions Contrary to the Health, Safety and Welfare of Players: Suspension of the Association from the Conference until the administration of the Association can submit evidence satisfactory to the Conference that the problems/conditions which allowed the issues to exist have been rectified.

Zero Tolerance Sportsmanship policy:

As the parent or guardian of CFL and an NFYFC/NFYCC sports team player, I agree that the most important outcome of any game/competition/practice is for my child to have fun. My child needs my approval and support, regardless of what happens in the game. I will refrain from the use of negative or derogatory language aimed at the Officials, the Coaches, CFL/NFYFC/NFYCC staff, my child, or other players. I will encourage my child and all others in the game and will let the coach be the coach. I will do my best to model the sportsmanship-like behavior I wish my child to adopt, and to support the coach in making this the best possible experience for my child. I further agree that I will be responsible for all guests/spectators that attend any sanctioned event. If any member of the party is officially removed from any sanctioned event, regardless of if by game official or association board member, I, all members of my party in attendance of the event, and my player are subject to a dismissal of 1 week, or more, depending upon severity of expulsion. The rights contained in the policy also transfer to the local association and I further agree and acknowledge that I signed the Participant Registration form for CFL and the NFYFC/NFYCC and will abide by all items contained within, at the time of registration.

Section 5 – Coaching Appointments & Requirements

5.1 – Coaching Appointments - All coaches must be approved by and serve at the pleasure of the Local Association. Coaching assignments are for one playing season only and is therefore automatically terminated at the close of each season. Coaches must re-apply for coaching positions annually. The close of the season will be determined by the local Association but must not extend past the “End of the Year Banquet” or December 31st whichever occurs first.

5.2 – Coaching Requirements - All Coaching appointments and their appropriate contact info must be included on all rosters.

5.2.1 - Head Coaches

5.2.1.1 - Head coaches must have a general knowledge of the sport of football, cheerleading, dance, step, and all safety rules, respectively.

5.2.1.2 - Head coaches must be at least 21 years of age. The coaching staff will be under his/her direction and supervision.

5.2.1.3 - Coaches are required to maintain in their possession, always the team as assembled, the team's EMERGENCY MEDICAL TREATMENT, CONSENT AND INFORMATION form and Parent/Guardian Emergency Numbers.

5.2.1.4 - Each Team must have a Coach or Volunteer that is the holder of a current Red Cross Certificate in Community CPR and First Aid or its equivalent. This person must be present at all practices, games/competitions, gatherings of the team.

5.2.1.5 - Head coaches are in complete charge of their players. They are responsible for their own actions or inactions, their assistants' actions or inactions and the actions of their players.

5.2.1.6 - Head coaches may be required to be trained through any training program available to their Association. The Association may also make this a requirement of assistant coaches.

5.2.2 – Assistant Coaches

5.2.2.1 - Must be at least 18 years of age and have graduated from high school or hold a GED certificate.

5.2.2.2 - They must have a general knowledge of the sport of football, cheerleading, dance, step, and all safety rules, respectively.

5.2.3 – Junior Coaches

5.2.3.1 - Must be a minimum of 16 years old and may only carry out the instructions of the Head or Assistant coaches.

5.2.3.2 - Junior Coaches are not permitted to conduct a practice.

5.3 – Background Checks

5.3.1 - Associations are required to perform Background Checks on all their Coaches and all volunteers deemed to have repeated contact with the participants, each year.

5.3.2 - NFYFC is required to obtain an Affidavit that all background checks have been completed from their member associations.

5.3.3 - North Florida Youth Football Conference reserves the right for final approval of any volunteer from any association and may deny participation.

5.3.4 - Each Association shall be required to indemnify and hold harmless North Florida Youth Football Conference against all legal actions based upon allegations arising from a failure to enforce all or part of this regulation and or the decision-making process used in volunteer selection.

5.3.5 - Background checks MUST comply with all state of Florida statutory requirement.

Section 6 – Participant Registration & Eligibility

6.1 – Paperwork Notice

6.1.1 - North Florida Youth Football Conference provides no legal advice, makes no representations nor warrants that any Paperwork/Form/Document/ Contract provided by North Florida Youth Football Conference will provide you the proper protection, coverage and/or will comply with any statute.

6.1.2 - North Florida Youth Football Conference recommends that all Paperwork/Form/Documents and Contracts be kept in a safe and secure place where the information. Documents may be released when 1 or all the following conditions are met.

6.1.2.1 - Parent/Guardian permission,

6.1.2.3 - On a limited “need to know” basis,

6.1.2.3 – Request is compliant with all statute(s). North Florida Youth Football Conference also recommends that all Paperwork/Form/Document/Contracts be kept on file for a minimum of 5 years, longer in the event of an injury. Please confer with your local attorney for advice as to the appropriate security procedures, maintenance, and storage term for this and all such paperwork.

6.2 - Required Minor Participant Paperwork / Documentation and Certification

6.2.1 - No participant will be allowed to participate in any way until all required paperwork is collected and verified. Any organization that does not follow all regulations set forth herein will be held responsible for their actions and/or in-actions and be subject to suspension and/or revocation of their membership. Documents required for Certification are:

6.2.1.1 – Medical Clearance Form - The North Florida Youth Football Conference (NFYFC) or mutually agreed upon Medical Clearance Form is required for registration and must be received and held by the local association prior to any participation. This includes but is not limited to preseason practice, regardless of parental consent including consent from Coaches for their participant children. You may accept, in addition to the Medical Clearance Form, any other documentation of physical fitness you would like however, you cannot replace this NFYFC requirement. The approved Medical Clearance Form will be provided by North Florida Youth Football Conference. The Medical Clearance will be voided by any injury, accident, or illness, attended to by a trainer or any medical professional that results in the participant being withheld or limited in his/her participation and/or if the participant is removed from any participation because of a suspected concussion or heat related illness. It will be the responsibility of the Parent/Legal Guardian to notify the participants Coach and League Officials should any condition/concern exist. It will also be the responsibility of the Parent/Legal Guardian to obtain WRITTEN permission from his/her physician to resume participation.

6.2.1.2 – Participant Registration Form - The North Florida Youth Football Conference (NFYFC) Participant Registration Form is required for registration and must be received and held by the local association prior to any participation, this includes but is not limited to preseason practice, regardless of parental consent including consent from Coaches for their participant children. An association may accept, in addition to the Participant Registration Form, any other documentation you see fit; however, however an association cannot replace this NFYFC requirement. The approved Participant Registration Form will be provided by North Florida Youth Football Conference. The Participant Registration Form contains emergency medical information and parent/guardian as well as emergency contacts. The ORIGINAL form must always be in the possession of the team in the event an injury/medical emergency occurs.

6.2.1.3 - Parent/Guardian Contract, Permission & Waiver - The North Florida Youth Football Conference (NFYFC) Parent/Guardian Contract, Permission & Waiver Form is required for registration and must be received and held by the local association prior to any participation, this includes but is not limited to preseason practice, regardless of parental consent including consent from Coaches for their participant children. This document includes a written statement, to be acknowledged and signed by the parent/guardian declaring their child has permission to participate in local and all NFYFC activities and that they understand the risks involved. This document also provides authorization for medical treatment in case of an emergency, and a photo/image release. The approved Parent/Guardian Contract, Permission & Waiver Form will be provided by North Florida Youth Football Conference. This document will be collected by the NFYFC office prior to any sanctioned season play.

6.2.1.4 - Age Verification Requirement - North Florida Youth Football Conference (NFYFC) requires that all participants age/date of birth be verified prior to any team/division assignment. The only acceptable documents for age/date of birth verification are an original birth certificate or a State/city/town raised seal certified copy of birth certificate, or a State issued sport birth certificate. The final alternative would be a letter from school, on school letterhead, certifying/authenticating copy of birth certificate.

NO HOSPITAL CERTIFICATES WILL BE ACCEPTED WITHOUT CONFERENCE APPROVAL

6.2.1.5 North Florida Youth Football Conference (NFYFC) requires that all participants have their identification documented by a photograph. This photograph must be a close-up, from the shoulders

up, to clearly show the participants head and facial features. This Photo ID must be verified prior to any final roster certification. There may be no hats, helmets, or sunglasses.

6.2.1.6 - Each association can set requirements for minimum scholastic eligibility and to create a scholastics-based award program if they chose to do so. If an association decides to implement any scholastics eligibility and/or awards programs, they must notify NFYFC in writing and provide a copy of the program guidelines/eligibility criteria for NFYFC approval.

Section 7 – Formation of Teams & Rosters

7.1 – Formation of Teams - When programs form their teams, they must form them in a manner to ensure that each participant who is registered has a place to participate. This participation policy is established to ensure that each child is afforded the opportunity to be taught the game of football, Cheerleading, Dance and Step, regardless of their ability. Tryouts of any kind are not permitted. Cutting of players is not allowed in NFYFC. However, there are certain guidelines that should be met if it becomes necessary to not assign a player to a team. NFYFC strongly recommends that the coaching staff work closely with these players before the extreme measure of dropping a player takes place. NFYFC believes that the game of football, Cheer, Dance and Step may just be a saving grace for this type of participant.

7.2 – Roster Certification & Timeline - Associations must have all NFYFC Required Participant Paperwork collected, complete, and inspected for compliance by player certification date (or prior to first game, whichever comes first). A Certified Roster means that all the participants listed on the roster have submitted the NFYFC Required Paperwork and that all paperwork is authentic and compliant with NFYFC Rules and Regulations, and the participant fits the criteria established for the specific program/division to which The Participant is assigned and certified including but not limited to the Participants division. Conferences must maintain in their possession a copy of the final certified copy of all rosters. The last day to certify any players for any team shall be by the close of business of week 2 games.

7.3 – Roster Size

7.3.1 – Lieutenant Division (6U), the minimum roster size is 12 participants, and the maximum is 18 participants

7.3.2 - Commander Division (8U) The minimum is 16 participants, and the maximum is 35 participants.

7.3.2 – Captain Division (10U) The minimum is 16 participants, and the maximum is 35 participants.

7.3.2 – Admiral Division (12U) The minimum is 16 participants, and the maximum is 35 participants.

7.3.3 – Coaching Staff - The maximum number of volunteers on each roster is as follows: 1 Head Coach, 7 Assistant Coaches, 1 Team Parent, and 1 Junior Coach.

7.4 – Movement of Rostered Participants

7.4.1 - Once a roster is full, no player may be dropped to make room for another player.

7.4.2 - After a roster has been certified, a player may NOT be allowed to move up or down in any division.

7.4.3 - Two players cannot have the same jersey number under any circumstances.

7.5 – Jersey Number Rules

7.5.1 – Each rostered player on each team must be assigned a number between 0 – 99

7.5.2 – There may be no duplicate numbers on any team

7.5.3 – 0 and 00 are NOT eligible numbers

7.6 – Dual Participation

7.6.1 – Players may not be on the roster of any more than 1 team. That includes both inside and outside of NFYFC. Examples of this are middle school teams and/ or teams participating in other youth leagues.

7.7 – Participant Recruitment – Players may play at any association under the following guidelines.

7.7.1 Players may not play at more than 2 member associations during their playing career unless proof of physical relocation is supplied.

7.7.2 Coaches or any rostered volunteer may move between different member associations. If a coach transfers to another member association, ONLY their immediate family members may transfer to the new association of the coach.

7.7.3 Any player listed on the previous roster of which the coach was listed will be denied participation in that new association until one entire playing season has elapsed.

Section 8 – Football Age Determination Definition & Divisions of Play

8.1 – Age Determination Definition - For determining the Participants Age and/or Protected Age, the term “On or Before” and the term “As Of” is intended to have the same definition (Age Cut Off Date): An age cutoff date of (on or before/as of 7/31) July 31st of the current season is as follows: 8-year-old on July 31st, turns 9 years old on August 1st, the participants registered as an 8-year-old.

8.1.1 – There will be no older-lighter players. The NFYFC is an UNLIMITED WEIGHT conference.

8.1.2 – No player will be allowed to play up a division without approval from the conference.

8.2 – Divisions of Play

8.2.1 - Lieutenant Division (6U) - Players that are 5 or 6 years old, regardless of weight.

8.2.2 - Commander Division (8U) - Players that are 7 or 8 years old, regardless of weight.

8.2.3 - Captain Division (10U) - Players that are 9 or 10 years old, regardless of weight.

8.2.4 - Admiral Division (12U) - Players that are 11 or 12 years old, regardless of weight.

8.3 – Conference/ Division Structure

8.3.1 – Associations will be placed into a primary division

8.3.2 – Associations with more than 1 team per age group will split teams between divisions

8.3.3 – The NFYFC reserves the right to adjustment divisions to ensure a level playing field

Section 9 – Mandatory Play Requirements

9.1 – Lieutenant Division (6U) requires a minimum of 12 plays per player regardless of roster size.

9.2 - All NFYFC participants in the Commander (8U), Captain (10U) and Admiral (12U) Divisions MUST play an active role in a minimum number of plays as follows:

9.1.1 - 26 – 35 Players = 6 Plays

9.1.2 - 21 - 25 Players = 8 Plays

9.1.3 - 14 - 20 Players = 10 Plays

9.3 - All Minimum plays must be “Active” plays. Punt and Punt Return are considered Active plays from the LOS and will count only at the Admiral division. Extra point attempt plays will count as active plays. All plays must be from the line of scrimmage (LOS). Any Penalties resulting in the replay of the down do not count as plays. Plays that result in a quarterback dropping to his knee with the sole purpose of “playing it safe” will not count as “Active” plays.

9.4 - All participants must receive their minimum mandatory number of plays by the end of the 3rd quarter. Any participant that has not received their minimum plays by the end of the 3rd quarter must enter the game and remain in the game until they have received their required number of plays. For the Lieutenant Division, with approximately 10 minutes remaining in the second half, the referee will use an official timeout for an MPR check.

9.5 - No player may be designated as “Injured” as an acceptable means of meeting the Mandatory Play Requirement without the onsite Trainers evaluation and designation.

9.6 - Each team will supply 2 adults, 18 years of age or older, to monitor the Mandatory Play Rule. Failure to supply 2 adults as described will be considered a violation of the Mandatory Play Rule and may result in the forfeiture of the game. Any issue with this provision must be resolved prior to the start of the game.

9.7 - Any person assigned as a Mandatory Play Monitor must be instructed to be respectful while on the opponent’s sideline or working with the opponent’s volunteer. There is to be no excessive cheering, no cell phone use, and no coaching of any kind. Failure to comply will be considered a violation of the Mandatory Play Rule and may result in the forfeiture of the game. Head Coaches may request an Official Time Out to rectify MPR monitor behavioral issues; this time out is to be charged to the team.

9.8 - Associations shall enforce the Mandatory Play Rule. Any team not meeting the Mandatory Play Rule shall forfeit their game. Additional minimum penalties: First offense for the head coach: probation. Second offense for the head coach: suspension for one game and one week of practice. Third offense: suspension for remainder of season. If it is the last game: suspension for the first half of the following season’s games. In the event a suspension should carry over into the next season, the Association that may appoint the offending coach will be obligated to enforce the suspension.

Section 10 – Fall Practice Rules

10.1 - Start Dates - No Association shall commence organized team practice until the NFYFC playing season starts. This year, the season will begin on Monday July 18, 2022. The first week of practice must be dedicated to Ten (10) Hours of conditioning ONLY, before full contact is allowed. No pads may be worn during the initial 10-hour conditioning period; however, helmets may be worn. No teams may participate in any type of scrimmage until after completing 10 hours of conditioning and an additional ten hours of full contact.

10.2 - Practice Length - Pre-season practice can be daily until Labor Day, but must not exceed 10 hours a week, and two (2) hours in duration. A mandatory 10-minute break ("Mandatory Break") after each hour of practice is required. Mandatory Breaks are not counted against the hours per week or the maximum hours per day. After Labor Day, all practices may not exceed a maximum of six (6) hours, per week, with a maximum of two (2) hours duration per day. Mandatory Breaks are still required. All players, regardless of when they join the team, must have at least one week of conditioning before they can have live contact. Even if a player joins the team after the start of the regular season schedule, this requirement must be met. All players must have minimum of 20 hours of practice before game eligibility.

10.3 - Practice Staff Requirements - At least two coaches must be present during every practice. Every coach and every volunteer listed on the team's official roster must have a background check preformed and reviewed/approved by the process established by the Association/Conference. There shall be at least one person holding a Red Cross Card, or of similar equivalency, present at all practices. This can be a coach, or any volunteer approved by the Association. Coaches are required to maintain in their possession at all practices the team's PARTICIPANTREGISTRATION FORMS and PARENT/GUARDIAN CONTRACT, PERMISSION & WAIVER FORMS

10.4 - Practice Restrictions - There shall be no "inter-division" practice or games between divisions i.e., Commander vs Captain, ... this does not prohibit individual fundamental coaching sessions if there is no full contact between players of differing teams/divisions. The following Drills and Warm-up Exercises are hereby banned from all NFYFC activities. Leg Lifts, Neck Bridges, Neck Rolls, Bull in the Ring, Barrel Rolls, and all drills and exercises not generally accepted as safe, and that may not be reflective of actions that would normally occur during a football game.

10.5 - The National Federation (NFHS) and National Collegiate Athletic Association (NCAA) rulebooks contain strong language on Blocking and Tackling. NFYFC coaches are responsible to be fully informed, and abide by, all such rules of their states governing body (NFHS or NCAA). NFYFC coaches are also responsible to review these rules every year. In addition to other specific prohibitions in the NFHS and NCAA rulebooks, butt blocking, chop blocking, face tackling, or spearing techniques are strictly prohibited. If such techniques or any others forbidden by the NFHS or NCAA rulebooks are taught, the coaches responsible shall be subject to disciplinary actions including but not limited to probation upon the first offense and suspension for the remainder of the season upon the second offence. Associations are encouraged to establish their own rules regulations and monitoring of their coaches. Coaches assume all liability for their actions or inactions.

Section 11 – Fall Game Rules

11.1 – Game Clock

11.1.1 - Only 10-minute quarters will be utilized in all Divisions/Class of play within NFYFC except for the Lieutenant division which plays 22-minute running clock halves.

11.1.2 - Maximum half time allowed will be 10 minutes.

11.1.3 - In Lieutenant division, clock stops only for time outs and change of possession. There will be a 35 second play clock enforced once ball is declared ready for play by official. Clock will not stop for extra point attempts in Lieutenant division.

11.1.4 - All other divisions will utilize modified high school regulation clock rules.

11.1.5 - Three (3) timeouts per half in all NFYFC games, Timeouts are not charged against a team for injuries or game officials' timeout. Head Coaches may request an Official Time Out to rectify MPR monitor behavioral issues; this time out is NOT to be charged to the team.

11.1.6 - Lieutenant division is allowed 2-time outs per half.

11.2 – Minimum Number of Players

11.2.1 - The minimum number of players eligible, able to participate and required to start and maintain a regulation game during the regular season will be 14.

11.2.2 - The Lieutenant division will require 10 eligible players.

11.2.3 - A minimum of 14 players eligible and able to participate is required to enter post season play and must be maintained throughout post season.

11.2.4 – Failure to have the minimum number of players for a game will be forfeited.

11.2.5 – During the playoffs, if a game is forfeited, the opposing team will advance.

11.2.6 - Football games are to be scheduled no more than one (1) game per week with a minimum of 48 hours (2 days) between games.

11.2.7 - The NFYFC reserves the right to waive this rule when extenuating circumstances exist or to accommodate a championship tournament.

11.3 – Coaching Communications

11.3.1 - There will be no electronic devices from the press box, coaching box, sidelines, or any other position on the field that may be used to relay messages to the coaches or players at any time.

11.3.2 - Electronic devices include, but are not limited to, the use of a Cell Phone, Blackberry, PDA, Computer, or other messaging device.

11.3.3 - All Bluetooth earpiece devices are not allowed within the field of play.

11.3.4 - A coach using a cell phone for emergency purposes must step outside the coach's box, off the playing field, (with an exception for on field emergency) and if it continues, may be asked to leave the field for the remainder of the game.

11.3.5 - Further disciplinary action may be taken by the Conference.

11.4 – Medical Requirements

11.4.1 - NFYFC requires the home team or hosting organization to provide medical coverage at each game.

11.4.2 - In the absence of a physician and or ambulance on site, the minimum requirement will be the presence of an individual who is EMT qualified or is currently certified in Red Cross Community First Aid and Safety or its equivalent.

11.4.3 - Therefore, no game shall start without this requirement being met.

11.4.4 - Coaches are always required to maintain in their possession the teams PARTICIPANT REGISTRATION FORMS and PARENT/GUARDIAN CONTRACT, PERMISSION & WAIVER FORMS.

11.4.5 - Home team or hosting organization is required to introduce the emergency medical personnel to the visiting team and to review the emergency medical plan with the visiting team.

11.4.6 - The emergency medical plan shall include but not be limited to (1) ambulatory access to the field, (2) directions to the facility, (3) location of the emergency communication device, in the absence of a cell phone, and the emergency medical services numbers as well as the local fire and police numbers when 911 services do not exist.

11.4.7 - Once an injured participant is removed from the game, they may not re-enter the game unless first approved by the emergency medical personnel covering the game. If a participant is transported off the field to a medical facility or for any reason seeks medical attention whether from an injury sustained during a game or practice, they may not resume participation without the written consent from the examining medical personnel.

11.5 – Football Sizes - The following is the recommended size breakdown per team level. The Wilson football is listed here for illustration purposes you may use any brand's size equivalent.

11.5.1 - Lieutenant (6U) - Pee Wee

11.5.2 - Commander (8U) - Pee Wee

11.5.3 - Captain (10U) - Junior

11.5.4 - Admiral (12U) – Junior

11.6 – Scoring

11.6.1 - In all divisions, a touchdown is scored as 6 points.

11.6.2 - All divisions will have option of attempting one point by having ball spotted on 3-yard line and will run either a run or pass play.

11.6.3 - Teams may elect to go for 2 extra points by having the ball placed on the 5 yards with either a run or pass play.

11.6.4 - Home teams must paint marks or have indicators of the 3- and 5-yard lines on the field.

11.7 – Tie Breakers

11.7.1 - “Sudden Death” tiebreakers are prohibited.

11.7.2 - NFYFC games will utilize the ten (10) yard Tie-Breaker System.

11.7.3 - As stated in the National Federation of State High School Association (NFHS) rule book.

11.7.4 - The NFHS Tie-Breaker rules amended to start from the 10-yard line.

11.8 – Lopsided Score Rule

11.8.1 - An intentionally run-up score is when a team continues to use its best players and its currently most successful plays to score as many times as possible even after the game is in their favor and far out of reach for their opponents.

11.8.2 – Any coach that shows disrespect in any way to the losing teams' coaches, players, team parents etc. Should this be the case, the Head Coach of the winning team is subject to disciplinary action including, but not limited to, probation and/ or suspension.

11.8.3 - NFYFC considers this type of coaching contrary to its purposes.

11.8.4 - The NFYFC lopsided score rule is 28 Points or 4 touchdowns, whichever comes first.

11.8.5 - Once the score differential reaches 28 points, or 4 touchdowns, the game clock will become a running clock.

11.8.5.1 – The Head Coaches from both teams will meet the referee for a conference on the field to ensure everyone understands the rules as outlined in this rulebook.

11.8.6 - Once the clock becomes a running clock it can only be stopped for injuries and official or team time outs.

11.8.7 - The winning team is prohibited from running any pass plays, misdirection, counter, reverses or “trick plays” of any kind, or any play that has been consistently run with success during the game.

11.8.8 - Skill position starters must be replaced whenever possible.

11.8.9 - All plays must be in between the offensive tackles.

11.8.10 - There is no blitzing allowed by EITHER team.

11.8.11 - The losing's teams defense may have no more than 4 players on the LOS, Linebackers must be a minimum of 5 yards away from LOS and defensive backs must be 10 yards from the LOS. Mandatory plays must be completed regardless of the score or game clock. Additionally, all receivers must be covered to not allow for too many defensive players in the box.

11.8.12 - If the winning team does not complete their required mandatory plays, the full force of the mandatory play rules will be in effect.

11.8.13 – Any turnovers cannot be returned for a touchdown. The play will be blown dead with the ball being placed where the turnover happened.

11.8.14 - NFYFC will investigate/review all reported losses of more than 35 points or 5 touchdowns.

11.8.15 - Not all lopsided scores are intentional. Great care should be used when investigating these situations, the opponents (head coach) observations should be heavily considered, and no penalty or disciplinary action should be assessed if a team is determined to have shown restraint and respect for its opponent but is simply superior for whatever reason.

11.8.16 – If any review proves that the winning team intentionally continued to run up the score beyond a 35-point differential, they could be penalized 1 point towards their points against tally for every point above 35. This could affect playoff seeding at the end of the year.

11.9 – Scouting

11.9.1 - Scouting a football team is permitted in the form of video tape, film, and written reports.

11.9.2 - Scouting is only permitted during a game situation.

11.9.3 - Scouting any type of practice is strictly prohibited.

11.9.4 - Preseason games/scrimmages with officials and no coaches on the field may be scouted.

11.9.5 - Scrimmages with coaches on the field may not be scouted.

11.9.6 - Drones and unmanned aircraft are prohibited from being used during practices and games.

11.10 – Mandatory Required Player Equipment

11.10.1 - NFYFC follows FHSSA rules for required player equipment with the following exceptions:

11.10.1.1 - Mouthpieces must be tethered to the helmet, and

11.10.1.2 - Mouthpieces may be any color except for clear.

11.11 – Special 4th Down After Scoring Play

11.11.1 - For all divisions except Lieutenant (6U), the trailing team will have the opportunity to run a special 4th and 10 play immediately following any score.

11.11.2 - Each team will only be allowed 1 special 4th and 10 play per game, and the play can only be used in the second half of the game and only if the score differential is 14 points or less.

11.11.3 - If declared, the ball will be spotted on the scoring teams 35-yard line.

11.11.4 - The team will have one down of which to gain 10 or more yards.

11.11.5 - If the team fails to gain the minimum 10 yards, the ball will be turned over at the spot of the play.

11.11.6 - If the team gains the 10 yards or more, they will keep possession and continue their drive.

11.12 –Sanctioned Games/ Scrimmages

11.12.1 – No member association of the NFYFC may schedule, accept invitations, scrimmage, or hold joint practices with any association outside of the NFYFC without formal written approval from the NFYFC Board.

11.12.2 – Assuming there is a formal written approval, the minimum time between events is 3 days.

Section 12 – Specific Age Division Game Rules

12.1 - Lieutenant Division (6U)

12.1.1 - Lieutenant division is played 8 on 8 football on a standard-length high school field, but only 40 yards wide.

12.1.2 - There are no kickoffs. Ball will be placed on the 35-yard line.

12.1.3 - Declared punts will spot the ball on the other team's 35-yard line.

12.1.4 - There is no hurry up offense allowed. Each team must be allowed to set up between plays.

12.1.5 - Offensive Restrictions

12.1.5.1 - Offense must have 5 players on the LOS with a MAX of 1-yard splits –
NEW RULE

12.1.5.2 - A receiver may be placed on the LOS provided they are not farther away than 5 yards from the last player on LOS.

12.1.5.3 - All offensive backfield players must be inside the last player of the LOS on each side.

12.1.5.4 - There will be no more ball off the back. – NEW RULE

12.1.5.5 - QB can run the ball at any time. – NEW RULE

12.1.5.6 - There is no pre snap movement allowed.

12.1.5.7 - No silent snap counts are allowed.

12.1.5.8 - The snap count must be a standard 3 count cadence.

12.1.6 - Defense Restrictions

12.1.6.1 - No player may line up over the center.

12.1.6.2 - All defense players must line up directly over top of the offense line and defensive line must be in a 3- or 4-point stance.

12.1.6.3 - Defensive line must line up 1 yard away from the LOS.

12.1.6.4 - Defensive ends may split the last player on the LOS.

12.1.6.5 - Defensive players must be in a 4:3:1 formation.

12.1.6.6 - There shall be no blitzing allowed, defined as any forward movement once the snap of the ball is imminent.

12.1.6.7 - Defensive secondary must be 3 yards back from the LOS and may be in a 2, 3, or 4-point stance.

12.1.7 - There may be 2 coaches from each team on the field during the game.

12.1.8 - Once the snap is imminent, coaches must be back a minimum of 15 yards from LOS or behind the official and must remain silent.

12.1.9 - The first penalty will be a warning, and subsequent infractions will result in a 15-yard unsportsmanlike penalty.

12.1.10 - If there is a safety, the ball will be placed in same spot as a kickoff.

12.1.11 - There is no extra yardage at Lieutenant.

12.2 – Commander Division (8U)

12.2.1 – Commander division is 11-man football on a standard high school size field

12.2.2 – There are no kickoffs. Ball will be placed on the 35-yard line

12.2.3 – Declared punts will move the ball 20 yards from the LOS

12.2.4 – PAT – Teams may attempt a 1-point play if the ball is spotted on the 3-yard line or a 2-point play if the ball is spotted on the 5-yard line. Regardless of ball placement, teams may either run or pass.

12.2.5 – Offensive restrictions - None

12.2.6 – Defensive restrictions

12.2.6.1 – May not line up directly over the center

12.2.6.2 – Defense is allowed a maximum of 5 down linemen, and they must be in a 3- or 4-point stance

12.2.6.3 – There is no blitzing allowed, defined as forward movement before the ball is snapped

12.2.6.4 – Defensive secondary must be a minimum of 3 yards away from the LOS

12.2.7 – Safety – If there is a safety, the ball will be spotted at the 45-yard line

12.2.8 – There may be 1 coach from each team on the field during the game. Once the snap is imminent, coaches must be back 15 yards from LOS or behind the official and must remain silent. The first penalty will be a warning, and subsequent infractions will result in a 15-yard unsportsmanlike penalty.

12.3 – Captain Division (10U)

12.3.1 – Captain division is 11-man football on a standard high school size field

12.3.2 – There are no kickoffs. Ball will be placed on the 35-yard line

12.3.3 – Declared punts will move the ball 25 yards from the LOS

12.3.4 – PAT – Teams may attempt a 1-point play if the ball is spotted on the 3-yard line or a 2-point play if the ball is spotted on the 5-yard line. Regardless of ball placement, teams may either run or pass.

12.3.5 – Offensive restrictions - None

12.3.6 – Defensive restrictions – None

12.3.7 – Safety – If there is a safety , the ball will be spotted at the 45-yard line

12.3.8 – No coaches are allowed on the field during game play

12.4 – Admiral Division (12U)

12.4.1 – Admiral division is 11-man football on a standard high school size field

12.4.2 – There are no kickoffs. Ball will be placed on the 35-yard line

12.4.3 – Admiral division must punt the ball following the NFHSA rules

12.4.4 – PAT – Teams may attempt a 1-point play if the ball is spotted on the 3-yard line or a 2-point play if the ball is spotted on the 5-yard line. Regardless of ball placement, teams may either run or pass.

12.4.5 – Offensive restrictions - None

12.4.6 – Defensive restrictions – None

12.4.7 – Safety – If there is a safety , the ball will be spotted at the 45-yard line

12.4.8 – No coaches are allowed on the field during game play

Section 13 – Playoff Seeding

13.1 - Teams will be seeded for playoffs utilizing the following format:

13.1.1 – Overall losses

13.1.2 - Head-to-Head

13.1.3 - Points Allowed

13.1.4 – Common Opponents Record

13.1.5 – Points allowed against common component