

**FLORIDA ELITE FOOTBALL  
OFFICIAL RULEBOOK  
2025**



## **Table of Contents**

|                                   |                |
|-----------------------------------|----------------|
| <b>Introduction</b>               | <b>PAGE 3</b>  |
| <b>Mission Statement</b>          | <b>PAGE 3</b>  |
| <b>Vision</b>                     | <b>PAGE 4</b>  |
| <b>Structure</b>                  | <b>PAGE 4</b>  |
| <b>Regulations</b>                | <b>PAGE 5</b>  |
| <b>Certification Process</b>      | <b>PAGE 6</b>  |
| <b>Game Day Operations</b>        | <b>PAGE 7</b>  |
| <b>Safety guidelines</b>          | <b>PAGE 11</b> |
| <b>Code of conduct</b>            | <b>PAGE 12</b> |
| <b>Team/Organization offenses</b> | <b>PAGE 12</b> |
| <b>Adolescent offenses</b>        | <b>PAGE 13</b> |
| <b>Adult offenses</b>             | <b>PAGE 13</b> |
| <b>Social media policy</b>        | <b>PAGE 14</b> |
| <b>Participation requirements</b> | <b>PAGE 16</b> |
| <b>Practice safety</b>            | <b>PAGE 18</b> |
| <b>Player safety</b>              | <b>PAGE 19</b> |
| <b>“Specialty” rules</b>          | <b>PAGE 20</b> |
| <b>Home team responsibilities</b> | <b>PAGE 22</b> |
| <b>Game Details</b>               | <b>PAGE 23</b> |
| <b>Post season format</b>         | <b>PAGE 29</b> |
| <b>Rules by division</b>          | <b>PAGE 29</b> |

## **Introduction**

**Florida Elite Football and Cheerleading, Inc headquarters  
is located in Tampa, FL**

### **Mailing address:**

**19046 Bruce B. Downs Blvd. Suite#220  
Tampa, FL 33647**

### **Official websites:**

[www.floridaelitefootball.com](http://www.floridaelitefootball.com)

[www.floridaelitefootball.org](http://www.floridaelitefootball.org)

Florida Elite Football & Cheerleading, Inc (hereafter referred to as Florida Elite or FE) is committed to ensuring the safety and enjoyment of all children participating in Florida Elite. The rules governing any type of Florida Elite activity, as outlined in this manual, must be adhered to rigorously. Non-compliance may result in legal consequences, termination, and/or loss of membership. Each family and adult volunteer involved in the program is required to have excess medical and liability insurance coverage. Despite the statistical safety of Florida Elite participation, such insurance should include coverage for "participant risk." All programs are mandated to have minimum insurance limits of \$100,000 Medical, \$1,000,000 General Liability, and \$1,000,000 Sexual Abuse/Molestation to qualify for participation. Florida Elite activities are inclusive of both boys and girls, including mixed teams. For the sake of clarity, these rules refer to participants using male pronouns only.

## **Mission Statement**

Our mission is to provide a premier youth football and cheerleading league that develops young athletes into well-rounded, respectful, and socially active members of the community. Our top priority is to ensure a safe environment for participants and spectators, promote community inclusion, and support the academic development of student-athletes across all our programs. Florida Elite encourages all organizations to build a solid foundation for all student-athletes through scholarship, leadership, accountability, integrity, academics, and teamwork. Florida Elite aims to enrich the lives of youth by fostering cultural diversity, character development, dignity, and self-confidence. We strive to be recognized as the home of the student-athlete. Florida Elite embraces inclusion and does not discriminate based on race, color, creed, sex, religion, or nationality.

## **Vision**

Our vision is to be a leader in youth football and cheerleading by developing exemplary student-athletes. Florida Elite is dedicated to upholding the highest standards and consistently setting a benchmark in youth sports. We seek motivated individuals who are committed to fostering an environment that inspires, motivates, and cultivates compassion among young athletes. Our organization is devoted to recognizing the achievements of our student-athletes by implementing innovative strategies to ensure Florida Elite remains at the forefront of youth football and cheerleading.

All games are to be played according to Florida Elite rules. The regulations outlined here must be followed by Florida Elite and organizations. Non-compliance will result in penalties and/or fines as described in this rulebook.

## **Structure**

**League** - The term "league" is formally defined as a legal designation for the conference within this document. Hereafter, the term "league" shall specifically refer to Florida Elite. Throughout this document, the term "league" will replace the term Conference.

**Organizations** - The term "organizations" is formally defined as a legal designation for the associations within this document. Hereafter, the term "organization" shall specifically refer to a particular association that has one or more teams participating within Florida Elite. Throughout this document, the term "organizations" will replace the term associations.

Organizations normally have a name which consists of their geographical location and a mascot of their choosing. These organizations are required to have a minimum of five (5) football teams for a dual age organization and a minimum of eight (8) football teams for a single age organization, to compete within Florida Elite, unless pre-approval by the Florida Elite Executive Board.

**Administrators** - All league and organization administrators MUST be at least 21 years of age.

**Team** - A team is the fundamental unit of an organization, consisting of 16 or more participants led by a coaching staff within each age division.

**Division** – Division refers to one of five age groups: Rookies (5u-6u), Freshmen (7u-8u), Sophomores (9u-10u), Juniors (11u-12u), and Seniors (13u-14u). The age brackets for each division are detailed in this rulebook.

**Level** – Organizations will be assigned a competition level for the season. They will compete with other organizations within their designated level for playoff seeding and a championship. The levels of competition include Singles, Duals, and Next.

**Staffing** – Each organization will be allotted badge for the volunteers within the organization that completed all of the necessary Florida Elite requirements. There is a maximum of seven (7) administration badges for a dual aged program and a maximum of ten (10) administration badges for a single age program. The maximum number of badges for football team is ten (10) adults (coaches, team moms, junior coaches). The maximum number of badges for a cheerleading team is ten (10) adults (coaches, team moms, junior coaches).

**Note: If coaching multiple divisions, he/she must be listed on every roster he/she is coaching on. However, they need to take the certification test for only one division they are coaching on.**

### **Regulations**

Annually, all organizations within Florida Elite are required to submit proof of the following documents: an annual report filed with the Department of State, organizational insurance, Level 2 background results for volunteers (completed by Florida Elite's Compliance Department) and organizational letter of intent.

**Mandatory Level 2 background (with fingerprints)** – Florida Statue 943.0438 contains the below sections regarding the Agency for Health Care Administration (AHCA). On January 1, 2026 (or a later date), the process will change. AHCA will open their clearinghouse to athletic coaches. Unfortunately, this means fingerprints will need to be recaptured as they will be submitted to a different database. Until then, fingerprints will only need to be captured once. FYSA will continue to stay on top this matter and communicate to membership when new information is made available.

(b) 1. Before January 1, 2026, or a later date as determined by the Agency for Health Care Administration for the participation of qualified entities in the Care Provider Background Screening Clearinghouse under s. 435.12, disqualify any person from acting as an athletic coach as provided in s. 435.04. The authority may allow a person disqualified under this subparagraph to act as an athletic coach if it determines that the person meets the requirements for an exemption from disqualification under s. 435.07.

2. On or after January 1, 2026, or a later date as determined by the Agency for Health Care Administration, not allow any person to act as an athletic coach if he or she does not pass the background screening qualifications in s. 435.04. The authority may allow a person

disqualified under this subparagraph to act as an athletic coach if the person has successfully completed the exemption from the disqualification process under s. 435.07.

### **Certification Process**

**For a participant** – This is an in-person process where the participant's documents will be reviewed and examined by a member of the Florida Elite Certification team. The league official will verify the authenticity of the documents. Any questionable information will be brought to the attention of the Certification Team Lead, who will then report all discrepancies to the organizational president.

Documents required for certification are listed below:

**Photo** – The photo must be a recent photo (**within the last 2 years**) of the participant. This photograph should be taken without any items that alter appearance, such as hats, sunglasses, other individuals in the photo, or AI filters.

**Parental consent**- This is an e-sign document for the parent or legal guardian. In the case that this document is not done electronically, Florida Elite requires the Parent consent form to be completed by a parent or legal guardian, affirming that the child has permission to participate in the competition.

**Medical examination** – This is an e-sign document for the parent or legal guardian. In the case that this document is not done electronically, Florida Elite requires a signed and/or stamped physical form from a Licensed State Medical Practitioner (such as a Medical Doctor, Registered Physician Assistant, or Registered Nurse Practitioner) dated on or after January 1st of the current year/season, confirming that the candidate is physically fit and has no observable conditions that would prevent participation in football or cheerleading.

**Note: An individual with a limb loss may participate, provided they have a signed statement of approval from an examining physician. The use of the artificial limb must not pose more danger to other players than a natural limb, nor place opponents at a disadvantage.**

**Proof of age** – The **original birth certificate** with the seal of the issuing office of the state of birth is considered the most reliable form of proof for verifying the date of birth. Passports, military ID cards, and state ID cards are other acceptable forms of identification. Florida Elite retains the authority to request further documentation if inconsistencies are detected in the submitted documents. Florida Elite does not require the retention of original documents once participants have successfully completed the certification process.

**Infectious disease wavier** - This is an e-sign document for the parent or legal guardian. In the case that this document is not done electronically, Florida Elite requires the Infectious disease waiver to be completed by a parent or legal guardian, acknowledging they understand the risk associated with participating.

**All documents must be uploaded into League Magic before the participant can be certified.**

**For a volunteer** – All volunteers are required to complete and submit the following items to be certified and receive their credentials.

Documents required for certification are listed below:

**Photo** – The photo must be a recent image of the participant. This photograph should be taken without any items that alter appearance, such as hats, sunglasses, other individuals in the photo, or AI filters.

**Infectious disease wavier** - All individuals participating in Florida Elite are required to sign a waiver, acknowledging their understanding of the associated risks.

**Online certification** – All volunteers are required to complete the appropriate coursework and watch the videos corresponding to the level they are coaching or affiliated with. The online certification is located at [www.youthsportsknowledge.com](http://www.youthsportsknowledge.com)

**Level 2 background check** – All volunteers are required to complete and pass a Level 2 background check with fingerprints.

**All documents must be uploaded into League Magic before the volunteer is certified.**

### **Game Day Operations**

This section of the Florida Elite Rulebook aims to ensure uniform compliance with rules and regulations regarding Game Day Operations among all organizations. It addresses topics including admission charges, cooler tag protocols, security requirements, inclement weather protocol, referee compensation, participant check-in procedures, and coach check-in procedures.

**Admission Fees:** Admission to regular season games will be charged at \$10 per adult and \$5 per child (ages 5-17). However, these fees will not apply to any active rostered individual participating in the event, including all Florida Elite badge holders and referees, who shall be admitted free of charge with proper credentials.

**\*No organization can charge for parking.**

**\*Please note that play-off prices are subject to change.**

**Cooler Tags:** Each team is permitted to bring two (2) water/beverage coolers and one (1) refreshment cooler, all of which must have the appropriate cooler tags. Each cooler must have its assigned tag attached before entry. **\*All coolers can contain ice.**

The two (2) water/beverage coolers, which are round in shape and intended for sideline use, are designated for athlete hydration during the game. These coolers should contain only water, Gatorade, Powerade, and Pedialyte.

The refreshment cooler is permitted to contain only the following items, these items are to be consumed at halftime by participants:

- Fresh fruit
- Prepared fruit cups
- Individual bottles of water, Gatorade, Powerade, and Pedialyte

Prohibited items in team coolers:

- Chips
- Sandwiches
- Crackers or cookies
- Cakes or cupcakes

**Note: All coolers are subject to be searched by security or organization staff.**

**Security requirements** – All organizations scheduled to host a Florida Elite sanction event are required to hire law enforcement and/or “armed” license security guards. The minimum security requirements are as follows:

- Dual aged organization – Two (2) law enforcement deputies and one (1) armed license security guard.
- Single aged organization – Three (3) law enforcement deputies and one (1) armed license security guard

In the case the off duty detail is not secured by law enforcement additional armed license security guards will need to be secured. See the illustration below, to ensure organization follows the adequate security needed:

- One (1) officer = Two (2) armed license security guards

The Florida Elite Security Information Sheet must be completed at least 48 hours prior to the scheduled event. Failure to comply will result in Florida Elite assuming control of the security



hiring process for any future events, with the association being responsible for covering all costs incurred by Florida Elite. Payment is required within 48 hours after receiving the invoice. Furthermore, a dual-age association will be fined \$1,000, while a single-age association will be fined \$1,500, and placed on probation for the remainder of the season. Any violations during the probationary period will lead to additional penalties, the severity and duration of which will be determined at Florida Elite's discretion.

Once the Florida Elite Security Information Sheet is completed, the organization must submit it to the Director of Compliance.

**Inclement weather protocol** – The following weather protocol system will be used when game days are affected by weather delays:

For **NON-DISTRICT** games, the following protocol shall apply: After two (2) 30-minute weather delays, resulting in a total delay of one hour (60 minutes):

- If the game was stopped in the first half, the game would be deemed no contest. When the weather permits play can resume the next level contest will begin.
- If the game was stopped in the 2nd half of game, the game score will be recorded as final. When the weather permits play can resume the next level contest will begin.

For **DISTRICT** games, the following protocol shall be observed: After a total of two (2) 30-minute weather delays, resulting in an overall delay of one hour (60 minutes):

- If the game was stopped in the first half, when the weather permits play can resume, this game will go to a running clock the remainder of the contest to complete game.
- If the game was stopped in the 2nd half of game, the game score will be recorded as final. When the weather permits play can resume, the next level contest will begin.

Regardless of whether it is a Non-District or District game, after three 30-minute weather delays totaling 90 minutes in a day, the games will be stopped. The day's events will be canceled due to inclement weather, and all games that did not start before this stoppage will be considered no contest (NC).

#### **Compensation for officials**

- \$60 per game, per official.
- Dual aged organizations – Total \$1,200
  - 4 officials \* \$60 per game\*5 games
- Single aged organizations – Total \$1,920
  - 4 officials \* \$60 per game\*8 games

- If 5 u game is played an additional \$105
  - 3 officials\*\$35 per game\*1 game

### **Inclement weather compensation**

In the event of cancellation due to inclement weather conditions, officials will be compensated for the games that have been completed, the game currently being officiated, and only the next scheduled game.

#### **Example 1:**

If the day was concluded during or after the freshman game due to weather delays, the official crew would receive a total of \$720. This breakdown includes \$240 allocated for officiating the rookie game, \$240 for the freshman game, and \$240 for the sophomore game, even if the sophomore game was not played. The rationale behind compensating the officials fully for the subsequent game is that they remained available during the weather delay, which extended into the scheduled start time of the next game.

#### **Example 2:**

In the event that the day is cancelled during or after the junior game due to weather delays, official crew will be compensated with \$1,200. The rationale behind providing full payment for the subsequent game is that officials have already waited through the weather delay, which extends into the scheduled start time of the next game.

**Note: Officials no longer hold the authority to call a game or the entire day. This decision will now be made by the Vice President, Director of Football, and Director of Officials.**

**Participant check-in procedures:** Digital book checks for players, cheerleaders, and authorized sideline personnel will be conducted prior to the commencement of all contests. These checks should take place by the end zone within 5 minutes remaining in the 4<sup>th</sup> quarter of the game prior.

In the event that a player is late for a contest, the player's coach may call a timeout to certify these players, but this is permitted only in the first half. Additionally, such players may also be checked in at halftime. Late check-ins will not be allowed once the second half of the game has begun.

To be eligible for post-season participants, including injured players, must have checked in for a minimum of 7 regular-season games.

**Coach check-in procedures** - Digital book checks for players, cheerleaders, and authorized sideline personnel will be conducted prior to the commencement of all contests. These

checks should take place by the end zone within 5 minutes remaining in the 4th quarter of the game prior.

To be eligible for post-season coaches must have checked in for a minimum of 7 regular-season games.

### **Safety guidelines**

To uphold the objectives of Florida Elite and ensure all participants benefit from a safe and enjoyable learning environment, it is imperative that parents, guardians, and other adults and attendees at Florida Elite events included, but not limited to practices, competitions, and banquets. Individuals are expected to conduct themselves in a respectful, courteous, and sportsmanlike manner at all times. This policy will be enforced by league officials and security personnel present at these events.

Any adult who uses alcohol, tobacco, or non-prescription drugs, appears intoxicated at a Florida Elite event, exhibits flagrant rudeness, attempts intimidation, engages in verbal abuse, heckles, taunts, ridicules, boos, throws objects, or employs vulgarity or profane language/gestures towards an official, coach, volunteer, staff member, participant, or other event attendee will be removed from the Florida Elite event. The organization may issue a written warning to the individual regarding the misconduct, and their children may also be removed from the event. Any adult committing one or more of the aforementioned offenses a second time will be banned from all Florida Elite events for a minimum period of one year from the date of the second offense, and their children may also be removed from the organization for that duration.

Any adult who physically or verbally assaults an official, coach, volunteer, staff member, or participant, or threatens serious bodily harm, may be prohibited from attending any Florida Elite events for a minimum period of one year from the date of the offense. Additionally, their children may also be removed from all Florida Elite programs for the same duration. If, after the expiration of the ban, the individual commits another violation of the adult code of conduct, they will be permanently banned from all Florida Elite programs.

All participants, parents, guardians, other adults, and attendees of Florida Elite events are strictly prohibited from possessing weapons. This ban applies to all league practices, games, competitions, and banquets. Any individual found violating this policy will face a permanent ban from all Florida Elite events, including association practices, games, competitions, and banquets. Violators will be subject to prosecution by law enforcement to the fullest extent permitted by law.

### **Code of conduct**

All Florida Elite volunteers and participants are required to adhere to a Code of Conduct that encompasses the following provisions. Violation of any of these rules may result in penalties, including permanent removal from the program. Members are expected to follow the following:

No smoking and use of smokeless tobacco in the facility.

Participants should not be criticized in front of spectators. Constructive criticism should be given privately or with team members if others might benefit from it.

Respect and accept the decisions made by the game officials on the field.

No verbally or physical criticize participants, coaches, or fans of the opposing team.

Coaches should refrain from excessive sideline coaching and must not enter the playing field to give instructions.

No use of abusive or profane language directed at participants or game officials, this is strictly prohibited at all times.

No intentional acts of unsportsmanlike conduct.

No gambling on the outcome of the game, this is strictly prohibited.

No use of ineligible participants to compete.

Prioritize the safety of participants over the outcome of the game.

Assist in controlling the conduct of your team's spectators. Any spectator who is a nuisance will be asked to leave the premises or will be removed by the authorities.

Avoid any actions, both within and outside Florida Elite, that could negatively impact or cause embarrassment to the Florida Elite.

### **Team/Organization offenses**

Failure to maintain trust with adolescents and parents is defined as any intentional action or neglect by a team or organization that jeopardizes the health, welfare, and safety of adolescents. This includes exploiting or treating adolescents in such a manner that they are used as instruments by the team or organization.

For this charge to be filed, the violation must stem from team or organization policy rather than being an isolated act by one person. This means that the actions are performed under

the directive of, or with the awareness of the team or organization, and no measures were taken to stop them.

**Minimum penalty:** The team or organization shall be placed on probation, with the suspension of its president and all individuals involved in the practice. In the event of a subsequent offense, the organization will be suspended until all officers are removed from their positions.

**Fighting/Rioting/Incitement to Riot:** Team or organization forfeits the season.

### **Adolescent offenses**

Engaging in fighting, intimidation, or showing disrespect for authority will result in ejection from the game. Any participant who is ejected from a game for such reasons will be ineligible to participate in the next scheduled game. A second ejection within the same season will result in the participant's removal from the team for the remainder of that season.

Florida Elite reserves the right to review each case individually and may impose additional penalties if the Florida Elite Executive Board and league officials determine that the severity of the participant's actions warrant such measures.

**Note: Any individuals charged with criminal activity and mandated by law to wear a monitoring device are prohibited from participating in any Florida Elite events. This policy is implemented to ensure the safety of all participants involved in Florida Elite.**

### **Adult offenses**

These offenses are committed by authorized badge members of an organization. Therefore, the organization is responsible for the fines associated with the offenses. Minimum penalties and fines are listed to ensure the guidelines are applied consistently and uniformly. More severe penalties and fines may be imposed in certain circumstances or for repeat offenders. Florida Elite reserves the right to enforce additional penalties and fines based on the severity of the actions.

Adult offenses are listed below:

**Ejection from a game:** Minimum two-week suspension, from practice and games

**Endangerment of adolescents:** Up to a 1-year Suspension and \$1,000 fine

**Teaching prohibited offensive or defensive techniques:** Up to a 1-year suspension and \$1,000 fine

**Fighting:** Up to a 1-year suspension and \$1,000 fine

**Cheating:** Up to a 1-year suspension and \$1,000 fine

**Threats:** Up to a 1-year suspension

**Gambling:** Up to a 1-year suspension and \$1,000 fine

**Lack of cooperation or obstruction:** Suspension until compliance is achieved and \$500 fine

**Note: Potential loss of home games, until compliance is achieved.**

Falsification of official documents: Up to a 1-year suspension and \$1,000 fine

**Note: All individuals that have knowledge or under investigation will be prosecuted.**

**Usage of electronic communication devices (with players):** Forfeit of game, up to 4 game suspension and \$500 fine

**Note: Communicating with a player using devices inside a helmet or earpiece is illegal.**

**Verbal attacks or threats toward officials:** Up to a 1-year suspension and \$1,000 fine

**Physical contact with officials:** Suspension for the remainder of the season, to include playoffs and super bowl.

**Quitting:** Up to a 2 week suspension for the head coach. This suspension is from practice, games and a \$500 fine.

**Note: All fines are due within 72 hours, failure to comply may result in potential loss of home games until organization complies.**

**Organizations are obligated and have the authority to enforce all rules and regulations.**

### **Social media policy**

Florida Elite acknowledges the significant role of the internet in shaping public perception of our league. Additionally, Florida Elite understands the importance of our league in leading and setting the tone for social media interactions that advance our mission and goals. Florida Elite's Social Media Policy encompasses all individuals who choose to participate in our social media platform. This policy applies to all content posted on social media by any member of the organization, regardless of their position within the entity.

The Social Media Policy addresses the posting of inappropriate comments or photos on various online platforms including, but not limited to, Facebook, Twitter, Instagram,

YouTube, online blogs, and forums associated with or referencing Florida Elite Football & Cheer. Members are required to refrain from engaging in any:

- Usage of obsessive profanity
- Personal attacks on individuals, organizations, race, religion, or ethnic heritage
- Unauthorized posting of personal information (names, address, phone number, email, etc. of other users)
- Material that contains vulgar, obscene, bullying, or indecent language or images
- Material which could be considered slander, abusive, or threatening to others
- Statements that are bigoted, hateful, or racially offensive
- Material that advocates illegal activity or discusses illegal activities
- Posting of any of the following items: guns, drugs, or sexual activity

**Note: Florida Elite Football & Cheerleading reserves the right to interpret all postings as decided by the administration.**

### **Violations of the Social Media Policy**

The Florida Elite Executive Board has the authority to oversee and enforce this Social Media Policy. The Florida Elite Executive Board, or an appointee, can remove any inappropriate or offensive comments from social media outlets managed by Florida Elite. Individuals who violate any part of the Social Media Policy may have their rights suspended or revoked from using Florida Elite social media platforms and could face additional penalties, including suspensions from all Florida Elite events. Disciplinary actions are at the discretion of Florida Elite, prioritizing the interests of Florida Elite Football & Cheerleading Brand.

### **Protest & Appeals**

All protest and appeals will be handled by members of Florida Elite Executive Board, Compliance, Appeals committee and the parties involved. All protest must be filed and submitted in writing within 24 hours of the violation or the infraction. A \$250 processing fee is required at the time of the protest/appeal.

Below are the only items that can be appealed to or protested:

- Eligibility of a participant
  - Via suspension or age
- Participant with uniform violation
  - Roman numerals, symbols, emojis or signs

**Note: Official calls are considered final and are not subject to protest or appeal.**

## **Forfeit Rule**

A minimum of 8 players must be dressed and eligible to participate in each game. If a team fails to dress the required number of players, the game will be forfeited. If a team forfeits two consecutive games due to an insufficient number of players, the League will investigate to determine whether the team should forfeit the remainder of the season.

The penalty for a forfeit is a fine of \$500 per team, payable to Florida Elite within 48 hours. Florida Elite will forward the payment to the affected organization. Failure to pay the fine may result in immediate consequences, including impacts on post-season participation or expulsion from the league.

**Note:** A team that forfeits a regular season game because it is considered "meaningless" will not be eligible to participate in the post-season. Florida Elite reserves the right to review all forfeits on a case-by-case basis.

## **Participation requirements**

**Age requirements:** An athlete's playing age is their age as of July 1<sup>st</sup> of the current year.

- **Example 1:** An athlete turns 11 on July 1<sup>st</sup>, the athlete league age is 11. Because on July 1<sup>st</sup> the athlete was in fact 11 years old.
- **Example 2:** An athlete turns 11 on July 2<sup>nd</sup>, the athlete league age is 10. Because on July 1<sup>st</sup> the athlete was in fact 10 years old.

| <b><u>Division</u></b> | <b><u>Eligible ages to participate</u></b> |
|------------------------|--|
| 5u                     | Ages 4 & 5                                 |
| 6u                     | Ages 4, 5 & 6                              |
| 7u                     | Ages 5, 6 & 7                              |
| 8u                     | Ages 5, 6, 7 & 8                           |
| 9u                     | Ages 7, 8 & 9                              |
| 10u                    | Ages 7, 8, 9 & 10                          |
| 11u                    | Ages 9, 10 & 11                            |
| 12u                    | Ages 9, 10, 11 & 12                        |
| 13u                    | Ages 11, 12 & 13                           |
| 14u                    | Ages 11, 12, 13 & 14                       |

Athletes are allowed to play up a division based on the scale above.

Once certified to a division, a participant shall not be permitted to recertify to another division during the current season.



**Roster size:** There is no limit on the number of athletes on a team roster.

- **Minimum roster** – As referenced in the section Structure, subsection Team “A team is the fundamental unit of an organization, consisting of 16 or more participants led by a coaching staff within each age division”.

Florida Elite strongly suggests that teams are constructed and maintain a minimum of 20-25 athletes.

- **Maximum roster** – There is no maximum roster limit, however Florida Elite highly recommends not to exceed 40 players. This would allow opportunities for all athletes to participate in the games.

**Note:** There will be a \$10 charge per athlete for rosters exceeding 40 athletes. This is not a fine, but a surcharge to ensure that championship rings are purchased based on the largest team’s roster. Invoice will be sent when certification is completed, and rosters are closed.

Florida Elite does not have a minimum play rule (also known as MPR). However, organizations can implement this rule to ensure all athletes participate in all games.

**Transfer portal** – Once kick-off classic begins or **date given by the league** (which may be prior to kick-off classic), athletes and coaches cannot change organizations or teams for the balance of the season.

**Dual rosters:** No athlete can be on multiple Florida Elite rosters within the season.

**High school rule:** No athlete can participate in high school football and participate in Florida Elite.

- Individuals enrolled in non-traditional high schools, such as prep schools, academies, or private institutions (typically serving grades K-12 or 6-12), and listed on a freshman, junior varsity, or varsity roster, are not eligible to participate in Florida Elite.
- Individuals listed on a high school freshman, junior varsity, or varsity roster are ineligible to participate in Florida Elite.

Head coaches are required to sign the Head Coaches Agreement, acknowledging their understanding of the terms and the penalties associated with dual rostered athletes. Any head coach or athlete who is found to be in violation of the aforementioned rule will cause the entire team to forfeit its eligibility.

**Exception to the rule:** If an individual attends a traditional middle school (commonly grades 6-8) or junior high school (commonly grades 7-9), they are eligible to participate in both traditional middle school or junior high school football and Florida Elite.

### **Practice safety**

All practices must be attended by an individual who holds a Red Cross Community CPR and First Aid Certificate, has completed the P.R.E.P.A.R.E. Course by the National Center for Sport Safety ([www.sportsafety.org](http://www.sportsafety.org)), or possesses an equivalent qualification. Alternatively, an EMT or a volunteer physician, such as a parent of one of the participants, may fulfill this requirement.

Teams are limited to a maximum of ten (10) hours of practice per week, with no more than 2 ½ hours allowed per practice session. A week is defined as Sunday through Saturday.

Break time does not count toward the ten (10) hours per week or the 2-1/2 hours of allowed practice time. Water breaks should be provided as needed and upon request by participants.

**Precautions for Warm Weather** - Teams must take measures to prevent serious heat-related issues, which have, in extreme cases, led to fatalities in high school and college sports. The training program for any team practicing under high heat and/or humidity conditions must include:

- Limit amount or eliminate laps entirely; never assign laps for disciplinary reasons
- Provide players with access to water whenever they desire. Soft drinks should not be offered as a substitute for water.
- Schedule practices for the early evening, after the sun is lower in the sky.
- Each coach must monitor all players and fellow coaches for any signs of heat exhaustion or fatigue.
- Two mandatory ten-minute breaks must be taken during practice and should not count against practice time.
- Provide water breaks as needed or when requested by participants.

**Contact drills** - Prior to engaging in full contact drills, the coach should demonstrate the correct technique to ensure that athletes perform the drills accurately.

Coaches are required to restrict the duration of contact activities during practice to a maximum of one-third of the total practice time, whether calculated daily or weekly. In this context, "contact activities" refer to any drills or scrimmages where players engage in full-speed contact. This encompasses, but is not limited to, individual blocking drills, individual tackling drills, down linemen versus down linemen exercises, and full-team scrimmages.

Full speed head-on blocking or tackling drills with players lined up more than three yards apart are not allowed. Two linemen may be in stances directly across the line of scrimmage from each other, and full-speed drills where players approach each other at an angle are permitted, but not straight ahead into each other. Intentional head-to-head contact is prohibited.

**Required equipment** – The following items must be worn by athletes during practice sessions.

- Helmet
- Chinstrap
- Face guard
- Mouth piece
- Shoulder Pads
- Protective hip, thigh, butt and knee pads (in girdle or pants)
- Jerseys
- Cleats

### **Player safety**

**Blocking & tackling restrictions** – Blocking below the waist and chop blocking are strictly prohibited, whether on offense or defense, regardless of the location on the field. Furthermore, in addition to other specific prohibitions, butt-blocking, face tackling, and spearing techniques are not permitted in Florida Elite. **NO CHOP BLOCKING!!**

**Injured player** - When a player is removed from a game due to injury, they must sit out for at least one down. If the injury involves the head and shows signs of concussion, the player must be cleared only after completing and passing concussion protocol tests.

**Defensive Line “False” Snap Anticipation-** This occurs when the entire defensive line jumps offside on the first sound made by the quarterback or as the quarterback places his hands under the center, as if they were “anticipating” the snap count. This tactic is employed to intimidate the opposing team. However, it is considered improper and unsafe, leading to an unsportsmanlike conduct penalty and the potential ejection of the head coach.

**Train wreck** – This term refers to a specific type of kicking play that has been prohibited in football. The "train wreck" involves the kicker targeting a single player on the receiving team and directing the kick specifically towards them, while the entire kicking team converges on that player. This practice has been banned to ensure the safety of the players involved.

**Additional Protective Equipment** – Guardian caps have been approved by Florida Elite as a safety equipment item. These caps are designed to reduce impact to the head, thereby decreasing the likelihood of concussions.

**Concussion guidelines (to return to play)** - A participant who is suspected of having sustained a concussion or head injury during practice or a game must be immediately removed from participation. This decision is initially made by the game officials or a member of the coaching staff. If an official licensed athletic trainer or another qualified medical professional is present, they shall conduct the concussion assessment and have the final authority regarding the removal or return to play of the participant. In the absence of such a professional, the responsibility for making this decision falls to the parent or guardian of the injured player. Should neither be present, the highest-ranking individual within the organization who is available, whether it be the league president, association president, or athletic director, shall have the authority to make the final determination.

Florida Elite requires that all decisions prioritize the well-being of participants. In cases where there is uncertainty about a participant's health, it is advised to exercise caution and withhold the player from participation. For detailed information on concussion signs and symptoms, please refer to the Center for Disease Control (CDC) chart available at [www.cdc.gov/concussion](http://www.cdc.gov/concussion).

A Florida Elite participant who has been removed from practice or game due to a head injury or suspected concussion may not return to Florida Elite activities until they have been evaluated by a licensed medical professional trained in the evaluation and management of concussions and have received written clearance to return to play from that practitioner.

### **“Specialty” rules**

**Equipment** - Florida Elite permits players to express their individuality “swag”. Below is a list of approved equipment that expresses players “SWAG”, but not limited to:

- Visors-Tinted, mirror, clear or graphic. All visors must be connected with zip ties to ensure in case of an injury the visor can be easily removed by medical personnel.
- Back flaps or back protection-Must be secure, but can showcase picture, slogan, etc. If the slogan or picture deems to be disrespectful or with distasteful officials can request the player to remove the equipment.
- Gloves
- Towels
- Arm sleeves
- Spat sleeves or spat tape

- Skull caps, head sleeves or bandanas
- Detached mouth guards

**Celebrations** – Florida Elite permits players to celebrate their achievements provided that their actions are not directed at or intended to taunt another player or team. Acceptable methods of celebration include the following:

- Raising his hand as he is running in for a score
- High stepping
- Dancing in the endzone
- Somersaulting into the endzone
- Flipping after scoring
- Spinning or spiking of the ball
- Celebrating with teammates after a touchdown or big play
  - Celebration can be choreographed

**Note: If the celebration is excessively lengthy and causes a delay in the game, a penalty for delay of game may be imposed.**

**Note: Any actions directed at another player will be considered taunting and will result in an unsportsmanlike penalty, either on the extra point or the kickoff.**

**Note: The celebrations are restricted to the players who were on the field during the scoring play. Any player or coach that leaves the sideline to celebrate will receive a unsportsmanlike conduct penalty.**

**Jerseys** - Players must wear numbers between 00 and 99, without using Roman numerals, figures, or symbols. Duplicate numbers are prohibited on the field at the same time, except in unique and unavoidable circumstances, which will be addressed with officials and head coaches before the game.

Florida Elite allows any number between 00 and 99 for any position, not following NFHS rules.

**Note: All jersey numbers MUST be added into League Magic.**

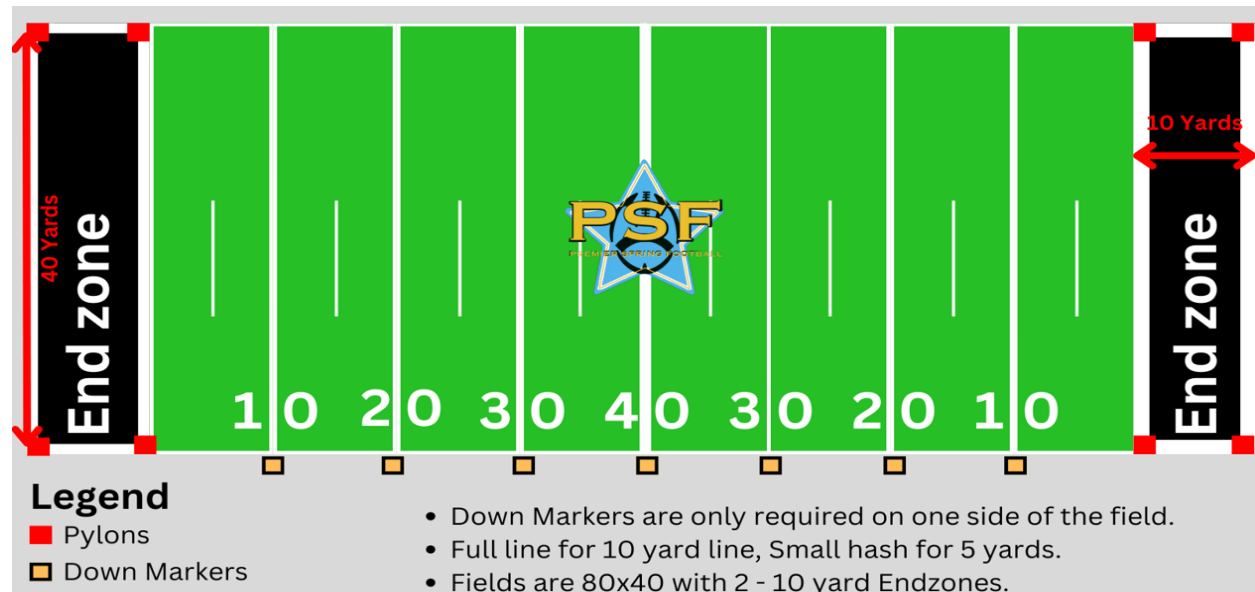
**Coaching devices** - Radios, headsets, and walkie-talkies are permitted for relaying information to the coaching staff on the sidelines from the press box during game situations. However, the use of cell phones is strictly prohibited.

### Home team responsibilities

**Playing field** - The home team is responsible for the preparation of the playing field and all required accessories for a game. All fields will be equipped and marked in accordance with Florida Elite standards. The field shall be rectangular with lines and zones and shall conform to either of the standard designs mentioned below.

- 100-yard field: This field measures one hundred and twenty yards in length, divided into 5 zones of twenty yards each between two end zones of ten yards each. It is 53 1/3 yards wide.
- A down marker will be used to indicate the down.
- A zone marker will be used to indicate the distance to go for a first down.
- Soft pylons will be placed at the four sections of the end zones. Corner flags with flexible staffs and cones may be used if pylons are unavailable.

**Note:** The playing field for 5u is forty (40) yards wide and eighty (80) yards long, with two ten-yard (10) end zones. See the diagram below.



In the absence of a fence or other structure separating the spectators from the playing area (i.e., track), temporary fencing must be placed around the field, 9 yards from the sidelines and back of the end zones.

The bench area is designated for players, coaches, and authorized team personnel only.

The sidelines are reserved for game officials and the chain crew. The remaining areas of the sidelines are to be kept clear, except for medical and law enforcement personnel and authorized members of the press.

The chains must be held on the home.

**Note: The decision regarding the home team side of the field will be made prior to the first game of the day and will remain consistent throughout the entire day. Therefore, the location of the game chains for the rookie game will be determined where they will remain for the rest of the day.**

**Medical** - It is the responsibility of the home team or hosting association to provide medical coverage at each game or competition. If a physician or ambulance is not available on site, the minimum safety requirement is the presence of one individual associated with the home team or host association who is currently EMT qualified or certified in Red Cross Community First Aid and Safety, the P.R.E.P.A.R.E. Course by the National Center for Sport Safety ([www.sportssafety.org](http://www.sportssafety.org)), or an equivalent certification. Collaborate with local EMTs to establish an emergency plan that fits your specific area and needs.

**Emergency action plan** – All organizations are required to have an Emergency action plan. The emergency action plan is submitted to compliance for review.

### **Game Details**

**Check-in procedures** - Digital book checks for players, cheerleaders, and authorized sideline personnel will be conducted prior to the commencement of all contests. These checks should take place by the end zone within 5 minutes before the game begins.

In the event that a player is late for a contest, the player's coach may call a timeout to certify these players, but this is permitted only in the first half. Additionally, such players may also be checked in at halftime. Late check-ins will not be allowed once the second half of the game has begun.

To be eligible for post-season participants, including injured players, must have checked in for a minimum of 7 regular-season games.

**Video Recording** – Recording from the field of play is strictly prohibited. All video recording should be conducted from **outside the coaches' box** on the sidelines to the goal line, behind the end zone, or from the press box. For safety reasons, Florida Elite does not permit recording via drones. Proper credentials are required.

**Scheduling** – All Florida Elite games take precedence over any other scheduled games. It is mandatory for teams to attend all Florida Elite games. If a team chooses to forfeit a game in order to participate in another event, that team will be disqualified from the play-offs.

Florida Elite may schedule a maximum of ten (10) regular season games.

Florida Elite may schedule a maximum of six (6) postseason games.

**Game order** – The standard Florida Elite game order is as follows:

**Dual age organization**

| <b>Game Time</b> | <b>Field 1</b> |
|------------------|----------------|
| 9am              | 6u             |
| 10:30 am         | 8u             |
| 12 pm            | 10u            |
| 2 pm             | 12u            |
| 4 pm             | 13/14u         |

**Single age organization**

| <b>Game Time</b> | <b>Field 1</b> | <b>Field 2</b> |
|------------------|----------------|----------------|
| 9am              | 6u             | 5u             |
| 10:30 am         | 8u             | 7u             |
| 12 pm            | 10u            | 9u             |
| 2 pm             | 12u            | 11u            |
| 4 pm             | 13/14u         |                |

**If there are no 5u, then the below will be the:**

| <b>Game Time</b> | <b>Field 1</b> | <b>Field 2</b> |
|------------------|----------------|----------------|
| 9am              | 6u             | 7u             |
| 10:30 am         | 8u             | 9u             |
| 12 pm            | 10u            | 11u            |
| 2 pm             | 12u            | 13/14u         |

**Note:** Game times are an estimated start time, games will start at the conclusion of the game prior.



**Note: The games' order and field locations can only be changed if both presidents agree before game day. Neither team can dictate the order or location; it must be a mutual agreement. If the presidents can't agree, the Florida Elite game schedule will apply.**

**Game length** – Maximum length of periods by division(s):

| <u>Division</u> | <u>Game duration</u>             |
|-----------------|----------------------------------|
| 5u              | 2-20 minute running clock halves |
| 6u              | 8 minutes (4 quarters)           |
| 7u              | 10 minutes (4 quarters)          |
| 8u              | 10 minutes (4 quarters)          |
| 9u              | 10 minutes (4 quarters)          |
| 10u             | 10 minutes (4 quarters)          |
| 11u             | 10 minutes (4 quarters)          |
| 12u             | 10 minutes (4 quarters)          |
| 13u             | 10 minutes (4 quarters)          |
| 14u             | 10 minutes (4 quarters)          |

**Time clock** - The referee shall determine the placement of the clock if the field lacks a scoreboard timing device. Regardless of the circumstances, the referee retains the ultimate authority to have the clock kept on the field if he deems the home clock operator to be unqualified.

**Running clock** - Anytime a team goes up by 28 points or more, the following will occur:

The official clock will become a running clock that can only be stopped for a player's injury or at the referee's discretion.

**Note: If the point difference becomes within one possession, defined as 8 points or fewer, the clock will then revert to its normal operation.**

**Intermission length** - Halftime will be 10 minutes for Rookie through Senior level.

**Play clock** - A team will have 25/40 seconds to put the ball in play.

25 seconds will be on the play clock and start on the ready for play signal when:

- Prior to a try follow a score
- To start a period or overtime series
- Following any administration time out or clock stoppage, charged time outs, water breaks, official time outs, penalty enforcement, chance of possession.

40 seconds will be on the play clock after a down and starts when the ball is declared dead by a game official:

- In the event of an incomplete pass or any play that takes the ball out of the reach of the game officials the 40 second clock will still start.
- The team with the ball should help expedite getting the ball back into play.
- In the event the officials deem that the ball is out of play and beyond normal reach the 40 second clock will start when the officials get control of the ball.

**Note:** The consistency is maintained by an electronic box that calculates 25/40 seconds and cannot be changed or altered. Game officials will provide a 10-second warning to the team possessing the ball; if this warning is not given, the 25/40 second delay of game penalties will still apply and be enforced. Additionally, game officials will inform both head coaches when the 25/40 second clock starts. If the defense delays by holding the ball or returning slowly, a delay of game penalty will be called against the defense, and then the 25/40 second clock will start on the ready.

**Mandatory water breaks** - The referee must call a one-minute, uncharged timeout at the clock stoppage nearest the half-way point of each quarter. Coaches may meet with their players during this timeout. This rule applies to all Florida Elite games.

**Timeouts** - A team shall be permitted no more than three (3) timeouts in any given half of the competition.

**Scoring values** – Below are the scoring values of each scoring event

| <b>Scoring event</b>                      | <b>Scoring value</b> |
|---|----------------------|
| Touchdown                                 | 6 points             |
| Point after TD by pass (5u-8u only)       | 2 points             |
| Point after TD by run or pass             | 1 point              |
| Point after TD by kick                    | 2 points             |
| Safety                                    | 2 points             |
| Field goal                                | 3 points             |
| Blocked extra point, returned for a score | 2 points             |
| Forfeit (offended team wins by)           | 1-0                  |

**Note:** A shuffle pass is a passing event

**Note:** In the absence of goalposts at a facility, extra points will be allocated as follows: 2 points for a successful pass and 1 point for a successful run.

**Overtime system** - A tie game at the end of regulation play shall use Florida Elite overtime system.

**Regular season:** A coin will be tossed and the team that wins the coin toss will determine whether they want to start on offense or defense. The team that loses the coin toss will select which side of the field to play the overtime period. The ball will be placed at the 25-yard line (1st & 10 rule applies) and each team gets one possession. If defense gets interception or recovers a fumble it results in a turnover of downs.

\*Should the game still be tied, it will be recorded as a tie ball game for non-district games.

\*\*Should the game be a district game, then follow the steps below until a winner is declared.

**Post season** - A coin will be tossed and the team that wins the coin toss will determine whether they want to start on offense or defense. The team that loses the coin toss will select which side of the field to play all overtime periods. If a second overtime is necessary, then the loser of the initial coin toss will determine whether they want to start on offense or defense and if a third overtime is necessary, then the original winner of the coin toss will determine whether they want to start on offense or defense.

### **First overtime period**

The ball will be placed at the 25-yard line (1st & 10 rule applies) and each team gets one possession. If the defense gets an interception or recovers a fumble it results in a turnover of downs.

### **Second overtime period**

On the rookie and freshman levels (5u-8u), both teams MUST attempt to pass or kick the ball on point after attempt.

On the sophomore, junior and senior levels (9u-14u), both teams MUST attempt to kick the ball on point after attempt.

### **Third overtime period**

The ball will be placed on the 15-yard line and each team will have four (4) downs to score. If the team with the ball first scores on any down before the 4th down, then the opposing team must match that. (e.g., If a team scores 2nd down then the opposing team must score on its second down or before).

If neither team scores then the team with the most positive yards after all four downs wins the game. All four downs must be played to determine the winner in this format. The winner is where the ball resides after all four downs are played.

**Short example:** Team A gets the ball to the 2 yard line on 2<sup>nd</sup> down, but on 3<sup>rd</sup> down they lose 2 yards, then on 4<sup>th</sup> down they lose 1 yard. After 4 downs, the final spot of the ball for Team A is 5 yard line.

Team B gains 3 yards on 1<sup>st</sup> down, gains 2 yards on 2<sup>nd</sup> down, gains 5 yards on 3<sup>rd</sup> down and gains 2 yards on 4<sup>th</sup> down. After 4 downs, the final spot of the ball for Team B is 3 yard line.

The winner of the game is Team B.

Despite Team A having the deepest penetration on any one given down, because no one scored. The winner is determined by the final spot of the ball

**Game ball** - The ball shall be of a good grade of leather or composite material with specifications similar to the following (rubber balls are prohibited):

| <b>Division</b> | <b>Game ball size</b>              |
|-----------------|------------------------------------|
| 5u              | K2                                 |
| 6u              | K2                                 |
| 7u              | K2                                 |
| 8u              | K2                                 |
| 9u              | TDJ                                |
| 10u             | TDJ                                |
| 11u             | TDJ                                |
| 12u             | TDJ                                |
| 13u             | TDY, TDS, or Highschool Equivalent |
| 14u             | TDY, TDS, or Highschool Equivalent |

Each team is required to use its own football, considering the grade, level, and size.

**Note:** Teams can choose to use a larger ball.

**Center restrictions** - The ball cannot be turned sideways on any level prior to snapping of ball.

### **Post season format**

**Playoff Seating** – The playoff seating is determined solely by district records. Teams with a better overall record may be ranked lower in the district based on their district performance.

District tiebreaker format

1. Should there be 2 teams with the same district record, the method to determine the higher seed is the Head-to Head match-up
2. Should there be 3 teams with the same district record, the following will be used to determine the seeding, in this order:
  - a. Head-to Head
  - b. Points allowed in the two Head-to Head match-ups
  - c. Overall points allowed in the district games
  - d. Coin toss (3-way coin toss)
    - i. Each team flips a coin. If there are 2 heads and 1 tail, the team with the tails is the highest seed.
    - ii. The remaining two teams will flip, with the second team needing to match the first team's results. If they fail, the first team advances. If the results are matched, the second team advances.

Florida Elite's post season format is as follows:

- District Championship
- Regional Championship
- Conference Championship
- Superbowl Championship

**Note: Final playoff structure will be released after the new organization intake process is complete.**

### **Rules by division**

The Florida Elite modified rules are established to be age appropriate. Any situation not specifically covered in the modified rules below will be governed by NFHS rules (National Federation High School [www.NFHS.org](http://www.NFHS.org)).

#### **Jr. Rookies (5u)**

Normal play requires eight (8) players on the field. A forfeit will occur when a team cannot meet the minimum number of players, which is six (6) players. If the opposing team chooses to play the game instead of winning by forfeit, the game results will be recorded

and considered a regular game. When a team has the minimum number of players, which is six (6), they must line up in legal formations, requiring five (5) players on the line of scrimmage.

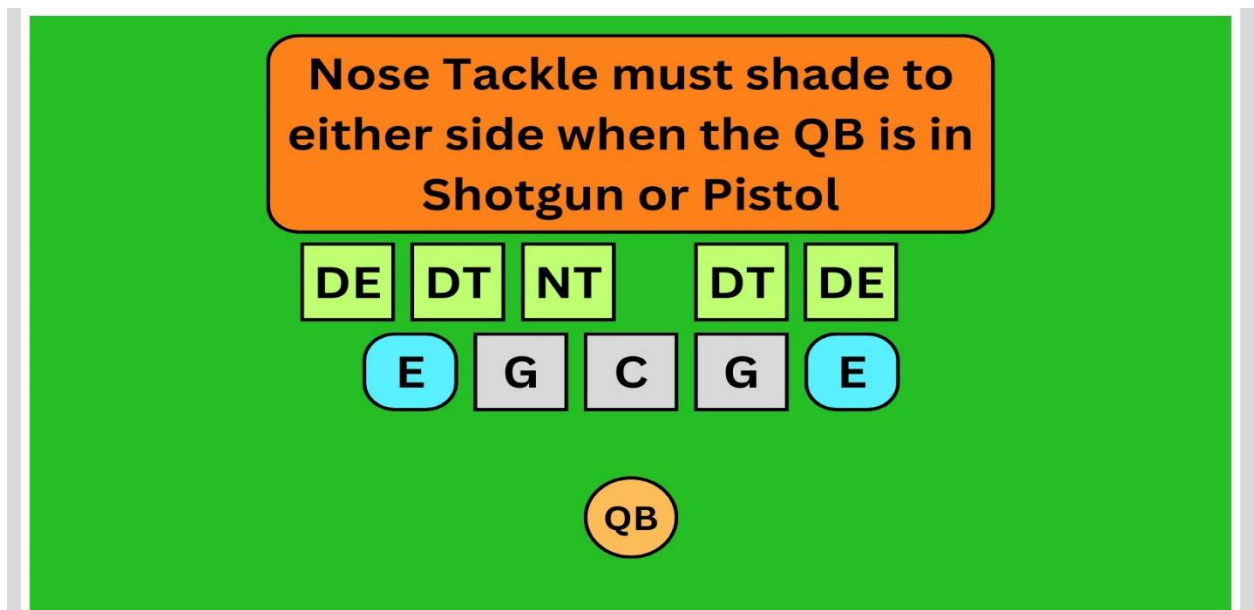
**NOTE: The opposing teams DOES NOT have to reduce to the minimum number of players on the field.**

- This division plays 8v8
- The playing field 5u is forty (40) yards wide and eighty (80) yards long, with two ten-yard (10) end zones. See the diagram below.

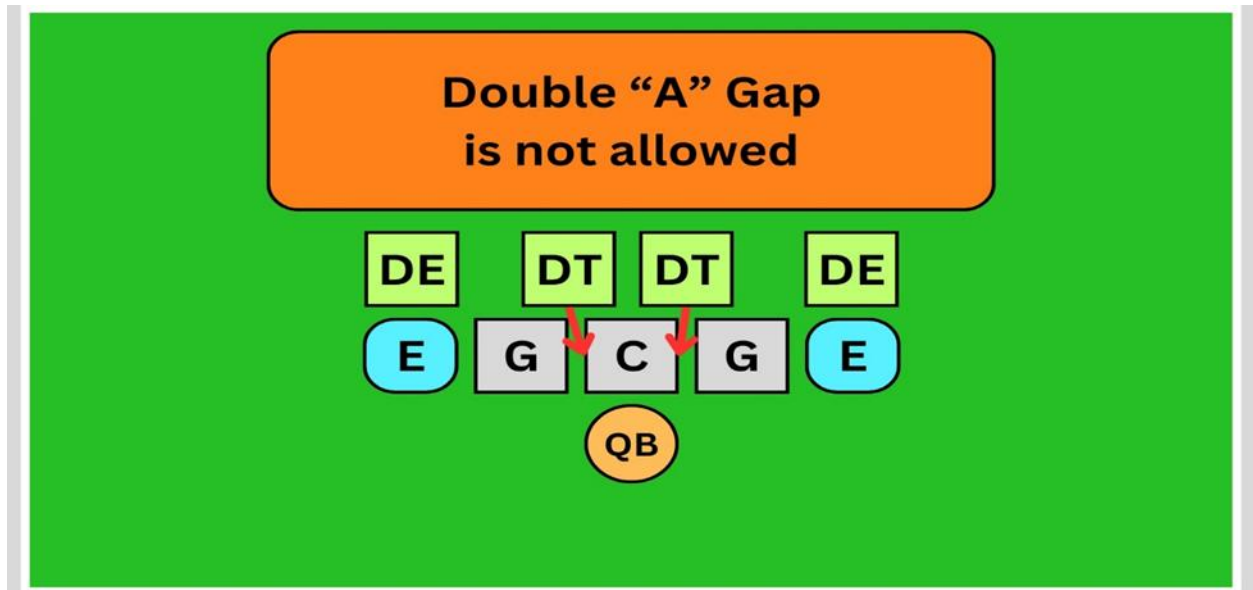


- No special team events such as: kick-offs or punts
  - Play starts from the 30 yard line
  - Punts are 25 yard walk off and a 10 second runoff the game clock
    - No punt shall exceed the twenty (20) yard line of the opposing team
- Each team has two (2) timeouts per half
- Hurry up offense is allowed; however officials will allow the defense “adequate” amount of time to get ready. This is at the official’s “discretion”.
- Only one (1) coach on the field for each team
  - Coaches MUST be ten (10) yards away from closest player
  - Coach must get out the huddle and refrain from any communication with players once officials indicate “coaches out”

- Coaches CAN NOT escort players down the field while the ball is in play.
  - Should a coach break any part of this rule, it will be a live-ball Illegal Participation foul and penalized 15 yards from the previous spot (offensive line-of-scrimmage).
- Coaches who are on the field CAN NOT shout football instructions to the players after the ball is in play.
  - Should a coach break any part of this rule, it will be a live-ball Illegal Participation foul and penalized 15 yards from the previous spot (offensive line-of-scrimmage).
- The linebackers and safeties must be a minimum of two (2) yards off the line of scrimmage until the ball is snapped.
- In the event of a safety, the ball will be placed on the forty (40) yard line for the change of possession.
- ABSOLUTELY NO “CUT BLOCKING” ON THIS LEVEL**
- Once the QB/Center exchange (Exchange classified as QB being DIRECTLY under the Center) is secured, fumbles are allowed on this level. When QB is directly under center and snap is muffed, it will be considered a dead ball.
  - If QB is lined up in Shotgun/Pistol the ball will be considered live from the time the center snaps. Therefore, should the QB muff snap, it will be considered a loose ball and live.
- If the QB is not under center, then the nose guard must shade to either side of the center.

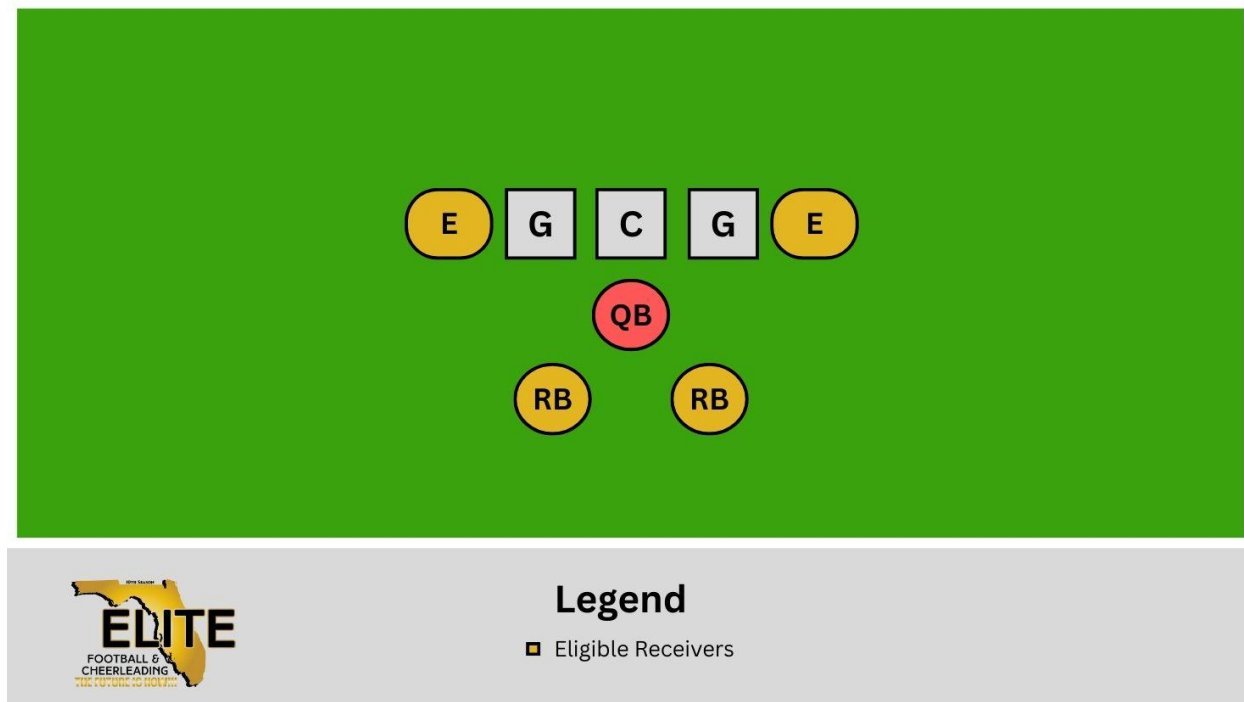


- For protection of the center, double “A” gaps are not allowed.

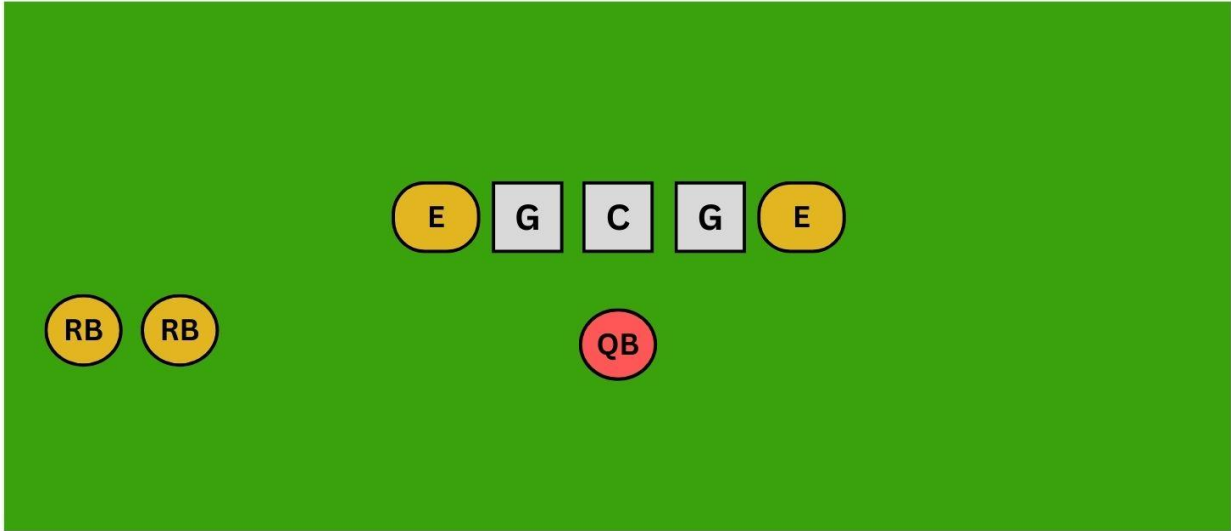


- A legal formation in 8v8 is five (5) players on the line and three (3) in the backfield.

### EXAMPLES OF LEGAL FORMATIONS

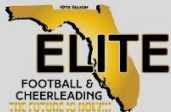
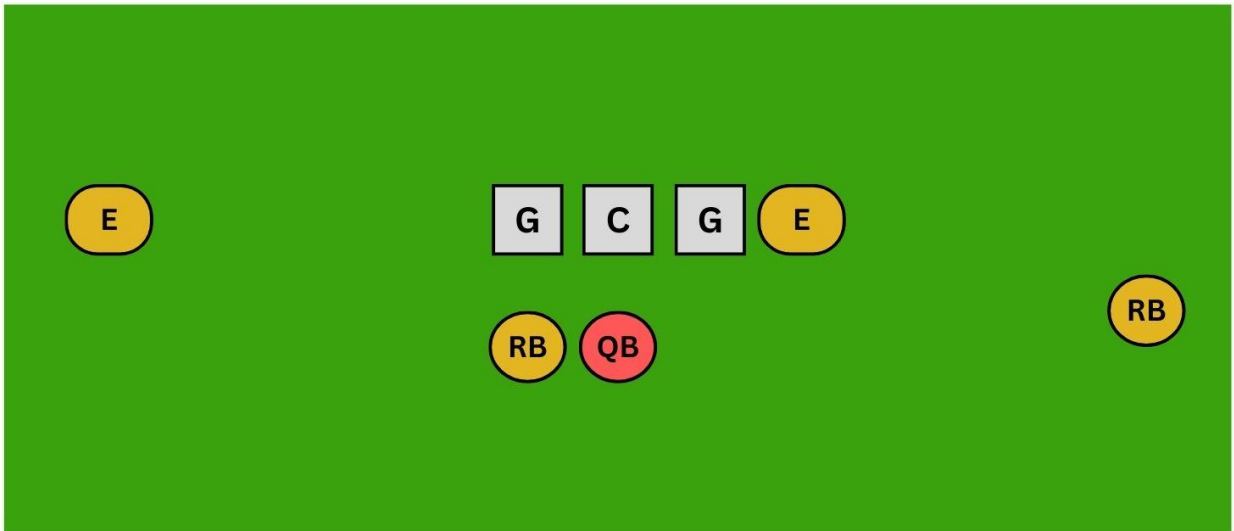






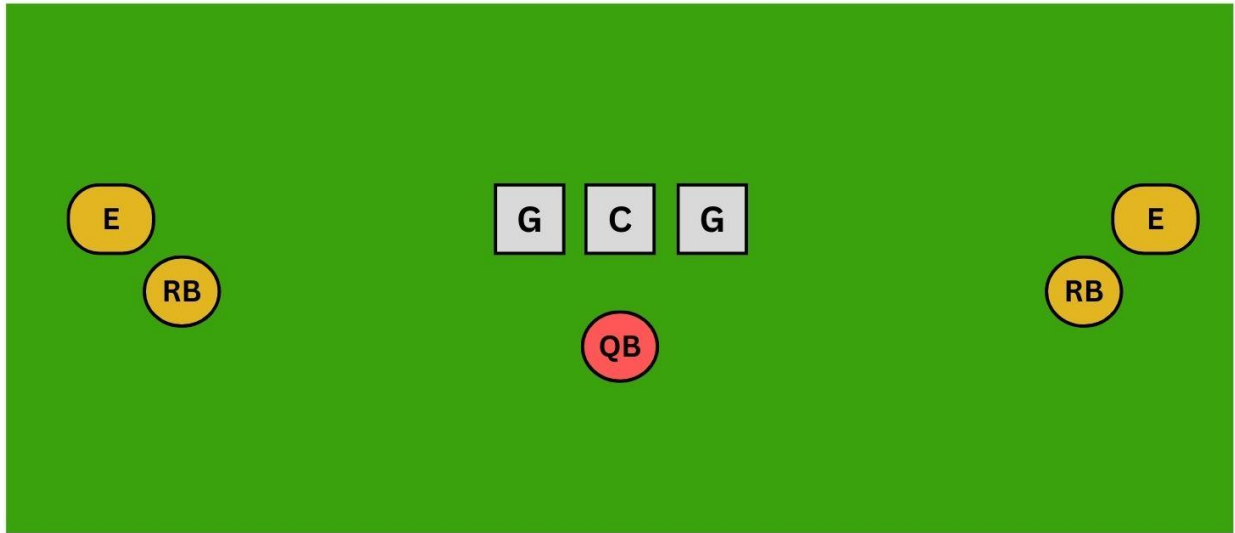
### Legend

■ Eligible Receivers



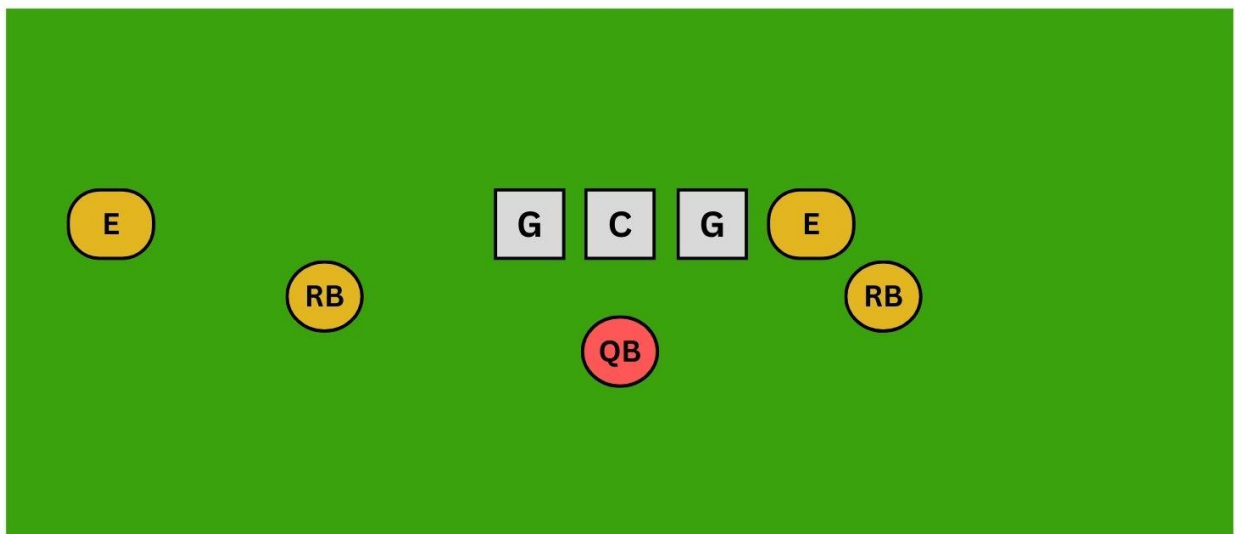
### Legend

■ Eligible Receivers



### Legend

■ Eligible Receivers



### Legend

■ Eligible Receivers

### Rookies (6u)

Standard rules require eleven players on the field to compete. A minimum of eight players is needed to avoid a forfeit. If the opposing team chooses to play instead of accepting a

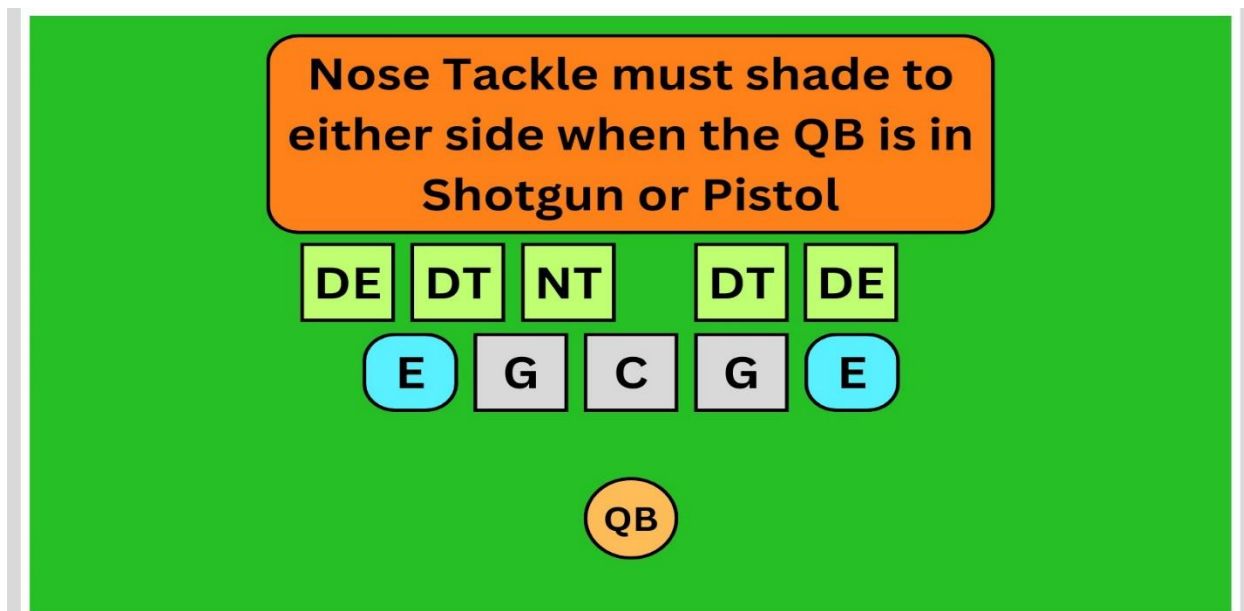
forfeit win, the game's results will be final. With only eight players, teams must use legal formations with five on the line and up to three in the backfield.

For example, if Team A has only eight players at kickoff, they can align with:

- Five on the line and three in the backfield,
- Six on the line and two in the backfield,
- Seven on the line and one in the backfield.

The opposing team is not required to reduce their players and can still play with eleven.

- No special team events such as: kick-offs or punts
  - Play starts from the 30 yard line
  - Punts are 25 yard walk off and a 10 second runoff the game clock
    - No punt shall exceed the twenty (20) yard line of the opposing team
- In the event of a safety, the ball will be placed on the forty-five (45) yard line for the change of possession.
- Hurry up offense is allowed; however, officials will allow the defense “adequate” amount of time to get ready. This is at the official’s “discretion”.
- Only one (1) coach on the field for each team
  - Coaches MUST be ten (10) yards away from closest player
  - Coach must get out the huddle and refrain from any communication with players once officials indicate “coaches out”
- If the QB is not under center, then the nose guard must shade to either side of the center.



- For protection of the center, double “A” gaps are not allowed.
- Coaches CAN NOT escort players down the field while the ball is in play.
  - Should a coach break any part of this rule, it will be a live-ball Illegal Participation foul and penalized 15 yards from the previous spot (offensive line-of-scrimmage).
- Coaches who are on the field CAN NOT shout football instructions to the players after the ball is in play.
  - Should a coach break any part of this rule, it will be a live-ball Illegal Participation foul and penalized 15 yards from the previous spot (offensive line-of-scrimmage).
- The opposing team shall not be permitted to rush during punts, field goal attempts, or point after touchdown attempts in this division. Defensive players may stand, jump, and wave their hands or arms to attempt to distract the kicking team.

### **Freshman (7u & 8u)**

Standard rules require eleven players on the field to compete. A minimum of eight players is needed to avoid a forfeit. If the opposing team chooses to play instead of accepting a forfeit win, the game's results will be final. With only eight players, teams must use legal formations with five on the line and up to three in the backfield.

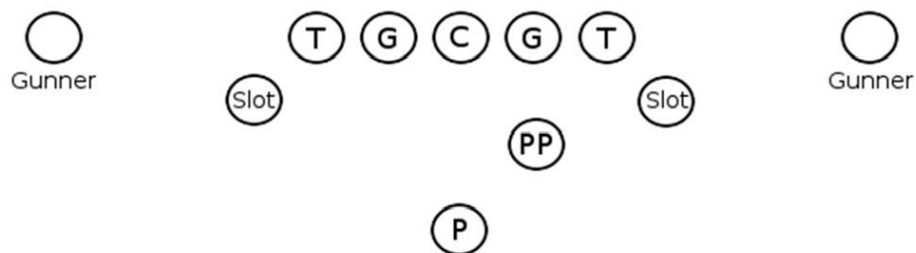
For example, if Team A has only eight players at kickoff, they can align with:

- Five on the line and three in the backfield,

- Six on the line and two in the backfield,
- Seven on the line and one in the backfield.

The opposing team is not required to reduce their players and can still play with eleven.

- The opposing team shall not be permitted to rush during punts, field goal attempts, or point after touchdown attempts in this division. Defensive players may stand, jump, and wave their hands or arms to attempt to distract the kicking team.
- No fake punts
- Freshmen should use this formation when electing to punt the ball. As shown in the picture below, the formation consists of 7 players on the line of scrimmage and 4 players in the backfield.



- If the punt does not advance beyond the original line of scrimmage, the ball will be placed at the original line of scrimmage, resulting in a change of possession.

**Note: Punter must punt from inside the tackle box. No walking outside of the tackle box to punt.**

**Note: Any deviation of this formation will be deemed illegal formation and penalized as such until the punting team lines up in correct formation**

**Note: To help develop kids in proper technique on punts and field goal attempts, the ball must be long snapped to punter on punts and the holder on field goals or extra point attempts. There are no fumbles from the snap of the ball.**

**Sophomores (9u & 10u)**

**Juniors (11u & 12u)**

## **Seniors (13u & 14u)**

Standard rules require eleven players on the field to compete. A minimum of eight players is needed to avoid a forfeit. If the opposing team chooses to play instead of accepting a forfeit win, the game's results will be final. With only eight players, teams must use legal formations with five on the line and up to three in the backfield.

For example, if Team A has only eight players at kickoff, they can align with:

- Five on the line and three in the backfield,
- Six on the line and two in the backfield,
- Seven on the line and one in the backfield.

The opposing team is not required to reduce their players and can still play with eleven.

The playing rules for Sophomores, Juniors and Seniors are all the same and in the absence of a Florida Elite modified rule, NFHS (National Federation High School NFHS.org) will apply.

## **Kicking modifications**

### **Extra Point attempt**

- On an EXTRA POINT attempt, if the kick is blocked and recovered by the defense behind the line of scrimmage, the defense can return the ball for 2 points.
- On an EXTRA POINT attempt, if the kick is blocked and goes beyond the line of scrimmage and touches the ground, once touched by either team the ball is dead.
- On an EXTRA POINT attempt, if the kick is blocked and goes beyond the line of scrimmage and the defense gains possession PRIOR to the ball touching the ground, the defense can return the ball for 2 points.
- On an EXTRA POINT attempt, if the kick is blocked, once the offense touches the ball the ball is dead.

**Note: The offense CAN NOT advance a blocked extra point or recover the blocked extra point in the endzone and receive points. Once the offense touches the ball the play is dead.**

### **Field Goal modifications**

- On a field goal attempt, if the kick goes beyond the line of scrimmage and the defense gains possession PRIOR to the ball touching the ground, the defense can return the ball for a touchdown.

- On a field goal attempt, if the kick is blocked and goes beyond the line of scrimmage and touches the ground, once touched by either team the ball is dead.

