



est. 2009

2019 Rules & Regulations





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Florida Youth Football & Cheer League (FYFCL) Football games are to be played under 2016 National Federation of State High School (NFHS) association’s football rules with the exception of the following FYFCL addendums. Each Club/League should have their own copy of the NFHS Florida High School rules as well as these FYFCL Addendums on hand at all games and practices. For a copy of the NFHS rules, Write to the National Federation at PO Box 690, Indianapolis, IN, 46206, web address: www.nfhs.org or to the NCAA at PO Box 6222, Indianapolis, IN, 46206-6222, web address: www.ncaa.org

I. AGE DIVISIONS

6U	4-6	No weight restrictions
8U	7-8	No weight restrictions
10U	9-10	No weight restrictions
12U	11-12	No weight restrictions
14U	13-14	No weight restrictions

A player may play in a division one level above his/her age but may NOT play in a lower division. This will be at the discretion of the Club. Once a player moves to a higher division they may NOT return to the league age division he/she transferred out of.

II. August 1st Cut Off-League Age

The player’s age on August 1st, 2018 shall be the player’s League age for the coming season.

III. 6U Rules

Coaches may remain on the field, at the option of the League. A maximum of two (2) coach per team is permitted on the field. The coach must be 5 yds back from the closest player. Verbally talking/coaching a player is permitted.

- 50-yard field **from the 25 yd line to 25 yd line**
- 10-yard End Zone
- The first offensive series will start at the 35-yard Line
- 2-16 Minute running clock halves. (Clock only stops for injury and timeouts)
- Last 2 minutes of halves will be standard clock
- 9 players per side on the field
- **Mandatory minimum of 5 Offensive and 3 Defensive players** on the line of scrimmage when the ball is hiked
- **Teams can score one offensive score via a direct snap; all other scores must derive via a hand off for an Offensive touchdown or extra point.**





- Penalty for QB scoring a second TD, Loss of down and 10 yards from the original spot. Defensive touchdowns do not count towards this rule.
 - Two coaches allowed on the field for each side. All coaches can verbally command their players until the cadence is started. **PENALTY: Dead ball foul and 5yd. 2nd PENALTY: Unsportsmanlike Conduct and 15 yds. 3rd PENALTY: Ejection.**
 - Fumbles are dead ball at the spot of the fumble.
 - Punts. 25 yards will be stepped off for a punt. A Punt will not exceed the 35-yard line of the opposing team.
 - Blocking is allowed (Hands must be close to body and inside elbows)
 - No stiff arming, flag guarding, jumping, hurdling or spinning to avoid having a flag pulled. (5-yard penalty, spot foul)
 - The offensive ball carrier has the right of way. It is the defensive player's job to avoid contact. No tackling, tripping, or stripping the ball by the defensive player.
 - FLAG-A-TAG flags will not be cut or tampered with. 2 flags per belt per player and must be league approved. When pulled the flag must fall completely off. Shirts must be tucked in.
 - The flags must be a contrasting color to the team shorts. No shorts with pockets
 - Suction cup style. **Flags must be on the sides; suction cups must stay down. (not inward or inverted)**
 - In the event a flag falls off the ball carrier, the play is dead at that point.
 - 6 feet (2 Yard) neutral zone between Offensive and Defensive line.
 - Two timeouts per half
 - No Kickoffs – Play will begin on the 35-yard line
- OT procedures are the same as all other divisions. Maximum of 3 OT periods.**

IV. 8U Rules

- 8-minute quarters
- 1 coach allowed on the field. The coach must conduct actions as if coaching from the sideline. The on-field coach may **NOT physically** touch or move players after the offensive huddle is broken and must remain at a distance to not interfere with the play or the officials. **PENALTY: Dead ball foul and 5yd. 2nd PENALTY: Unsportsmanlike Conduct and 15 yds. 3rd PENALTY: Ejection.**
- No lining up directly over the Center. Face mask must be in the "A" Gap.
- 6 Defensive players are permitted on the line of scrimmage and must be in either a 3 point or 4-point stance if inside a 7 technique. Any player in a 2-point stance must be 6 feet (2 yards) off the line of scrimmage or outside the C" Gap.





- NO Kickoffs. The ball will be spotted at the offense’s 35-yard line.
- Declaration of a Punt. The offense and defense will leave the playing field. One player shall remain on the field for punting and receiving the ball. The player punting the ball will line up 5 yards behind the spot of the ball. Upon lining up the player will be given the ball by the head referee and shall have no more than 5 seconds to punt the ball. The ball will be considered down where it caught, downed or stops at the point in which it rolls out of bounds. **(muff is not considered possession)**
- All kicked extra points are dead ball **No rushing.**
- A PAT is 2pts if kicked or a forward pass; 1 point for run.

V. 10 U Rules

- 10-minute quarters
- No lining up directly over the Center. Face mask must be in the “A” Gap.
- No rushing of Punts or Extra Points
- A PAT is worth 2 points if kicked and 1 point if run or passed.
- 6 Defensive players are permitted on the line of scrimmage and must be in either a 3 point or 4-point stance if inside a 7 technique. Any player in a 2-point stance must be 6 feet (2 yards) off the line of scrimmage or outside the C” Gap.

VI. 12 U Rules

- 10-minute quarters
- No Lining up directly over the Center. Face mask must be in the “A” Gap.
- A PAT is worth 2 points if kicked and 1 point if run or passed.
- Punts and extra points are live.
- 6 Defensive players are permitted on the line of scrimmage and must be in either a 3 point or 4-point stance if inside a 7 technique. Any player in a 2-point stance must be 6 feet (2 yards) off the line of scrimmage or outside the C” Gap.

VII. 14 U Rules

- 10-minute quarters
- A PAT is worth 2 points if kicked and 1 point if run or passed.
- Punts and extra points are live

VIII. Playoff Format

Top 6 teams per Age division qualifies for playoffs (1 thru 6)

Top 2 seeds automatic bye to next round; **automatic national playoffs qualifier**





1st Round 3 vs. 6 and 4 vs. 5; **winner national playoff qualifier**

Reseed for next round 1 vs. lowest seed, 2 vs. highest seed

Seeding Format Tie Breaker

- Head to Head
- Points Against vs. teams involved
- Win/loss against common opponents' minimum of 3
- Winning percentage
- Coin flip

IX. Coach/Player Check/Sideline Personnel In

Teams will conduct a check in before each game. A board member of the opposing organization will check in each coach and player during the half time of the preceding game.

Coaches: The team book will contain a photo of each coach, copy of current up to date AAU membership card, certificate of USA Football online course, certificate of attendance at FYFCL Coaches Clinic (or certificates from online courses taken if the Coaches Clinic was missed). Coaches ID is not required during the regular season as the picture in the book will suffice. **Coaches and Sideline Personnel - Hard Card will be checked each week**

Players: The team book contains a photo of the player and certified hard card of the player information. The board member must ensure the hard card is certified, and the photo on the certified hard card is the player being checked in. Players may be checked in up to the beginning of their respective game time. After the players respective game has begun, the player will NOT be checked in, and is considered an Ineligible Player for that game. (See XX. Ineligible Players)

X. Certifying Players

A player shall qualify under the following:

- A player shall meet the age requirements as specified on the applicable age schematic.
- A player shall meet the academic requirements set forth by the FYFCL. (2.0 GPA)
- Players without a 2.0 GPA will be placed on academic probation, they will be eligible for regular season play only. All players on academic probation must turn in a report card after 1st grading period or progress report for the same if a report card has not been issued at time of 1st round of playoffs (all teams entered into playoffs).

XI. Maximum Roster Size

We recommend that not more than 35 players shall be certified onto a team roster.





XII. Minimum Roster Size

A minimum roster of **16** players will be on a team roster (**12 for 6U teams**). The team roster will be frozen after the third game. After the Jamboree, any players added to the roster within the week **WILL NOT** be eligible to play until week two (2). There is a minimum of 10 hours of conditioning required before an athlete can participate in full contact.

Any club with a team with less than 16 players on their roster will meet with the Executive Board for review and possible sanctions to include forfeits, suspensions, and fines. These decisions will be made on a Case by Case basis.

A team with less than 11 certifiable players will not be permitted to form and play. ***Exceptions to this rule will be made in a case by case manner with approval from the respective league's governing board.***

XIII. Mandatory Play

There is no mandatory minimum play requirement however FYFCL/AAU recommends that all players get 4 plays in every game.

XIV. Game Balls

6U – Pee Wee ball

8U – Pee Wee ball

10U – Pee Wee ball

12U – Junior TDJ

14U – Youth TDY or Official High School Football

XV. Uniforms & Equipment

Each player shall wear a number between 1 and 99 inclusive. Numbers "0" and "00" are illegal and shall not be worn. No duplicate numbers shall be permitted. The following items shall be worn by players in all divisions beginning with physical contact in practice sessions and during games.

- A. Helmet: Only helmets bearing the NOCSAE Seal of Certification may be worn. Helmets must be recertified per the equipment manufacturer's recommendations.
- B. Shoulder Pads
- C. Pants: one piece or shell
- D. Hip Pads
- E. Tail Bone Pads
- F. Thigh Guards
- G. Knee Pads (Must cover the knee completely)
 - D. Thru G. Must be properly sized and un-altered from the manufacturers design**
- H. Jerseys (Must be tucked in and have clear and visible numbers on front and back, unaltered from the manufacturers original design.)
- I. Mouth Guard: must have a strap/lanyard that attaches it to the facemask. (Cannot be clear or white)





- J. Shoes: molded rubber cleats (soccer or football style) no metal cleats
- K. Non-Metallic frame sport goggles with safety lens are the only permitted glasses. Eye Shields must be clear without any tint. Eye Shields must be attached properly with manufacturer's fasteners.
- L. Additional protective equipment is at the discretion of each league, and game officials.
- M. No Jewelry. (Medical alert bracelets or medallions are permitted if taped securely and inspected by game official.

Failure to have any of the above required equipment during a game, shall subject the participant to be removed until the required equipment has been repaired, replaced or added. The use of any altered equipment shall result in an unsportsmanlike penalty assessed to the head coach if in a game.

XVI. Blocking and Tackling

Standard FHSA rules apply. It is the responsibility of every League coach to be fully informed of, and abide by, all such FHSA High rules, **as well as the USA Football Heads Up tackling program.**

No butt blocking, chop blocking, face tackling or spearing techniques shall be permitted. If such techniques or any other illegal techniques are taught by League coaches, said coaches shall be dismissed from the program, upon being found guilty following a hearing.

XVII. Length of Periods

6U – Qty. 2 - 16-minute halves with running clock with a standard clock last 2 minutes of each half

8U – 8-minute standard clock

10U – 10-minute standard clock

12U – 10-minute standard clock

14U – 10-minute standard clock

Half time for each game will be the same time as one full quarter, unless changed by the head referee. 8 minutes for flag and MM.

Time Clock

The referee shall decide where the clock will be kept if the field is not equipped with a scoreboard timing device. In any event, the referee has final authority to have the clock kept on the field if, in his judgment, the home management's clock operator is not qualified. Play clock will be 35 seconds.

XVIII. Time Outs

Flag shall be permitted two (2) time-outs per half

All others shall be permitted three (3) time-outs per half.





XIX. Player / Coach Ejections

While each club may elect to enforce their own disciplinary policy on ejected players, the ejected player is still subject to FYFCL rules. Any player ejected from a game is suspended for the next subsequent game. If a player is ejected a second time within the same season, the player’s actions will be reviewed by a grievance board for possible further sanctions or suspension for the remainder of the season.

Any Coach ejected from a game shall immediately leave the premises. The Coach is automatically suspended for the next subsequent game. All coach ejections will be heard by a Grievance Board to determine if further action should be taken.

XX. Ineligible Players

Forfeiture of all games in which the ineligible player was a member of the team shall be the penalty applied to the team involved. There shall be no exceptions.

There are seven (7) unequivocal definitions of an ineligible player, from which there are no appeals:

- Overage or underage
- Falsification of data concerning any of the above.
- Participation in any other tackle football league, school league separate sanctioning group in the same season. A participant may practice with a school team up until the first game, but not participate and/or be registered with that school team once the first regular season game begins. Participants can only practice with a school team or alternate sanctioned league, but not both simultaneously. If they are trying out for their school team they may not practice with the FYFCL team until they are removed from the school team and show proof of removal.
- Failure to prove Academic eligibility. 2.0 GPA
Participation in Regional/National bowl games may also be prohibited upon recommendation of the league and approval of FYFCL Director.
- No player may participate in more than one game per day.
- To be eligible to play in post season play (to include our playoffs) a player must have played in 60% of the seasons games. Teams can
- Player not Checked-In before the start of their respective game. **See IX.**

XXI. Scoring

- Touchdown - 6 points
- Point after TD by run or pass - 1 point
- Point after TD by Kick - 2 points
- Safety (awarded to opponent) - 2 points
- Field goal - 3 points





6U & 8U – During a point after attempt, the team attempting the point after must declare their intentions. If they declare to go for 2 points, the ball will be placed on the 5-yard line for forward pass. Kicks will be Attempted from extra point line; all runs will count as 1 point.

XXII. Tie Ball Games

NFHS rules shall apply except for the initial spot of the ball. The ball will be spotted on the 10-yard line with no possibility of a first down. If after the first attempts the score is still tied, then any additional attempts that result in a touchdown must be followed by that team attempting the two-point conversion.

XXIII. Mercy Rules

Any time a team goes up by **35 points or more (12U/14U) 25 points or more (8U/10U)**, the following will occur:

- The official clock will become a running clock and once started can only be stopped for injury of a player, timeouts, or at the discretion of a referee. It cannot revert to a standard game clock for the remainder of the game.
- There will be no blitzing by either team once the clock becomes a running clock and the Mercy rule is in effect.
- The team behind will take the ball on the opponents 40-yard line in lieu of Kickoff. If the deficit falls under 35 points, Kickoffs will resume.
- The team leading shall make every effort to replace starting players with reserves. Failure to do so will call for an immediate investigation and possible one game suspension of the coach if found guilty.
- Any game that ends with a score differential of 40 points or more, the winning head coach is required to submit a letter, (E-mail) by the following Monday

evening explaining the point differential and the actions once the 40-point spread was achieved for review by the FYFCL Football director and/or Executive Board for compliance to the leagues intent for lopsided scores.

XXIV. Sideline Personnel

The sideline staff may consist of 8 adults and 2 junior coaches. Junior coaches should be of high school age, hold a current AAU Athlete membership, and be in proper coaching attire. The 8 members of the sideline staff shall hold a current AAU Non-Athlete Membership and have proper credentials for the sideline. A badge should be in a lanyard around their neck and should include a copy of their AAU card and Photo or driver's license. This staff may include any combination of coaches, trainers, team mom, etc... All must be in proper coaching attire and match the team colors.

XXV. No Radios and Communication Devices

The use of sideline film is not allowed





XXVI. Scouting

Scouting football teams is permitted in the form of video tape, film and written reports. Scouting is only permitted during a game situation. Scouting any type of practice is strictly prohibited.

XXVII. Pre-Season

For all Clubs, the first week of practice (10 hours) shall be devoted entirely and exclusively to conditioning, no contact drills, shorts and t-shirts only, however, helmets shall be permitted. Clubs may add more time beyond this required first week for the conditioning period. Practice for the first two weeks is limited to (5) five, (2) two-hour practices. After the first two weeks, practices can be **no more** than (4) four days a week, (2) two hours per practice.

XXVIII. Warm Weather Precautions

Teams must guard against serious heat problems, which in extreme high school and college cases have occasionally resulted in death. The training regimen of any team practicing under **high heat** and/or humidity conditions must take the following precautions:

- Limit Laps. Do not assign laps for disciplinary reasons
- Schedule practices for early evening, after sun is low in sky.
- Give players all the water they want to drink, when they want it. Do not substitute soft drinks for water.
- Each coach must keep an eye on all players and his fellow coaches for the slightest sign of heat exhaustion or fatigue
- A fifteen-minute break is mandatory in the middle of each practice, not to be counted against practice time.

Mandatory Breaks

A mandatory 10-minute break after each hour of practice shall be required as a minimum. Break time is not counted against the hours per week or per day allowed practice time.

XXIX. Controlled Inter-Squad Scrimmage

After the first week of practice in pads (contact) has occurred (which cannot be any earlier than the second full week of practice-the first week being conditioning), teams are permitted to engage in joint practice sessions with other teams in what are called controlled inter-squad scrimmages.

In a controlled inter-squad scrimmage, there is prior agreement between coaching staffs that:

- Coaches will be permitted on the field





- Long time-outs are taken between plays so that coaching staffs can instruct and critique their players.
- Coaching staffs may inform each other of the plays they are going to run so one team can concentrate on its offensive sets while the other improves its defense and vice-versa.
- Officials can be present during scrimmages.
- Game score is not kept; scoring is not the primary goal.
- No official time is kept other than to assure the practice maximum is not violated. A mandatory ten-minute break is taken at the end of one hour, said break not to be counted against the allowed practice time.
- No player or team is permitted at any time to engage in a controlled scrimmage or any form of contact drills involving a player, players, or team from a different Age/weight division of play.

Scheduling Prohibitions

- Under no circumstances will a team be allowed to play a game, scrimmage, or practice against a team of another division (i.e., 8U vs 10U)
- No team may schedule a game or a practice session with or against a team whose ages are not fully in compliance with those printed in this rulebook.

All Scheduling for FYFCL Games

The following requirements apply to all scheduling beginning with practice and ending with post-season games:

- No team, on its own, may arrange a game. All games, regardless of type, must be arranged through or with the sanction of the League.
- A period of at least four (4) full days (96 consecutive hours) will elapse between the end of any game for a given team and the beginning of the next game for pre-season exhibitions, regularly scheduled league games and post-season games. A league shall be permitted to waive the four (4) full days (96 consecutive hours) to 2 ½ days (60 consecutive hours) ONLY to permit the conclusion of the regularly scheduled season.

XXX. Contact with Officials, Coaches, Players, Parents

Taunting or correcting opposing players by coaches, volunteers, or players is prohibited. If a player, coach, or adult should strike (hit), come in contact with a game official, the offender shall be subject suspension and further action by the disciplinary board. Chain gang shall be located on the Home sideline and staffed with volunteers from the Home team.





XXXI. Regional/National Championship Eligibility

- Must be declared League/Conference Champions (runners-up are eligible).
- Must have filed a certified roster with the AAU Region and National tournament director by the specified cut-off date.
- Highly recommended that football teams competing be accompanied by the corresponding spirit squads at all games, except when the region cheer championships are being held at the same time.
- All teams must be accompanied with a copy of the certified roster, league registration forms with photo identification, birth certificates, medical release forms, and scholastic eligibility forms
- A player must have been present in at least 5 regular season games to be eligible for post season/tournament play.

XXXII. Forfeits

All forfeits by a visiting team will incur a \$250-dollar penalty, per forfeited game. Forfeit penalty to be paid by the Friday before the next game to FYFCL, **No exceptions, unless approved by the Executive Board.**

XXXIII. Grievances-Protests

The Football Director shall establish a Grievance Board to be made up of four persons neutral and independent of the team, club, protest or violation and actions from the league membership. Should a team/club see fit to Protest a ruling from the board/official, they must first put the Protest in writing to the Football Director within 48 hours. The Grievance board will either meet in person, conference call, or individual conversations in person or by phone, or communicate via emails about said grievance. The Grievance Board shall have a final determination by the Friday before the next scheduled game. The officials' final ruling in games cannot be protested or overruled. All protest of official's calls during the game come from the Head Coach only, who must call a timeout to plead his case one on one with the White Cap. If the ruling is upheld as called, the protesting team is charged for a timeout. If the protest is successful, the timeout will be charged to the official.

Note that the Football Director will make the determination on what issues will be brought to the Grievance Board. Normal Officiating calls on the field will not be heard by the Grievance Board.





XXXIV. Lightning

Central Florida is known as the lightning capital of the world and caution should be taken to protect players, coaches and families. We recommend following the FHSAA guidelines regarding lightning. Most high school campuses have a clearly defined policy that our referees are familiar with and will follow on game day.

The club presidents can discuss with the referees however if the referees feel it is necessary to enforce a lightning delay teams must follow their direction.

XXXV. Athlete/Coach Transfer

It is the intent of this section to provide clarity for players and/or coaches desiring to change organizations within FYFCL. We feel it is better to keep a family who may be dissatisfied with their present organization within the FYFCL League as opposed to losing them to a competing league.

Generally, there are only two reasons for denying a waiver request.

1. **Recruitment:** FYFCL prohibits the recruitment of athletes and/or coaches from one Club to another in any form. Any Club found to be involved in illegal recruiting shall face fines of \$250 per incident as well as possible removal from FYFCL. The definition of recruitment is further defined below.
2. **Cannibalization:** The loss of the athlete/s or coach will create an undue hardship to the club denying the request significantly weakening the club's ability to field a team.

The following steps are required to implement a waiver:

1. The athlete, coach or family desiring the transfer must be in good standing with their current club with all borrowed equipment returned and debts paid.
2. The waiver request must originate from the athlete or coach desiring the transfer to their current club. This will give the current club an opportunity to discuss the reason for departure and look for a solution that would eliminate the need for the transfer.
3. The Waiver Request can originate with an email from the parent or coach to the current club. The email should include the name/s of the player and/or coach transferring and the reason for the request.





4. Once the current club has granted the waiver request by simply responding to the email releasing the player and/or coach the Waiver Request shall be forwarded to the new club by athlete or coach making the transfer. The new club shall immediately copy the FYFCL Board.
5. If Waiver Request is denied, then Club denying transfer shall copy the FYFCL Board and provide an explanation for the denial.

Dispute Resolution: If an amicable solution cannot be reached between the participants then a Dispute Resolution Committee will be formed consisting of three (3) FYFCL Board Members not affiliated with the teams involved. The Committee will listen to both clubs' side of the story and possibly the family looking to make the change and then decide. Their decision shall be final.

RECRUITING: Athletic recruiting is a gross violation of the spirit and philosophy of youth athletics. Athletic recruiting is unethical and unsporting conduct and is strictly forbidden. We have attempted to provide clarity with respect to this issue in the paragraphs below and have looked to the Florida High School Athletic Association Handbook for guidance.

1. Athletic recruiting is any effort by an organization or its representatives to pressure urge or entice a coach and/or athlete to leave an existing club to join another club.
2. An organization's responsibility for the conduct of its program includes responsibility for the acts of Board Members, Coaches, Parents and Athletes. This includes any person or entity that represents the interests of the organization.
3. Improper Contact is contact either directly or indirectly, whether in person or through written or electronic communication with a coach and/or athlete of another organization in an effort to pressure, urge or entice the coach and/or athlete to join a different organization. Specific prohibitions include but is not limited to, the following:
 - a. Sending or arranging for anyone else to send any form of written or electronic communication to the coach and/or athlete.
 - b. Visiting with or entertaining the coach and/or athlete to pressure, urge or entice them to join another organization.
 - c. Making a presentation or distributing any form of advertisement, commercial or material that promotes primarily or exclusively an organization's athletic program





or implies an organization's athletic program is better than the program of any other organization or suggest the Athlete's career would be better served by joining a different organization.

In conclusion, it is important to understand that we want every child who wants to be a part of FYFCL to have the opportunity, however, as we grow we must control the cannibalization of our markets to ensure that the sport is respected for its intent and does not turn into an environment where winning is the most important factor.