

# **BYFL LEAGUE RULES**

**Please note that the team rules supersede the BYFL rules when it comes to practice times, player conduct, etc. These rules have been revised since registration.**

## **Player Participation**

1. Participants are allowed to play in only one organized football league at a time. They cannot play Midget league and Middle School/J.V.
2. In order to register for football and/or cheerleading, a child must attend the Berwick School District. If a player moves during the season, the affected coaches must involve the league board. If a child moves out of the area during the football season, they are allowed to continue to play for the BYFL.
3. The player/cheerleader must meet the eligible age requirements of 7 by November 1<sup>st</sup>. Players cannot turn 14 by November 1<sup>st</sup> of that year. A Birth Certificate is required as proof of age. No child can play or practice who is under or over age.
4. Each player/cheerleader must have a Parental/Waiver form signed by his or her parents or guardian. The parent or guardian must waive all claims for injuries exclusive of the terms of the insurance of the league.
5. Each player/cheerleader shall be required to have a Physical examination at the beginning of the season. A copy of the Physical Examination certificate is required. Physicals that have been performed within 8 months of the start of the football season are acceptable.
6. Parental/Waiver form, Proof of age, and Physical Examination Certificate shall be filed with the Secretary of the BYFL. The President will verify all paperwork as stated in the BYFL bylaws.

## **Rosters**

1. Rosters must include the following information:
  - a. Jersey number in numerical order (football only)
  - b. Name
  - c. Age
  - d. Date of Birth
  - e. Actual weight (football only)
  - f. Position
  - g. Coaching Staff
2. Copies of a complete roster will be given to the Head coaches and Advisors. Each coach will have a roster packet which will include all of the teams in the league.
3. Prior to games, coaches shall provide game rosters to League officials.

## **Player Code of Conduct and Guidelines**

1. All participants in the operation of this league and the individual teams shall conduct themselves in a proper manner.
2. The disrespect for authority by any player/cheerleader toward any Coach, Player, Cheerleader, League Official, or Team can result in disciplinary action by the League.

3. Any act of fighting or otherwise abusive behavior by any player or team will not be tolerated by the BYFL. Immediate ejection of the instigating parties is mandatory, up to and including:
  - a. Mandatory (1) game suspension
  - b. Removal from team for the season
  - c. Possible (1) year suspension from the League
4. If a player is suspended from school for any reason whatsoever, they will be suspended from that week's game. The BYFL expects the players to act appropriately on and off the field. This action also extends to Berwick football games.
5. Coaches, players, statisticians, EMT's and equipment managers are the only persons permitted beyond the restraining lines of the football field.
6. Cheerleaders must stay back three (3) yards or a reasonable distance from the sidelines of the football field.
7. Cheerleader coaches are responsible for the safety and welfare of their cheerleaders during the game.
8. Parents are not to harass the sponsors for any money or equipment.

### **Coaches/Advisors Code of Conduct and Guidelines**

1. Any coach, advisor or board member that has any physical altercation with another coach, advisor, referee or parent will be immediately ejected from the BYFL program.
2. Head coaches/advisors and their assistants will be held responsible for their knowledge of all PIAA rules.
3. All coaches/advisors must show consideration for all personnel connected with the league at all times. Any physical, verbal or personal abuse of a referee, league official coach or player will be turned over to the league for review.
4. A coach will display proper conduct at all times.
5. League officials – President, BYFL Board Member or Game Officials (referees) have the authority to eject any person (i.e. Players, Cheerleaders, Parents or fans) from any BYFL event at any time. Any person ejected from the BYFL event MUST leave the field immediately! All game play will be stopped until that person has left. If the ejected person refuses to leave, the BYFL will notify the Berwick Police Department and that person will be charged with trespassing.
6. All coaches must have to agree to a background check in order to ensure the safety of the children involved with the program. This applies to ALL volunteers as well.
7. Coaches must reapply for a team each year and must be approved by the League. Returning coaches have first right of refusal for a team, pending league review of disciplinary actions and/or grievances received by the League from the prior year. If the head coach of that team does not want to continue coaching, the application process will begin once the BYFL President receives a letter of resignation from the Head Coach.
8. Each assistant coach is answerable to his head coach and the head coach is empowered to discipline any assistant coach for his unsportsmanlike or other improper conduct.
9. If there are any children that have not been picked up at practice, it is the coach's responsibility to wait until everyone is gone. It is suggested to have two adults with children at all times. **DO NOT LEAVE CHILDREN ALONE TO WAIT FOR A RIDE!!!**

10. Coaches are to review every player's medical forms for possible allergies and/or physical ailments.

### **Player Weight (football only)**

1. Violation of weight and or age rules will result in a one- (1) week's suspension of the Head Coach, or Coaches in charge, from all league functions and duties.
2. Participation of players with the respect to weight shall be determined as follows:
  - a. **"A" DIVISION**
    - i. The "A" Division weight is unlimited except for 13 year old players. Every 13 year old is to weigh no more than 155 lbs. It is up to the coach to use discretion in placement and position of players. The ball carrier weight is 145 lbs.
  - b. **"B" DIVISION**
    - i. The "B" Division weight is unlimited. It is up to the coach to use discretion in placement and position of players. The ball carrier weight is 110 lbs.
  - c. **"PONY" DIVISION**
    - i. The "Pony" Division weight is unlimited. It is up to the coach to use discretion in placement and position of players. The ball carrier weight is 90 lbs.
3. Weigh-Ins will be conducted when equipment is handed out. Head Coaches need to be present for all weigh-ins.

### **Equipment**

1. All players must be registered and paid in full, and all forms (i.e. physical, registration, birth certificate) before equipment will be issued.
2. Coaches will be required to assist the Equipment Manager during equipment distribution. This is MANDATORY!!
3. Mouth pieces, athletic supporters are mandatory. Mouthpieces must be in good condition and can not be clear. Mouthpieces must also be attached to the helmet.
4. ALL PLAYERS MUST WEAR PROPER FOOTBALL EQUIPMENT AT ALL TIMES:
  - a. Helmet
  - b. Thigh pads
  - c. Knee pads
  - d. Hip pads
  - e. Shoulder pads
  - f. Athletic Supporter
  - g. Mouthpiece (attached to helmet)
5. All other padding is optional. (Ex. arm pads, rib pads).
6. There are no hard casts permitted on the football field. Any player who has had a cast, must present a doctor's note to the coach/league giving permission for the child to play. Any splint worn by a player, must be well padded and will be checked by a league official.
7. Prohibited are sneakers and metal screw-in spikes.

8. Parent or guardian must be present at all practices and games to adjust female player's equipment if needed.
9. The Head Coach and coaching staff are responsible for the players' equipment being in serviceable condition for games and practices. League Officials will have the right to suspend players with out proper equipment. There will be no substitution for the proper equipment.
10. If a child has to be attended to for equipment, medical or personal reasons, two adults must be present, preferably a man and a woman.
11. No jewelry or other related items or clothing shall be worn during practices or games. This includes any style of earring/piercings, necklaces, watches or bracelets.
12. Long hair must be pulled back into a pony tail and kept away from the face. If the hair falls 2" below the helmet, it must be pulled back.
13. All teams will be given an equipment turn in date set by the League. All equipment must be returned by the return date established by the League following the completion of the season

## **Practices**

1. All practice periods shall be under the supervision of a coach. It is desirable to have a qualified first aid person at all practices.
2. The start of Practice sessions will be determined yearly. The first four practices of the first week should be helmets only. There is an optional week of practice being allowed for all teams. No child will be punished for missing this week.
3. No player/cheerleader may participate in any organized practice until he or she has passed a physical examination. .
4. No teams may start practice prior to the official practice sate set by the League.
5. There is no one allowed on the bench or sideline except authorized personnel
6. Keeping attendance during the first two weeks of practice is mandatory and must be turned into the League President at the end of the two weeks. Any child who has missed a total of 6 practices within that two week timeframe will not be considered a member of that team unless the Head Coach has been notified. No refunds will be given. Coaches should also be aware of where their players are at all times at practice and at games.
7. No child will be dropped off at practice unless the coach is present.
8. Team Attendance: The following are reasons for suspension during the season:
  - a. Any player who misses two (2) out of three (3) practices in one week cannot play in that week's game. All players must have active participation during practice. Exceptions to this are Church or School activities.
  - b. Any player who misses four (4) practices without notifying the Head Coach can be cut at the coach's discretion.
9. Practice times are as follows:

- a. Before the first game of the season, a maximum of five practices, two hours each may be held per week. This is a set time.
  - b. All sponsored teams should try to practice at the same time, including cheerleading squads so please try to adjust your schedule so parents do not have to wait.
10. If the BYFL cancels practice due to weather or any other League function, practice may be held on that Saturday for a maximum of 2 ½ hours. Cancellation of practice by the Coach does not warrant a Saturday practice. **NO MORE THAN 5 PRACTICES ALLOWED IN ONE WEEK!!!**

## **Games**

**There is a Zero Tolerance for cheating. Any Coach and/or parent involved in the violation of this rule is subject to a lifetime suspension from the league**

1. Prior to the start of each game opposing coaches will confer regarding disciplinary action, injuries or other reasons why any person on his roster will not be playing.
2. Each team is allowed three (3) time outs per half. A Coach may ask for a time-out if a playing rule is violated. Officials will determine if a complaint is valid. If the complaint is valid:
  - a. 15 yard penalty from the line of scrimmage will be assessed.
  - b. The time-out will NOT be charged against the complaining team.
  - c. If not valid: the time-out will be charged against complaining team.
3. Two water personnel will be allowed on the sidelines.
4. League approved balls will be provided at the start of every game. (Leather or Composite)
5. There is no mandatory play rule in effect but play counts will be reviewed. All teams are to submit an official stat sheet to the league at the end of each game.
6. In the event a game must be postponed, the BYFL President will contact the Head Coaches only. It is the Head Coach's responsibility to notify the Assistants and members of their team. The game is to be rescheduled at the discretion of the BYFL Executive Board.
7. Each individual "A", "B" and "Pony" team is responsible for cleaning their sidelines at the conclusion of the game. This rule will be strictly enforced. Failure to do so will result in a warning to the Head Coach. Do not leave the sideline until all garbage is picked up.
8. All games will be played under PIAA rules with the following exceptions:
  - a. Point after Touchdown (PAT): A run is worth 1 point and a kick is worth 2 points. This applies to all divisions. A loose ball cannot be advanced in the "B" or Pony Division, but is allowed in the "A" Division.
  - b. All games will be composed of 4 ten minute quarters. Half-time will be 5:00 minutes long unless there is a change in weather or games have lasted longer than expected.
  - c. In the event a team has a 30 point deficit at the end of the first half, the Mercy Rule will be put into effect at the start of the 3<sup>rd</sup> quarter. The clock will continue to run on all plays. An injury or player substitutions are the only situations that will stop the clock under the Mercy Rule.
  - d. A Player can wear any Jersey Number at any position

- e. No practice or games can proceed with the presence of lightning, thunderstorms. (20 Minutes between flashes). If there is only rain, the game will still be played. League officials and referees have the right to cancel the game if needed.
  - f. Pony and "B" Division – One coach may be on the field while game is in play. This rule does not apply to "A" Division.
  - g. The Pony Division does not kick off or punt the ball.
  - h. There will be no head tackling or spiking of players
9. No child will be dropped off at a game unless the coach is present.
10. Only the head coach or coach on the field will confer with the officials. There is no need to have all of the coaches approach the referees.

## **Injuries**

1. If a person is injured he must come out of the game for a minimum of one (1) play
2. A severely injured player may not return to the roster until a written consent is given by their doctor and filed with the President.
3. If a player is bleeding in any way, the injured person must leave the game for at least one play, or until the wound has been properly administered to. Proper disposal of contaminated goods is important!
4. It is the responsibility of the Head Coach to report any injury at the time of the incident. An accident Form has been provided to the coaches. It is their responsibility to fill out the form completely and give to the BYFL President. Once a participant leaves the field without prior notice of injury, the League is NOT responsible.
5. DUE NOT PHYSICALLY REMOVE A CHILD FROM THE FIELD IF INJURED. There will be medical personnel at most of the games, and will attend to the child. If there is no medical personnel available, the ambulance will be called.

## **Officials**

1. Three (3) league approved officials are required for all divisions.

## **Schedule**

1. A league schedule will be drawn up in advance and be given to all personnel once it is completely finished.
2. Regularly scheduled games shall be played on Saturday and Sundays. If there is a Pony game scheduled, the first game will be at 10:00. The next game will be played at 12:00 p.m. and the last game will be played at 2:00 p.m.
3. The Playoffs will be determined.

## **Team Setup and Draft**

1. The "A" or "B" Division will not consist of more than thirty (30) players per team.
2. The "A" and "B" Division will have no more than five (5) coaches per team with one of those coaches keeping the stats of the game.

3. The head coaches from each division are required to attend the draft. The draft day will be designated by the BYFL board.
4. The draft will begin round robin starting with the worst record from the previous season.
5. The Coaches will not be able to see the names of the players as they will be drawing blind. The numbers will be picked "out of a hat" by age and weight. Once a number has been drawn, it will be matched to the corresponding player on the list and added to the roster.
6. At the very end of the draft and all numbers have been picked, there will be a "TRADE". Coaches may trade any two players as long as the two head coaches are in agreement. All trades must be completed on draft day. No other trades can occur later.
7. Since there is a cutoff date for registration for the season, the Draft Chairperson will place the new signups on the teams starting with the team with the least amount of players.
8. In the instance that there are players needed to be added to a particular roster because of family relation (i.e. father, coach, brother or sister), that team will lose a draft pick per child that needs to be placed.
9. New assistant coaches will not be placed on teams until after the draft is completed. This is to ensure the integrity of the draft and fairness to other teams.
10. There will not be hardships influencing the draft or placement of players. Any hardships will be reviewed and voted on by the BYFL board.
11. Cheerleaders will also be placed in a draft starting with the 2007 season. The same rules apply to cheerleading as football.