WINNEMUCCA YOUTH FOOTBALL LEAGUE RULES AND REGULATIONS

ARTICLE I: NAME AND OBJECTIVES:

A. The name of this organization shall be the Winnemucca Youth Football League or W.Y.F.L.

B. The main objectives of the program are:

1. To provide a wholesome, enjoyable experience of playing football for youths from six (6) to fourteen (14) years of age, while teaching the basic fundamentals of the game, teamwork, good sportsmanship, discipline and response to leadership.

2. Encouraging the players to maintain satisfactory grades in school and to emphasize the importance of keeping a proper relationship and balance between scholastic and athletic endeavors.

3. To provide a satisfying, rewarding experience for coaches sponsors, and those persons administering the program through their relationship in teaching and working with youth.

4. To provide a well-organized and implemented program that is appreciated and favorably received by the parents and the community.

5. To represent the sport of football and the Winnemucca community.

BOARD OF DIRECTORS FOR WINNEMUCCA - 2017 Season

<table>
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<th>Phone</th>
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ARTICLE II: TEAM COMPOSITION:

A. BASIC UNIT OF ORGANIZATION: The team is the basic unit of organization where a group of players is organized under the direction of a coaching staff in order to participate in W.Y.F.L. There will be four (4) division of play. FLAG, ROOKIE, JUNIOR, and SENIOR.

1. FLAG DIVISION
   a. Players will be the ages of six (6) through seven (7) years old. All outlying leagues are welcome to participate in the flag division. Players must be 6 years of age but not older than 7 years of age before July 31 of the current playing season. Players may turn 8 after July 31 and still be eligible to play in the Flag Division. Age, grade & skill will be discussed with the coaches & parents. All special requests (stay down, etc.) must be made in writing and will be reviewed by the Board of Directors. There is not waiver to start flag football earlier.

2. ROOKIE DIVISION
   a. Players will be the ages of eight (8) through nine (9) years old. The upper weight limit for the Rookie Division is 130 pounds at preseason registration or at try-out/draft day. Players weighing over 130 pounds will have the option to move up to the Junior Division.
   b. Players must be 8 years of age but not older than 9 years of age before July 31 of the current playing season. Players may turn 10 after July 31 and still be eligible to play in the Rookie Division. Age and skill will be discussed with the coaches and parents. All special requests (child start early, stay down, etc) must be made in writing and will be reviewed by the Board of Directors.

2. JUNIOR DIVISION
   a. Players in the Junior Division will be ten (10) through eleven (11) years of age. The upper weight limit for Junior Division players is 165 pounds at preseason registration or at try-out/draft day. Players weighing over 165 pounds will have the option of moving to the Senior Division.
   b. Players must be 10 years of age but not older than 11 years of age before July 31 of the current playing season. Players may turn 12 after July 31 and still be eligible to play in the Junior Division. Age, grade & skill will be discussed with the coaches & parents. All special requests (child start early, stay down, etc.) must be made in writing and will be reviewed by the Board of Directors.

3. SENIOR DIVISION
   a. Players in the Senior Division will be twelve (12), thirteen (13), and fourteen (14) years of age. A player enrolled in high school is ineligible to play. Age, grade & skill will be discussed w/coaches & parents. All special requests (child start early, stay down, etc.) must be made in writing and will be reviewed by the Board of Directors.
ARTICLE III: COACHES:

A. W.Y.F.L rejects the premise that rough football must serve as a vehicle to prepare youngsters for the competitive way of life. Coaches do not make policy. They carry it out. However, on the field, in all practices and games, the coaching staff, under the direction of the head coach, is completely in charge and will determine the organization of the practice and drill assignments, all plays to be run, players to start, and substitutions to be made during a game. When and if coaching excesses are experienced, they will be dealt with immediately, including the possibility of summary removal from a volunteer position. All adult team personnel will be of unquestionable moral character, will pass a background check, and will serve on a non-compensated basis. No coach or staff will be removed because the team is experiencing a poor season in terms of wins or losses.

B. All coaches (head and assistant must complete the online USA Heads Up Football training and certification process

C. COACHES SPECIFIC: A team coaching staff will consist of one Head Coach and NO MORE than three (3) assistants allowed to coach on the sidelines during a game and who will be chosen in accordance with the following:
   1. A Head Coach appoints his/her Assistant Coaches who must be approved by the Board of Directors. (All coaching applications must be completed and returned no later than draft day along with information for a background check.)
   2. Coach-Trainee: Teams are permitted to carry a coach-trainee who must be at least 16 years of age. These persons must conduct all coaching under the eyes of at least one of the assistant coaches and may not handle children independently. Normally, the coach-trainee will assist the other coaches at various phases on instruction and will gain most their knowledge by observation not initiative.
   3. The Head Coach is responsible for issuing and maintaining W.Y.F.L equipment provided to his team. When the season is over, the head coach is obligated to return all equipment to the equipment coordinator.
   4. If a coach is ejected from any game, he must leave the field completely and will be suspended from coaching any games scheduled within the following seven days and he will not be allowed to coach (practice) during the week (seven days) to prepare the team for the next game. If a coach is suspended for two games in any one season, he will immediately be suspended for the rest of the season and all of the following season. At the end of the suspension he must reapply for admission back into the program. If approved by the Board of Directors he will be on a two (2) year probation period.
   5. A coach may be asked to resign his position or may be removed whenever, in the opinion of the Board of Directors, the coach is not capable of handling young players, or cannot properly assume the duties and responsibilities required for the position. Coaches may appeal such decisions as directed herein.

D. ALL ADULT TEAM PERSONNEL
   1. NO smoking or use of any form of tobacco will be allowed on the field during a practice or game.
   2. NO alcohol consumption prior or during any practices, games or fundraisers.
   3. Reserve constructive criticism for a private moment or in the presence of the team if others might benefit, but NEVER in front of spectators. Do not criticize players or
speak to them in a demeaning manner at any time. Players are to be encouraged and instructed in a way that builds confidence and self-esteem.

4. Refrain from excessive “sideline coaching” and remain in the designated coaching boxes on the sideline.

5. NO use of profanity will be allowed.

6. Do not allow any player to use steam room, rubber sweats, and weight reducing drugs, etc., in an effort to make the weight requirement.

7. Coaches, parents, and game officials, are jointly responsible for the conduct and control of the team, fans and spectators.
   a) Should the Referee deem a Coach as being unruly he/she will be given a warning. If a second warning is warranted that team will be assessed with a fifteen (15) yard penalty. Should the behavior continue the Coach will be ejected from the game
   b) Any fan, parent, or spectator who becomes a nuisance and out of control will be brought to the Boards attention immediately. Should the fan, parent, or spectator continue the behavior they will be ejected from the game by a Board Member.

8. Uphold the W.Y.F.L Rules and Regulations, the philosophy of the program, and requirements of the committee.

9. Abide by a players doctor’s decision in all matters of players health and physical ability to play.

10. No criticizing an opposing team, its players, or coaches by words or gestures will be allowed.

11. Accept the decisions of officials on the field as fair and called to the best ability of said official. The coach must stay off the field and remain under control in order to set a good example to players and fans. A decision based on judgment should never be questioned. In case of apparent misinterpretation or violation of rules, the officials will be addressed in a respectful manner.

ARTICLE IV: REGISTRATION OF PLAYERS:

A. A parent or guardian must accompany each child at the time of registration and must sign the registration form. Since the registration form documents the consent and permission of a parent or guardian, proxy signatures are not acceptable. A player cannot begin practice with a team until he has a signed standard registration form. The sign-up fee should be collected at this time. The player must also furnish the following:
   1. Parental or guardian consent
   2. Proof age (birth certificate)
   3. Medical release signed by a Physician (before the first practice)

B. Registrations can be held any time prior to the season; however, all teams playing in W.Y.F.L will start first tryouts or practice on a day designated by the Board of Directors. No early team practices or conditioning drills permitted. Teams conducting any early practices before the designated date will be suspended from the W.Y.F.L.

C. W.Y.F.L. REGISTRATION: At least two members of the W.Y.F.L. Board of Directors will be present at every registration. Players who have played in the W.Y.F.L. program the previous year will be reassigned to the same team on which they played. The only exceptions to this rule are:
1. The player does not meet the weight classification for his/her previous team.
2. Player or parents of player requesting a change to a different team, in which case player must be put back into the draft upon approval of the Board of Directors. **All requests must be made in writing.**
3. Players moving up from in age divisions will be put back into the draft in their new divisions.

D. All players are required to register and participate in the league affiliated with the town or area in which they reside. Any exceptions must be approved by the W.Y.F.L. Board of Directors only if extenuating circumstances are involved.

E. Once a team reaches its maximum number of players (14 for flag, 22 tackle) the roster is considered full. Any association adding players beyond the maximum number are still responsible for meeting the minimum play rule for all eligible players on the roster.

F. The Board of Directors will have, at their discretion, the option to assign any/all new players to teams as required to balance out the number of players on each team. The Board of Directors reserve the right to assign players to teams as it deems necessary to insure a player makes practices and games.

G. REGISTRATION FEES: Registration fees cover insurance, field maintenance, equipment, officials, etc. No refund on registration fees will be made unless authorized by the Board of Directors.

H. LATE REGISTRATION: Late registration dates will be determined by the Board of Directors. Acceptance of late registration in not a guarantee of being assigned to a team unless an opening exists. Late registration will cost an additional $25.00 per player. Players may be put on a waiting list.

I. OFFICIAL REGISTRATION DATES: Official registration dates will be scheduled and published each year by the W.Y.F.L. Board of Directors. A date will be set each year for outlying leagues to inform the Board of the number of teams to include in the current season schedule. All outlying leagues will be notified of this date one month in advance. If the Board does not receive the number of teams to include from an outlying league by the deadline, they will not be included on the W.Y.F.L. schedule.

J. No player may start practice without being registered, insured, and assigned a team. Failure to comply with proper registration will constitute a forfeiture of any games in which the player participated and removal from the W.Y.F.L. program.

K. AGE CUT OFF: The age cut off for W.Y.F.L. players is midnight on July 31 of the current year. Also, registrants turning 15 before October 31 of the current playing season are not eligible to play in the W.Y.F.L.

L. DETERMINATION OF AGE: All registrants must provide a legal proof of age at the time of registration upon request of the W.Y.F.L. Ages will be determined by birth
certificate or proof of birth as received in official forms from the state in which the child was born.

M. AGE EXCEPTIONS:
1. Exceptions to the age requirement are only permitted with approval by the Board of Directors and the parents involved.
2. When a player’s weight exceeds the maximum limit for his/her age, he/she will have the option of advancing to a higher league, and must meet weight requirements for that league.
3. A player will not be advanced to a higher age level without written consent of his/her parent or guardian. If this consent is not given, the player is ineligible to participate in W.Y.F.L

ARTICLE V: CERTIFIED WEIGH-IN AND RE-WEIGH-INS:
A. All players will be weighed prior to ½ hour of participation in a scheduled game. Certified weigh-ins may be delegated by the Board of Directors to the individual teams/league.

B. At no time will any coach, parent or player be allowed to set, adjust or tamper with the league scales in any manner. ONLY W.Y.F.L. Board of Directors or an assigned person will weigh players.

C. Certified weights are always taken as game ready which is football pants, shoes, and shirt NO shoulder pads/rib protectors & NO helmets. A medically balanced scale should be used. Scales must have their accuracy certified against a weight of known value. Determination of weight by a member of the Board of Directors is final.

D. Any player weighing over 85 pounds in the Rookie Division, 125 pounds in the Junior Division, or 155 pounds in the Senior Division will not be allowed to carry the ball for that current game and a Red Stripe will be applied to his/her helmet. All players will be re-weighed one half hour before every game they are scheduled to play. In the Rookie Division if a player weighs over 130 pounds and in the Junior Division if a player weighs in over 165 pounds ½ hour before a scheduled game the player will not be allowed to participate in that game.

E. Red Stripes cannot advance the ball and have to play on the line between the tackles.

F. Red Stripes must play on the line of scrimmage between the tackles on both offense and defense and in a 3 or 4 point stance. A red stripe may punt the ball or kick a field goal as long as they do not advance the ball past the lint if scrimmage.

G. In the Rookie and Junior Divisions red stripes cannot play on the kickoff or kickoff return teams. If a team cannot field a kickoff or kickoff return team the ball will be automatically placed at the 16 yard line (80 yard field) or the 20 yard line (100 yard field) on kickoffs. There are no restrictions of red stripes on kickoff and kickoff return in the Senior Division.

ARTICLE VI: PLAYER DRAFT:
A. PLAYER DRAFT: The board of directors will supervise the player draft in their respective communities. Prior to the draft, the Board of Directors and the coaches will set
guidelines for the player draft. There will be no player draft in the Flag Division. Flag Teams will be randomly picked by the Board of Directors until the rosters are full.

1. The order of draft picks for the Rookie, Junior and Senior Tackle divisions are as follows:
   a. Team with the fewest assigned players goes first. If there is a tie the first pick goes to the previous year’s head to head loss.
   b. Every team will be given a 1st and 2nd round pick.

2. In the player draft, no bidding system will be used in determining team assignment. They will be put on a list and taken on an “as needed” basis by the teams who are picking last. If a player is not at the draft, and cannot be rated by the coaches then they will be put in as a “blind draft”.

3. Only the Head Coach’s child and one assistant’s child will be allowed to be a protected player. That player will remain protected for the entire time he/she plays in that division. He/she will be the last pick in the draft. If a head coach designates a new assistant coach while the previous assistant coach’s child is still on the team, the new coach’s child will not be protected in the draft and must be taken as the first round draft pick for the team. The Board of Directors must approve all Head Coaches prior to the draft.

4. Head Coaches must participate in 75% of all practices and games. If he/she is unable to abide by this, the Board of Directors will decide if the protected player will go back into the draft pool on a case by case situation.

5. Siblings will be taken consecutively if they are not already on a team, or a brother/sister will join the team that his/her siblings are already on as the last pick.

6. A coach can waive their pick, but they cannot pass it on to anyone else.

7. Once a player has been drafted to a team, he will not be allowed to transfer to another team unless approved by the Board of Directors.

ARTICLE VII: PLAYER PARTICIPATION:

A. MINIMUM PLAY RULE: All eligible players must play at least 10 plays (Flag and Rookie) or 12 plays (Junior and Senior) from the line of scrimmage in each half of the game. Kickoffs are considered plays from the line of scrimmage and PATs (Points after Touchdowns) are not. A player may be denied mandatory play for disciplinary reasons, such as violation of league rules during the regular season, grades (parent reasoning), and coach’s rules. The coach must let the Board of Directors know that a player will not be playing or getting all of his plays in a half for disciplinary reasons prior to the game starting and notate it on the form with a parent or guardian’s written acknowledgement.

1. Free substitution rule is in effect at all times.
2. During the four (4) minute warning in the 2nd and 4th quarter of each game both coaches are to determine if all players have participated in the minimum number of plays from the line of scrimmage in each half.
3. It will be the responsibility of each coaching staff to see that any players who have not played the minimum required plays at the four (4) minute warning will do so during the remaining time in each half.
4. Any infraction (two or more per season) will be considered flagrant and violators will be referred to the Board of Directors for disposition.
5. Flagrant violators or deliberate attempts to circumvent this rule will be considered sufficient cause for dismissal of a coach from the W.Y.F.L. program.
6. Head Coach must appoint a monitor, who is not on the coaching staff, to keep track of the number plays for each player.

**B. DROPS AND ADDITIONS:** Players may be dropped from a certified roster only by the Board of Directors for a valid reason such as, injured and non-recoverable before the close of the season, moving out of the area, etc. Additional players may be added to a certified roster only to replace those dropped for a valid cause. A player may not be added to temporarily cover the loss of another player who is injured but will return to play before the season ends.

1. Any player added to the waiting list as an add-on to a team will be the senior child (player with the most time on the list). After the player is added to a team, each player will move up one spot on the list. There will be no add-on after the second game of the year. All leagues in the W.Y.F.L will send a copy of their waiting list to the Board of Directors to ensure that players will not be randomly picked from the list.

2. LATE REGISTRANTS: A late registrants will be assigned to a team if an opening exists.

3. PLAYER TRADES: Players will not be traded between teams.

**ARTICLE VIII: PLAYING RULES JUNIOR AND SENIOR:**

A. Except as specifically modified for the W.Y.F.L., all games are to be played under the state rules for football from the National Federation of State High School Athletic Associations. It is recommended that each Head Coach be provided a copy of the current year’s high school rule book.

B. All assigned officials will be provided a current copy of W.Y.F.L. Rules and Regulations by the W.Y.F.L. prior to the start of the regular season to ensure all officials are aware of the pertinent W.Y.F.L. deviations. All officials’ calls are final and will not be reviewed.

C. The Team has 45 seconds to run a play once the ball is set by the referee to avoid a penalty.

D. Red stripes may not be line up outside the tackle or in the backfield on offense or defense. 1st offense is a warning; any other time is a penalty. (4 yards on 80 yard field and 5 yards on a 100 yard field)

E. KICKING EXTRA POINTS A kicked extra point is worth two (2) points in all divisions. In the Rookie and Junior Division a team that is going to kick an extra point or a field goal must declare so to the official. The official must then declare to both teams and coaches that there will be a kick. There will be no rushing of any kind by the defensive unit. The offensive unit will have five (5) seconds from the time the ball is snapped to get the kick or the play will be blown dead. Once a kick is declared, the offensive unit cannot advance the ball. In the Senior Division the extra point (kick) does not have to be declared and will be played out the same way as it is stated in the high school rules.

F. MODIFIED COMPETITION RULE

When a team scores to take a 35-point lead any time during the game the following modifications will be implemented:

1) The trailing teams head coach will select 2 players from the other team that can no longer be in ball carrying positions or carry the ball.

2) The clock will run continuously except for official and injury timeouts.
3) The trailing team gets the ball at the opponent’s 32 or 40-yard line (80 or 100 yard field) No kick off.
4) If at any time the deficit is reduced to fewer than 35 points, traditional rules take effect.
5) If the 35-point deficit occurs at the start of the second half, the trailing team begins the second half in possession at the opponent’s 32 or 40-yard line even if the leading team was to receive the second-half kickoff. To keep games competitive, discourage “running up the score” and to prevent players on trailing teams from becoming discouraged or disillusioned with the game, the rule gives trailing teams more possessions with an opportunity to catch up.

G. The ball will be a good grade of leather or rubber with specifications in the following areas:

1) Flag Division - Official Pee Wee Football (size 6)
2) Rookie Division - Official Pee Wee Football (size 6)
3) Junior Division - Official Junior Football (size 7)
4) Senior Division - Official Youth Football (size 8)

*Ball sizes are based on Nike footballs

H. The referee will 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 judgement, the home management’s clock operator is not qualified.

I. No blocking below the waist (chop block) 12 yard penalty.

J. ALL OTHER BLOCKING AND TACKLING official high school rules.

ARTICLE IX: EQUIPMENT FOR TACKLE:
The physical contact in football demands that each player wear a full complement of protective equipment. This makes participation relatively expensive in comparison with other youth athletic activities. To achieve maximum player protection, while realizing a genuine economy by spreading the higher initial cost of quality equipment over several seasons of reliable wear, no item should be purchased which is not of a recognized manufacturer of quality athletic equipment. ALL EQUIPMENT MUST BE LEAGUE ISSUED EXCEPT WHERE SPECIFIED AND APPROVED BY THE BOARD.

A. REQUIRED EQUIPMENT: The following items will be worn by players in leagues requiring physical contact, and will meet the required standards as noted. Recommended standards are indicated in parenthesis.

1) HELMET: May be of one or two-piece construction, of ultra-high impact plastic-type (polyethylene) shell, head cushion or (six point) suspension type, and will provide adequate neck protection, horizontal double bar (cage mask) face guard attached and chin strap required. ONLY HELMETS BEARING THE “NOCSAE SEAL OF CERTIFICATION” WILL BE WORN AS OF 1978. Altering of helmets, including changing face masks, should be done only with permission of the coach, however, the Board reserves the right to make final judgement.
2) SHOULDER PADS: May be of corrugated, molded fiber of plastic-type (high density polyethylene) material, with a coated (poly-vinyl) washable padding, heavy hinges and adjustable (cantilever) underarm straps.
3) PANTS: May be one-piece of “shell” construction. One piece pants must feature removable (snap-out) hip and kidney pads; knit (cotton/nylon) material is recommended with tunnel belt loops or attached web belt. “Shell” pants should feature Sanforized knee guard and waist-suspended thigh guard pockets. Make allowances for hip pads when ordering.
4) HIP AND KIDNEY PADS: May be of corrugated, molded fiber or plastic polyethylene material, covered on the inside with a shock absorbing poly foam material and will include spine piece.
5) THIGH GUARD: May be corrugated, molded fiber, or plastic with poly foam padding.
6) KNEE PADS: Will be of durable, shock absorbing material, not less than ½” in thickness.
7) JERSEYS: For game purposed may be of solid or mesh type material. All games jerseys will be required to have 10” numbers on the back.
8) TEETH PROTECTION: Protector will be the intra-oral, custom or self-fitted impression type with a “keeper strap” required. A mouth guard is to be worn at ALL games and practices during ANY type of contact. This item is not provided
9) ATHLETIC SUPPORTER: Will be of high quality elastic with a woven mesh pocket (plastic cup is optional) this item is not provided.
10) SHOES: In all leagues tennis shoes or rubber cleated shoes are required. This item is not provided.
11) EYEGLASSES: Eyeglasses will be of athletic approved construction with non-shattering glass, plastic, or soft contact lenses. This item is not provided.
12) VISORS: Visors must be clear with no tint at all. If tinted they have to be removed at the game or they will not be allowed to play. This item is not provided.

ARTICLE X: PLAYING FIELDS, PERIODS, SCORING VALUES:

A. FIELD PREPARATION: The home teams and League Officials are responsible for preparation. It is emphasized that the lines and other markings will be non-caustic material. No hydrated lime, lime oxides, or caustic material on any kind may be used.
   1) The bench area is a ten (10) feet by thirty-two (32) yard box, paralleling each sideline and is reserved exclusively for the players, coaches and authorized personnel only. The sidelines are for the game physician/EMT and the chain crew, who are positioned on the home team sideline.

B. A standard 80 X 33 ½ yards or a 100 X 40 yard field is authorized for all tackle leagues.

C. First two (2) teams of the day are responsible for arriving early and helping with set up of the field. Last two (2) teams of the day will remain after the game and help with take down of the field and clean-up of any trash before leaving.

D. Visiting or away teams are responsible for providing people to run the chains.
E. Maximum penalty: the maximum penalty for games played on an eighty (80) yard will be twelve (12) yards.

F. LENGTH OF PERIODS: The W.Y.F.L. has made the following modifications to the length of periods.

1) SENIOR DIVISION: Eighteen (18) minute continuous clock. The clock will stop for the following: official time-outs, after each score to reset the ball for kickoff, under 2 minutes of the 2nd and 4th quarters for all dead balls (out of bounds, incomplete pass, penalties). In the 2nd and 4th quarters, a horn is given at four (4) minutes for the player form check.

2) JUNIOR DIVISION: Sixteen (16) minute continuous clock. The clock will stop for the following: official time-outs, after each score to reset the ball for kickoff, under 2 minutes of the 2nd and 4th quarters for all dead balls (out of bounds, incomplete pass, penalties). In the 2nd and 4th quarters, a horn is given at four (4) minutes for the player form check.

3) ROOKIE DIVISION: Fourteen (14) minute continuous. The clock will stop for the following: official time-outs, after each score to reset the ball for kickoff, under 2 minutes of the 2nd and 4th quarters for all dead balls (out of bounds, incomplete pass, penalties). In the 2nd and 4th quarters a horn is given at four (4) minutes for a player form check.

4) FLAG DIVISION: Ten (10) minute continuous clock with the exception of the official time-outs.

5) INTERMISSION: Between 1st and 2nd / 3rd and 4th quarters there will be a one (1) minute intermission at the discretion of the game officials and the Board of Directors. Between the 2nd and 3rd quarters (half time) there will be a three (3) to ten (10) minute intermission, determined by the Board of Directors based upon multiple factors in the game.

6) CHARGED AND OFFICIALS’ TIME-OUTS: A team is permitted no more than three (3) one (1) minute time-outs per half in the Rookie, Junior and Senior Divisions. Flag Division is permitted two (2) one (1) minute time-outs per half.

G. SCORING VALUES:

1. Touchdown: six (6) points
2. Points after touchdown:
   a. RUN: three (3) yards out; one (1) point

   b. KICKED-PAT: three (3) yards out; two (2) points

*See Rookie Rules for Rookie Division point after

3. FIELD GOAL: three (3) points

4. SAFETY: Awarded to the opponent; two (2) points

5. FORFEIT: Offended team wins; one (1) to zero (0) game

**H. OVERTIME PROCEDURE**

1) Regular Season: Overtime will be untimed after a regulation game has ended with the score tied, other than the forty-five (45) second play clock. Each team will receive four (4) plays from the sixteen (16) / twenty (20) yard line in an attempt to score. Once a team scores within those plays they will have a point after attempt then the ball is turned over to the other team for their four (4) play attempts. Highest point value at the end of both possessions wins the game. If no score or tie score, the game ends in a tie. A field-goal attempt is permitted during any down. If the defensive team gains possession, the ball becomes dead immediately and the offensive team’s series of downs is ended. Each team is permitted one (1) time out during the overtime period. The line to gain in the overtime period will always be the goal line. No first downs are awarded unless it is an automatic first down is awarded if the defensive team is guilty of roughing the kicker, place-kick holder, snapper or passer.

2) When the score is tied at the end of the fourth period, the referee will instruct both teams to return to their respective team boxes. There will be a one (1)-minute intermission during which both teams may confer with their coaches. All game officials and team captains will assemble at the 50-yard line for a coin toss in the center of the field the visiting-team’s captain shall be given the privilege of choosing “heads” or “tails” before the coin is tossed. The winner of the toss shall be given his choice of defense or offense first, or of designating the end of the field at which the ball will be put in play for this set of downs. The loser will have his choice of the other options. The referee will indicate the winner of the toss by placing a hand on his shoulder. To indicate which team will go on offense, the referee will have that captain face the goal toward which his team will advance and indicate this with the first-down signal. The other team captain will face the offensive captain with his back toward the goal he will defend.

3) Post Season: In the post season the regular season overtime procedure will be used. The final score shall be determined by totaling all points scored by each team during both regulation time and overtime periods. If the score is tied after the first overtime period a second overtime period will be played. Overtime periods will be played until a winner is determined.

**I. Air Quality issues due to smoke, fires, etc. can cancel games and/or practices at the Board’s discretion.**
J. LIGHTNING DELAYS

1) If lightning strikes within a ten (10) mile radius of the football field during a game, as determined by the lightning tracker map on the WeatherBug app, there will be a mandatory thirty (30) minute delay in the game.

2) If after thirty (30) minutes, the lightning continues to strike in proximity to the field, the game will be called.
   a. If the game is in the 2nd half (3rd or 4th quarter) the game ends as is.
   b. If the game is still in the 1st half (1st or 2nd quarter) the Board of Directors will determine when a make-up game will be rescheduled, and the game will be played out from where it stands in time and score when resumed.

ARTICLE XI: FLAG FOOTBALL:
Flag football will conducted under the same Rules and Regulations as the Rookie, Junior, and Senior Division with the following exceptions:

A. TEAM SIZE: Each team will have no more than fourteen (14) players. The W.Y.F.L. will strive for a minimum of ten (10) players. Teams will be considered full at fourteen (14). Any association adding players above the maximum number are still required to meet the minimum play rule for every eligible player on the roster.

B. EQUIPMENT:

1) JERSEY
   a) All game jerseys must have a number on the back at least eight (8) inches high.
   b) Jerseys will be tucked in at all times.

2) GYM SHORTS: Solid royal blue, no stripes. Printing is acceptable on the front. Color of shorts must provide contrast to color of flags. Long pants may be worn providing they meet guidelines.

3) FLAGS
   a) Standard two (2) flag set
   b) Flags must be worn on the hips.
   c) Home team wears red and the visiting team wears yellow, as long as flags do not blend in with the uniform. Example: a gold team would wear red flags and a red team would wear yellow flags.

4) TEETH PROTECTION: Protector will be the intra-oral, custom or self-fitted impression type with keeper strap cut off. A mouth guard is to be worn at ALL games and practices. This item is not provided.

5) SHOES: Tennis shoes, rubber cleated shoes, or turf shoes are required. This item is not provided.
6) EYEGLASSES: Eyeglasses will be of athletic approved construction with non-shattering glass, plastic, or soft contact lenses. This item is not provided.

C. COACH ASSISTED GAMES: Coach assisted games will be permitted for all flag football games. One coach will be permitted on the field at any time to assist his/her team. Coaches will not interfere with the officiating of the play of the game.

D. DECLARED PUNTS: Punts must be declared by the offense. Only the punter may move on the offense to kick the ball. The defensive line may try to catch the ball, the ball is downed where it is caught. If the defense attempts to catch the ball and fumbles it, the ball is blown dead where it was touched. Four (4) yards are then added to the punt before they take over the ball. If the ball is not touched, it is put into play from where it rolls dead.

E. EIGHT MAN FOOTBALL: Each must have a minimum of eight (8) players to start a game. If a team is short players, the team shall forfeit the game. Each team is allowed only eight (8) players on the field at any given time. If more are on the field, a four (4) yard penalty will be assessed.

1) OFFENSE

a. Only five (5) players are allowed on the line.

b. Only three (3) players are allowed in the backfield.

c. Eligible players for passes are the ends and the three backs.

d. Only the quarterback and running backs are eligible to carry the ball from the scrimmage line.

e. The offensive line may block in their own back field or up to four (4) yards down from the line of scrimmage. Beyond this area, only body screens are allowed. NO contact. If a block is made out of this zone, it is illegal use of hands and an eight (8) yard penalty.

f. A legal block is one using open hands in a pushing motion to the chest area only. If a player blatantly touches an opponent above the shoulders or below the waist it is a personal foul and an eight (8) yard penalty.

g. Offensive ball carriers or receivers cannot hinder the defense from pulling their flags by holding the flags on. When this happens, the ball will be blown dead on the spot. If a defender’s hand gets knocked away by a normal motion of running, this is not a penalty, however, straight arming is never allowed. This will result in an eight (8) yard penalty.

h. All fumbles are blown dead at the point of fumble and remain in the possession of the offense, if the fumble occurs in the offensive backfield, the ball is dead and will be reset at the line of scrimmage and down will be lost.

i. Players are allowed to return interceptions without restrictions.
j. If the offense is not to the line after thirty (30) seconds, they are given a warning. They are given ten (10) seconds to put the ball in play or be called for delay of game an assessed a four (4) yard penalty.

**Penalty yardage will be adjusted for a 100 yard field. The above yardages are based on an 80 yard field**

2) DEFENSE

a. Four (4) defensive players will be allowed to line up one (1) yard from the line of scrimmage. No defensive player will be allowed to line up over the center or on the line of scrimmage.

b. The other four (4) defensive players must line up at least one (1) yard behind the other line or two (2) YARDS FROM THE LINE OF SCRIMMAGE. There will be no blitzing or stunting.

c. Defensive pass coverage is similar to tackle. Pulling the flag before the receiver has touched the ball will be an eight (8) yard penalty and an automatic first down.

d. Defensive holding is when a defensive player holds an offensive player or touches then anywhere other than in the chest area. The only player that may be touched below the waist is the ball carrier when the defense is going for the flag. Defensive holding is a four (4) yard penalty.

e. If the ball carrier is intentionally tripped or tackled by a defensive player who is trying to get his flag, the ball is downed and an eight (8) yard penalty is marked from that point. The offense is also given an automatic first down.

**Penalty yardage will be adjusted for a 100 yard field. The above yardages are based on an 80 yard field**

F. GENERAL FLAG RULES

1) GAME

a. At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball.

b. The visiting team shall call the toss.

c. The winner of the coin toss gets first offense possession. The loser of the coin toss chooses the end zone it would prefer to defend.

d. Teams may not choose to defer to second half choice.
e. The offensive team takes possession of the ball at their twenty (20); it has four (4) plays to score a touchdown or make a first down.

f. Teams change sides after the first half. Possession changes to the loser of the coin toss.

2) STANCE: All players must start from an upright or hands on knees stance. The only exception is the offensive center.

3) CENTERING THE BALL

a. Centering the ball will be done in the conventional manner between the legs. The play starts once the ball leaves the ground. Any movement into the neutral zone prior to the snap of the ball will be called off-sides and a four (4) yard penalty will be assessed.

b. “Silent snaps” of the ball are not allowed. An audible “hike” is required to snap the ball.

4) STARTING THE GAME – PUTTING THE BALL IN PLAY

a. The winner of the coin toss starts with the ball on offense. The ball is placed on their twenty (20) yard line and the game starts. The clock starts on the first snap of the ball.

b. KICK-OFF: The kicking team has the option of one kick-off per quarter from the thirty (30) yard line. Only the kicker may move on the kicking team. If the receiving team catches the ball, the ball is downed where it is caught. If the receiving team attempts to catch the ball but fumbles it, the ball is blown dead where it was touched and a four (4) yard penalty is assessed. If the ball is not touched, it is put into play where it rolls dead.

**Penalty yardage will be adjusted for a 100 yard field. The above yardages are based on an 80 yard field**

5) SCORING VALUES

a. TOUCHDOWN: six (6) points

b. POINTS AFTER TOUCHDOWN: Run three (3) yards out; one (1) point.

c. SAFETY: Two (2) points

d. FORFEIT: Offended team wins; one (1) to zero (0) game

6) QUARTERS OF THE GAME

a. Time per quarter will be ten (10) minutes. Lesser times are permissible and will be specified by the W.Y.F.L. Board of Directors.

b. Flag will utilize a running clock which will only be stopped for time-outs.
c. TIME-OUTS: Each team is allowed two (2) time-outs per half. Each time-out will be two (1) minute long.

7) PLAYER PARTICIPATION

a. Coaches WILL alternate players in the ball carrying positions ever other game. Coaches will strive to give all players the opportunity to play in a ball carrying position.

b. All eligible players must play at least 10 plays from the line of scrimmage in each half of the game. Kickoffs are considered plays from the line scrimmage and PATS are not. A player may be denied mandatory play for disciplinary reasons, such as violation of league rules during the regular season. Violations and disciplinary actions must be approved before the game by a W.Y.F.L. Board of Director.

c. Free substitution rule is in effect.

d. Mandatory plays will be noted on the official form by someone other than the coaching staff for each game.

e. During the four (4) minute warning in the 2nd and 4th quarter of each game, the head official will verify through the form that all players have participated in ten (10) plays from the line of scrimmage in each half.

f. It will be the responsibility of each coaching staff to see that any players who have not played the minimum required plays at the four (4) minute warning will do so during the remaining time in each half. Infractions will be called to the attention of the Board of Directors.

ARTICLE XII: ROOKIE DIVISION RULES:

A. STARTING THE GAME – NO PUTTING THE BALL INTO PLAY

1. A coin flip will be conducted by the referee with both team captains and coaches present. The visitor team will call the coin flip. The winner of the coin flip has the option of kicking, receiving the kick off, or deferring their choice to the second half.

2. DECLARED PUNT: Punts must be declared by the Offense. Only the punter may move on offense. The defense may try to catch the ball. The ball is down where it is caught. If the defense attempts to catch the ball and fumbles it, the ball is blown dead and a five (5) yard penalty is assessed before they take over the ball. If the ball is not touched, it is put into play where it rolls dead. No rushing the punter.

B. CENTERING THE BALL

1. Centering the ball will be done in the conventional manner, between the legs. The play starts once the ball leaves the ground. Any movement into the neutral zone prior to the snap of the ball will be called off sides and a penalty is assessed.

2. “Silent snaps” of the ball are not allowed. An audible “hike” is required to snap the ball.
3. No player directly over center. A gap is allowed on both sides of the center.

C. HUDDLES; 45 Second Clock

D. FUMBLES/INTERCEPTIONS; High School Rules

E. BLOCKING; No cut blocking, Chop Blocks, or Crack Backs

F. WEIGHT LIMIT:
   1. In the Rookie Division, a player weighing up to 85 lbs. has no position restrictions. Any player weighing over 85 lbs and up to 130 lbs. will be designated with a red stripe on their helmet. A “red stripe” Must play on the line and between the tackles on offense and defense a red stripe player cannot play in a ball carrying position and cannot advance the ball. In the event of a fumble recovery or interception, they are required to down the ball by dropping to their knee. Red stripe players are allowed to punt: however, they cannot advance the ball.

G. SCORING VALUES
   1. TOUCHDOWN: six (6) points
   2. POINTS AFTER TOUCHDOWN:
      a. Run (1) points
      b. Pass (2) points
      c. Kick (2) points
   3. SAFETY: two (2) points
   4. FORFEIT: Offended team wins one (1) to zero (0)
   5. MODIFIED COMPETEION RULE: The modified competition rule as stated in the WYFL rules and regulations will be enforced.

H. PLAYER PARTICIPATION
   1. The Rookie League is essentially a teaching league. Coaches should show all of their players what each position does and allow them an opportunity to try it.
   2. All eligible players must play at least 10 plays from the line of scrimmage in each half. A player may be denied his mandatory play for disciplinary reasons, such as violation of league rules during the regular season. Violations and disciplinary actions must be approved prior to the game by a WYLF Board Member.
   3. During the 4 minute warning in the 2nd and 4th quarter of each game, the head official will poll each head coach to determine if all players have participated in 10 plays each half. Each head coach is responsible for assigning an assistant coach or team mom to keep a log of all players and their current number of plays in a game. This log will be available to any Board member upon request during the game.
5. It is the responsibility of the each coaching staff to ensure that any player who has not played the minimum required plays at the 4 minute warning will do so during the remaining time in each half. Violations will be called to the attention of the Board of Directors.

6. Repeated violations (two or more per season) will be considered flagrant and violators will be referred to the Board of Directors for disposition.

7. Flagrant violators or deliberate attempts to circumvent this rule will be considered sufficient cause for dismissal of a coach from the WYFL.

H. COACH ASSISTED GAMES: Coach assisted games will be permitted for all rookie football games. One coach per team will be permitted on the field at any time to assist his team. Coaches must be 10 yards from the line of scrimmage before cadence starts. Coaches will not interfere with the officiating or play of the game.

GAME MANAGEMENT

A. GAME AUTHORITY
1. Each game will be officiated by at least 1 adult head referee. The referee is the head official and as such is the final authority on the field.

2. The WYFL will ensure that an adult referee is on hand for each game. The WYFL promotes a Junior Referee Program by using students from local high schools.

B. CHAIN CREW
1. The visiting team will furnish qualified personnel to man the chains and down marker.

C. THE PLAYING FIELD
1. An 80 yard field will be used for the majority of the games. A 100 yard field may be used.

QUARTERS OF THE GAME
A. QUARTERS
1. Time per quarter will be fourteen (14) minutes. Lesser times are permissible and will be specified by the WYFL Board of Directors.

2. Rookie will utilize a running clock which will only be stopped for time-outs.

B. TIME-OUTS: Each team is allowed three (3) time-outs per half. Each time-out will be one (1) minute long.

ARTICLE XIII SCHEDULES:

A. SCHEDULED GAMES: The number of games for the regular season will be limited to no more than eight (8) games.

B. PLAYOFF GAMES: Playoff games at the end of the season are at the discretion of the Board of Directors.
C. SCHEDULING PROHIBITION: Besides the restrictions of inter-squad scrimmage or practices against teams from different age/weight divisions, no team may schedule a scrimmage with a team whose age and weights are not fully conforming to those provided herein.

D. REGULAR SEASON SCHEDULE OF GAMES: The W.Y.F.L. has the responsibility to furnish each of its teams with a complete game schedule no later than seven (7) days prior to the opening of the regular season. Individual teams and/or associations may not develop independent schedules. Associations must notify the W.Y.F.L. Of their intent to participate at least thirty (30) days prior to the opening of the regular season. Any association that fails to notify the W.Y.F.L. of their intent to participate will not be added to the current season schedule.

E. WIN/LOSS/TIE RECORDS: For the purpose of determining the order of finish all teams, a Win/Loss/Tie record will be maintained by the W.Y.F.L. No team or association may promote or advertise a Win/Loss/Tie record other than the official record of the W.Y.F.L.

F. No team may arrange a game on its own. All games, regardless of type, must be arranged through the W.Y.F.L. Board of Directors.

G. A period of at least two (2) full days (48 consecutive hours) will elapse between the end of any game for a given team and the beginning of the next game for regularly scheduled league games.

H. On draft day teams in the W.Y.F.L. will be assigned practice fields for practice time. The order in which the field choice is determined is reverse order than teams drafted and will alternate yearly between divisions. Teams will only be allowed to practice on their assigned fields after conditioning is completed. During conditioning, situations may arise where multiple teams are using one field (coaches make an attempt to notify the head coach of the team assigned to that field as a courtesy). At no time will a team be allowed to practice on any other fields without permission from a member of the Board of Directors. There will be no practices allowed on the high school field at any time. Any member or player who is in violation of this rule will be subject to immediate dismissal. During conditioning, coaches may choose to practice on weekends; however no more than two (2) HOURS PER DAY.

I. Practice times for the W.Y.F.L. and its associations will be as follows:
   1. From Pre-Season to start of school:
      a. FLAG DIVISION: Four (4) days per week for 1.5 hours per day
      
      b. ROOKIE DIVISION: Four (4) days per week for 1.5 hours per day. An acclamation period of 8 hours is required with no contact before full pads and contact are allowed. Helmets are allowed during the acclamation period.
      
      c. JUNIOR DIVISION: Five (5) days per week for two (2) hours per day. An acclamation period of 10 hours is required with no contact before full pads and contact are allowed. Helmets are allowed during the acclamation period.
d. SENIOR DIVISION: Five (5) days per week for two (2) hours per day. An acclamation period of 10 hours is required with no contact before full pads and contact are allowed. Helmets are allowed during the acclamation period.

2. After first day of school, practice times will be cut back as follows:
   a. FLAG DIVISION: No more than three (3) practices per week for 1.5 hours
   b. ROOKIE DIVISION: No more than three (3) practices per week for 1.5 hours
   c. JUNIOR DIVISION: No more than three (3) two (2) hour practices per week.
   d. SENIOR DIVISION: No more than three (3) two (2) hour practices per week.

J. When school starts ALL Practices must be conducted between Monday and Friday. Weekend practices are prohibited once games have begun. If a coach breaks the practice rules the league board has the option to suspend that coach.

ARTICLE XIV: CHEERLEADING

A. ROSTERS AND ELIGIBILITY: Cheer follows all registration and eligibility requirements as football except as specified below.

1) Cheerleading teams will be formed in the following age groups (grade level as of September 1 of the cheer season):
   a. Kindergarten – 1st grade
   b. 2nd grade – 4th grade
   c. 5th grade – 7th grade

2) W.Y.F.L. reserves the right to change age groups based on participation numbers.

3) Cheerleaders will not be allowed to play up or down unless a written request is submitted to the W.Y.F.L. Board. All requests will be considered, but not necessarily approved.

4) Once the team is established cheerleaders must remain on that team. Any change thereafter must be made with approval from W.Y.F.L. Board. Teams may have a maximum of twenty-five (25) participants.

B. UNIFORM:

   1. All participants must wear issued uniform on game day.
   2. All participants must wear white tennis shoes.
   3. All participants must cover their mid drift when standing at attention.

C. PRACTICE:
1. Teams will hold at least two (2) one (1) hour sessions per week, but no more than four (4) hours total per week. All teams must complete ten (10) hours of conditioning before stunting is allowed.

2. Practices must be scheduled by the coach with the W.Y.F.L. No practices are allowed to be held anywhere except at W.Y.F.L. approved locations (this includes residential homes).

3. The coach is responsible to admit only registered team members for practice, others should not be permitted to participate.

D. STUNTS, JUMPS AND TUMBLING RESTRICTIONS:

1. All stunts, pyramids, jumps, and tumbling MUST be taught in sequence. Cheerleaders must master one skill before moving onto the next.

2. Cheerleaders must be taught proper spotting techniques and proper spotting should always be used.

3. If stunts are preformed above waist high, continuous spotters are required. Thigh high stands do not require spotters once the technique has been considered mastered by the coach.

4. All stunts must be done on a mat or flat grassy areas.

5. Each child must follow the guidelines for their age group no matter what team they are cheering for or if that child is cheering with older children. Guidelines are as follows:
   a. Stunting Height Limits:
      a) Kindergarten- 1st grade may go to the waist
      b) 2nd – 3rd grade may go to the shoulder
      c) 4th- 7th grade may go full extension
   b. Tumbling restrictions:
      a) Kindergarten- 1st grade: Cartwheel, round-off, back walkover, and handstands.
      b) 2nd grade – 3rd grade: All of the above plus- front handspring (1) and standing back handspring (1).
      c) 4th grade- 7th grade: All tumbling is allowed.
   c. All jumps are allowed for all ages.

E. GAME DAY PROTOCOL:

1. Each squad should be accompanied by at least one (1) rostered coach on game day.

2. All participants must be in game issued uniform.

3. Poms and flash cards are allowed.

4. Cheerleading coaches are to keep cheerleaders off the playing field, except at the beginning of the game for run thru banners and at halftime. This includes before and after games.

5. Run through banners are mandatory for both teams at the beginning of the game.

6. If a player becomes injured during a game, cheerleading squads are to stop cheering, kneel on one knee, or stand quietly, until the injured player is removed from the playing field at which time injured player should be applauded.
7. Halftime cheers, dances or stunts are mandatory and should be limited to four (4) minutes per squad. Cheer Coordinator reserves the right to review all halftime performances before being performed and edit as he/she feels is appropriate.
   a. Music and boom boxes are only allowed during half time performances and must be approved by the W.Y.F.L. before use. All music must be approved by the Cheer Coordinator before being used during games/performances.
   b. All cheers and chants should be free of vulgar words, phrases and motions. No type of derogatory cheer will be allowed. This applies to both halftime and during games.
   c. No cheer or dance should incorporate inappropriate body movements.
8. At the end of the game all cheerleaders should shake all players’ hands.

F. COACHING GUIDELINES: All coaches will be held to the same requirement and Code of Conduct as the Football coaches along with the following:
1. All Head and Assistant Coaches must complete and pass a background check and fill out a W.Y.F.L. application and must be approved by the W.Y.F.L.
2. All Head Coaches that will be supervising at practices or on game day must be listed on the squad’s roster.
3. Up to date roster must be maintained with the W.Y.F.L.
4. Each team may have one (1) Head Coach and two (2) Assistant Coaches.
5. Coaches must notify all participants of current W.Y.F.L. Rules and Regulations W.Y.F.L. Bylaws, scheduled games, playoff’s and practice times/locations and/or make-ups as indicated by W.Y.F.L.
6. Coaches are to be familiar with cheerleading techniques, stunts, and jumps.
7. All cheerleading coaches are prohibited from using any form of tobacco, alcohol, or illegal drugs as well as any form of profanity while on the playing field or practice field, or at any time while in contact with children.
8. Coaches should set a positive example for their squads and community at all times.
9. Coaches are to exude sportsmanship at all times, whether at practice or at games.
10. Coaches are to treat all cheerleaders, parents, and other coaches with respect. Coaches are to treat all cheerleaders fairly, teach all cheerleaders equally, and make them feel a part of the squad.
11. Coaches are responsible for the safeguarding and timely return of all W.Y.F.L. issued equipment.

ARTICLE XV: RESOLUTION OF DISPUTES AND DISCIPLINE PROCEDURES
A. The W.Y.F.L. Board of Directors may be called upon from time to time to resolve disputes between member adults as well as provide enforcement of local rules and regulations. The W.Y.F.L. has authority over all its teams and associations, as well as all adults and juveniles having any official connections therewith, when said groups or individuals are in violation of any published W.Y.F.L. rule.

B. RIGHT TO DISCIPLINE: It is proper for the W.Y.F.L. Board of Directors to discipline and expel its own personnel, member associations, teams and adults connected therewith (including coaches) as need may arise. Likewise, an association may discipline member teams and adult personnel connected therewith including coaches, parents, and players.
C. PRESIDENT’S POWER: The W.Y.F.L. President or W.Y.F.L. Board Members are empowered to impose any penalty deemed appropriate as provided herein in a private, informal hearing for cause. However, a person or organization thus penalized may demand an open hearing before the W.Y.F.L. Board of Directors as set forth below. The decision of the W.Y.F.L. President or Board Member will stand until action is taken by the entire Board of Directors.

D. The W.Y.F.L. Board of Directors will conduct all investigations for all rule violations. Any member of an outside association may have one (1) witness and their League President sit in on the hearing. W.Y.F.L. members who are brought before the Board of Directors may have two (2) witnesses for their defense. The W.Y.F.L. Board of Directors will have the only votes at the hearings.

E. RIGHT TO APPEAL: Every adult participant who feels aggrieved by a local decision is entitled to appeal through the courts.
F. All disputes, complaints or comments must be in writing and given to a member of the Board of Directors for review and possible action.

G. The W.Y.F.L. Board of Directors holds all outside associations responsible for handling any problems that involve coaches, players or parents in their area. All outside areas will be responsible for the conduct and functions of their league. Outside leagues are responsible for assuring the W.Y.F.L. bylaws are enforced, as well as the parents’ and coaches’ code of conduct rules at all times.

ARTICLE XVI: PARENTS CODE OF CONDUCT
A. Coaches, referees, and parents form a trio of role models from which these young players learn behaviors they will carry into adulthood. The W.Y.F.L. has a Code of Conduct for both the coaches and referees. It is equally important that the parents also have a Code of Conduct. Cooperation, respect, and maturity among all the adults in the program will encourage those qualities in the players themselves.
B. Children play W.Y.F.L. football for their fun! They are not there to entertain you; they are not miniature athletes and this is not a “farm club” for an athletic career. Encourage fair play. Always play by the rules.
C. Be supportive, i.e., be sure the player attends practices, is picked up on time, and attends games.
D. Show respect for everyone involved in the program, especially the referees and the opposing team. Wait until after the game before approaching the coach with questions or concerns.
E. Recognize the value and importance of your child’s coaches. They are volunteers who donate a tremendous amount of time and effort to make this a positive experience for your child and you. Please maintain respect for these volunteers at all times.
F. At games, make positive comments or no comment at all. Applaud good plays and efforts by the opposing team. NEVER ridicule or scold a child for making a mistake during a game.
G. Condemn unsportsmanlike conduct in any way, shape, or form.
H. Respect the decisions of the referees—even if you do not agree with them. We do promote a Junior Referee Program. Please respect their decision.
I. Remember as a parent, you are a role model. Do not use profane language or harass the players or referees.
J. Please no tobacco, cigarettes or alcohol of any kind at these events.
K. Any parents or spectators who do not abide by this code of conduct will be asked to leave the field. Unsportsmanlike conduct will not be allowed. The team w/the unsportsmanlike conduct will be penalized for the unruly parent(s).

ARTICLE XVII: COACHES CODE OF CONDUCT
A. This guide is issued so common objectives can be achieved by all. This guide is required reading by all coaches in the program. Failure to abide by any of these policies could result in dismissal from the program.
B. DESIGN: The W.Y.F.L. Football program is designed to be an activity for grade school and junior high school boys and girls. This project, because of its size, requires good
management, solid support, and complete cooperation of all who participate. The teams are composed of the following:

1. PLAYERS: Each team has no more than 22 players unless approved by the Board of Directors.
2. COACHES: Each team must have 1 Head Coach and all assistant coaches must be approved by the Board of Directors.

C. OBJECTIVES: The primary goal of the W.Y.F.L. Football program is “development of boys and girls to be better citizens.” This is primarily accomplished by the coaches as they work with the boys and girls. The players must be taught sportsmanship and fair play, and these teachings should always govern their behavior while at practice and at games. Most boys and girls desire to be fair and just in their actions, but it is up to the coaches to make the sportsmanship have a very clear meaning. Unsportsmanlike conduct of any nature has a tendency to reflect adversely upon the coaching staff. Teaching the proper fundamentals of the game is very important as improper playing can result in: Injuries to the players and lack of interest in the game.

D. DUTIES TO REMEMBER: Know the game rules (high school rules apply except for the few exceptions outlined in the bylaws)

1. Have your team ready to play on time at the designated field.
2. Maintain equipment in good repair and condition.
3. DO NOT USE tobacco of any form at practice or games.

ARTICLE XVIII: JUVENILE OFFENSES
The following juvenile offenses are examples that will carry a penalty of one week of suspension to dismissal from the program. All penalties will be up to the discretion of the Board of Directors.

1. Hitting, kicking, striking, or otherwise abusing opponents while down during the course of or after a play.
2. Verbal or physical intimidation of opponents outside normal talk across the line including profanity and non-profane abuse.
3. Any act of disrespect for the team, W.Y.F.L. authority or game official.
4. Not wearing protective equipment required by W.Y.F.L. rules such as rib protectors, pads, mouth pieces, etc.

If a player is suspended for two games in any one season, he/she will immediately be suspended for the rest of the season. At the end of the suspension he/she must reapply for admission back into the program. If approved by the Board of Directors he will be on a two (2) year probation period.

ARTICLE XIV: INJURY POLICY AND PROCEDURE

A. It is the policy of W.Y.F.L. to encourage safe participation and to avoid injuries and accidents.
B. Coaches will have a first aid kit provided to them at the beginning of the season and will have basic knowledge of first aid.
C. The first aid kit will contain disposable rubber gloves for reviewing of open wounds.
D. A W.Y.F.L. Board member certified in First Aid and CPR will be present at every scheduled game.
E. Coaches or their designated assistants may treat any minor injury which requires a bandage and/or ice pack. Any injury requiring additional attention or treatment shall be referred to medical professionals through 911.

F. If a player/cheerleader sustains an injury that stops the game or if a player/cheerleader requests help, the coach will render aid to the player/cheerleader. The coach will determine the nature and severity of the injury. If the player/cheerleader has a minor laceration or abrasion and simple bandaging can control the bleeding, the coach will treat the injury. If a player/cheerleader receives a minor strain or sprain and the injury can be treated with ice, the coach will call for assistance from the parent/guardian. It is not the responsibility of the coach to treat head injuries, severe bleeding, possible bone fracture, or dislocations. In these cases 911 shall be called for emergency medical assistance.

G. Any player who has sustained a possible concussion, lost consciousness, or complains of moderate to severe neck or back pain must be removed from the game immediately for observation. It is to be determined by the parents, coach and W.Y.F.L. Board Member on site whether an ambulance needs to be called before moving a player in this situation.

H. All injuries (minor or major) must be reported to a W.Y.F.L. Board member immediately, either in person or via phone call or email. Any injury requiring medical attention, or any other injury declared necessary by the W.Y.F.L. Secretary, must have an incident/accident report filed. All incident/accident reports shall be completed by the parent/guardian, verified by the coach and submitted to the current W.Y.F.L. Secretary within 7 days of the incident/accident.

I. Any participant requiring treatment from a medical professional must have a medical release before the participant may be allowed to practice or actively participate in a game. A copy must be provided to the W.Y.F.L. Board.

J. Concussions can be mild to severe, and are not visible to the eye. In some cases it can take several hours, even days for symptoms to arise. Any child that is suspected of a concussion will be removed from a game or sports practice immediately. A good rule of is: “When in doubt sit them out”. The player is not allowed to return to the game or practice without having a concussion check performed by a W.Y.F.L. Board Member. If it is determined that the player has signs of a concussion the player must see a medical professional for treatment. The player will not be allowed to return to practice until cleared by a medical professional. Once a player is cleared by a medical professional they must follow the USA Heads Up Football Return to play protocol.

USA Football return to play protocol:

Step 1/Day1: Begin with light aerobic exercise only to increase an athlete’s heart rate. This means about 5 to 10 minutes on an exercise bike, walking, or light jogging. No weight lifting at this point.

Step 2/Day: Continue with activities to increase an athlete’s heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weight lifting (reduced time and/or reduced weight from the athlete’s typical routine).
Step 3/Day 3: Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weight lifting routine, non-contact sport-specific drills (in three planes of movement).

Step 4/Day 4: Athlete may return to practice and full contact in controlled practice.

Step 5/Day: Athlete may return to football competition.

Common signs and symptoms of a concussion include:
1. Feeling dizzy or lightheaded following a blow to the head
2. Having difficulty remembering what happened just prior to the injury
3. Has trouble remembering position or assignment in game play
4. Can’t remember game score or opponent
5. Seems very tired or irritable
6. Has difficulty answering questions
7. Seems to move about clumsily
8. Experiences nausea or vomiting
9. Has a headache
10. Is sensitive to light
11. Has difficulty remembering anything that took place after the injury
12. Experiences blurred vision
13. Coordination is off, cannot catch a ball