



Sierra Youth Football League of Northern Nevada (“SYFL”) Division II Rules, as last amended July 6, 2018

Any rule number that has been revised will be highlighted in red and bold

Preamble

To the Parents/Guardians...

This is a special time in your and your children’s lives. Cherish these moments because they pass so quickly. Remember there is a time for winning ...a time for losing. This is a time for learning and a time for understanding. Young people are watching your actions as a parent. What you do will be deemed as acceptable behavior in the lives of our children. This is more than just a game... when these enhancements are in place in a youth’s life they act against negative forces that often derail them from positive social development and lifestyles.

To the Youth Participants...

Football players and cheerleaders are admired and they exert a significant influence over the actions and behavior of the spectators. Opponents and officials must be treated with respect as fellow human beings. Self-control must be exercised at all times; decisions must be accepted (without complaint).

To the Coaches...

The idea of coaching is to teach the principles of personal endeavor, performing well as a team member, governed at all times by the rules of the game, good sportsmanship, and a sense of humor.

To All...

No one person “runs” the SYFL. It consists of a Board of Directors, Committees, Members, Coaches, Team Managers, Parents, Guardians, and the Youth that love football and cheerleading. Please be respectful toward everyone involved. The SYFL reserves the right to deny membership and/or participation to anyone. The SYFL is a youth organization and we are the role models for our youth.

Objectives

1. To promote balanced competition within the scope of our rules and regulations and to ensure the safety and welfare of the youth football players and cheerleaders.
2. To provide responsible football and cheerleading programs with organized and trained adult volunteers based upon where the youth participants are zoned to attend public high school.
3. To teach the fundamentals of football and cheerleading and influence good sportsmanship, teamwork, the highest moral and physical standards, and the importance of academic achievement.
4. To allow participation by ALL youth regardless of weight and/or ability.
5. To offer participation to ALL interested and dedicated youth despite financial hardship.
6. To create a family environment by giving parents/guardians the opportunity to participate with their children in a drug and alcohol free environment.

Infractions to Rules

Infractions to the SYFL Division II Rules, High School Rules (NIAA), and/or National Rules of American Youth Football & Cheer (AYF/AYC) may result in formal disciplinary action by the Executive Board of Directors, up to and including permanent dismissal from the SYFL, depending upon the severity of the offense, i.e., physical violence during an SYFL event, continued or repeated violations, cheating, etc. Once the the Executive Board of Directors receives a formal complaint, it shall investigate the matter and, *where deemed necessary*, schedule a meeting with the parties to hear the evidence and render a written decision. If any of the parties disagrees with the decision of the Executive Board of Directors, the matter may then be heard by the Grievance Committee in accordance with the Grievance Procedures set forth below.

Grievance Procedures

The Grievance Committee must consist of the Chairperson, Co-Chairperson, and three (3) impartial members. After receipt of the written decision rendered by the Rules Enforcement Committee and/or the Executive Board of Directors (the “Decision”), an intent to file a grievance must be given in person, by phone or email within twenty-four (24) hours followed by a written grievance within (48) hours (this time period may be extended at the discretion of the Board of Directors). The Grievance Committee shall notify all interested parties and convene within seventy-two (72) hours after the grievance was filed (this time period may be extended by agreement between the party and the Grievance Committee). Fifteen (15) minutes will be allotted for the party to plead his or her case and all evidence to be considered must be presented at the time of the grievance hearing. The Decision shall not be invalidated unless direct evidence proves the Decision was unjust. The Grievance Committee shall uphold the Decision if it determines that the party was in direct violation of SYFL Division II Rules. After the Grievance Committee has made its ruling, the party shall be notified of such ruling in writing (and also verbally at the discretion of the Grievance Committee). The Grievance Committee’s ruling is final and no further action may be taken.

General Rules and Rules of Conduct

SYFL 1 Every player/cheerleader shall register for a team/squad based upon the public high school zone in which he/she resides. All participants legal guardian are required to provide proof of residency for the high school they are zoned for during the registration period. As of 2015, participants requesting to play outside of their zoned high school will be required to complete the variance process which will be considered by the executive board (see SYFL 1A). These participants will be required to complete the variance process every season they remain with the SYFL. A player or cheerleader who “overflows” to another camp/team will be required to follow the variance process to remain on the team the following season and thereafter. All players who are participating on teams outside of their zone as of the end of 2014, whether it be due to “overflow” or a previously approved variance, will be grandfathered into that team as long as they remain with the SYFL. If an out-of-zone player leaves the SYFL for a period and returns, they will no longer be grandfathered in as an out-of-zone player and will need to complete the variance process.

SYFL 1A The variance application process will need to be completed for any player that is requesting to participate within a camp/team outside of their high school zone. The application will be considered and approved/denied by the Executive Board during the period of team reconciliation. An application will need to be completed, including current address, current high school zoning, the camp/team request move, a detailed reason for the request, and supporting documentation (as requested by the executive board). The SYFL will mirror the variance request policy of the Washoe County School District. During the reconciliation of teams, the needs of all teams will be considered along with the variances requested. The executive board will determine the need of the teams as a priority and the need of the participant secondary. No variance requests will be considered until the period of team reconciliation begins. Coaches may be considered sooner along with consideration from the respective Area Coordinator in accordance with rule SYFL 1B.

SYFL 1B Any head coach, with a player or cheerleader, considering moving to a different camp/team outside of zone will also need to complete the variance process. The Area Coordinator of the respective camp/team will also need to approve/deny the variance request along with the Executive Board. A head coach will only be allowed to have one assistant coach variance over to the team with him for the specified reason to move out of zone being “assistant coach”. A variance will need to be submitted by that assistant coach to move outside of zone in order to participate on his/her coaching staff. The participant of any participants of variance coaches will not be grandfathered into the team for future seasons. Head coach and assistant coaches, with a participating player or cheerleader, will be required to follow the variance policy as stated in SYFL 1A. Other parents whose variances may be approved, may submit applications as team volunteers, however, they will be required to follow the variance policy for future seasons and the reason for the variance may not be “team volunteer for past seasons” as a reason to variance into the team.

SYFL 2 League age is determined based upon the participant’s age on July 31st immediately preceding the current season. Football players and cheerleaders will be required to provide an original, certified birth certificate and a photocopy for the league records at the time of official weigh-in as proof of age to ensure each player is placed in the correct division. If an original birth certificate is not presented, the player will not be eligible to participate. High school students are not permitted to participate in the SYFL except as noted below. Divisions for football players and football cheerleaders are as follows:

Football/Football Cheer: Bandit, ages 5, 6, and 7 years old
Maverick, ages 7 and 8
Renegade, ages 9
Freshman, ages 10
Junior Varsity (JV), age 11
Varsity, age 12
Collegiate, ages 13 and 14 (May NOT be in high school if 14 years old)

Note: CHEER ONLY: Certain high school students are permitted in the Collegiate cheer division if their high school does not have a freshman team.

SYFL 3 Head Coaches must be at least 21 years of age. Assistant coaches must be at least 18 years of age. All junior coaches must be at least three (3) years older than the football players/cheerleaders they will be coaching. Assigned Head Coaches of each team take full responsibility of their assistant and junior coaches, staff members, players and parents.

SYFL 4 All SYFL members, coaches and staff age 18 or above must submit to a background check to ensure that all adult volunteers are suitable to work with children. An adult will not be permitted to have a volunteer assignment in the SYFL if the results of the background check reveal unsuitability for working with children, as defined by NRS 179A.180-240. Financial concerns may result in financial restrictions. Upon successful completion of a background check, a League Identification Badge will be issued. This badge must be visibly worn and in plain view at all times any member, coach, staff, or other team/squad personnel are acting in any official capacity.

SYFL 5 At least one adult coach or staff member for each team/squad must hold a valid CPR & First Aid certification and be present during all SYFL events in which the team/squad participates. In the event an athlete is injured, a First Aid/CPR certified coach or team personnel, or other properly licensed medical provider, must attend to the athlete. Each team/squad will be provided with a team binder containing necessary documentation for each player/cheerleader that must be on hand and accessible during all SYFL events in which the team/squad participates. There shall be no more than ten (10) approved badges issued per team/squad allowing

no more than ten (10) staff members per team/squad on the sidelines of any scrimmage or game. Staff members shall include coaches, managers, “team mom” or other “team parent,” play count monitor(s), and any team media persons (photographer/videographer).

SYFL 6 Attendance at all coach meetings is mandatory for each team/squad. In the event the Head Coach is unable to be present, it is acceptable for an Assistant Coach or other staff member to attend.

SYFL 7 Head Coaches of each team/squad shall schedule a meeting with parents/guardians to inform them of the SYFL rules and team/squad rules, if any. Football teams and cheer squads are required to conduct the meeting prior to or during the first week of practice. Signed Parent’s and Athlete’s Code of Conduct forms will be kept in the Team Binder. All comments and concerns regarding the team/squad should be addressed directly to the Head Coach, Area Coordinator, or the Executive Board of Directors, if appropriate.

SYFL 8 All practice times, dates, and fields will be designated by agreements between the Head Coach and the Field Committee and/or Area Coordinator. Each team/squad will be assigned a practice area for all regularly scheduled practices. Any teams or squads intending to use an alternate location must clear said alternate location in advance with their Area coordinator as well as the Executive Board of Directors (Football with Football Director and Cheer with Cheer Director). Field use permits issued by local government bodies must be kept in Team Binder. Practicing on weekends is not permitted with exception to Winter Classic practices. Violations will result in the suspension of the Head Coach from the SYFL for one (1) year.

SYFL 9 Water breaks must be given at a minimum of once every 30 minutes during practice and games and more frequently during extreme temperatures.

SYFL 10 Any player/cheerleader who does not meet required practice days during any week will not be permitted to participate during half or all of that week’s game unless the team/squad rules identify an alternative penalty that is enforced for all players/cheerleaders equally. All absences must be excused or discussed with the Head Coach. Documentation of attendance at all practices, games and other SYFL events is mandatory. Attendance sheets must be kept in the Team Binder and provided to an SYFL representative upon request.

SYFL 11 Any player/cheerleader who misses four (4) consecutive practices without prior notification may be cut from the team/squad. The Head Coach must contact the Area Coordinator and the Executive Board of Directors in writing within forty-eight (48) hours if the player/cheerleader is cut and collect the appropriate uniform/equipment to be returned to the league within two weeks. A Head Coach may suspend any player/cheerleader for cause. The suspension must be documented and provided to the Area Coordinator and Executive Board of Directors.

SYFL 12 Under no circumstances will a Head Coach accept a player not on his/her original roster, or transfer a player/cheerleader from his/her original roster, without first providing a written request to the Executive Board of Directors. A Head Coach must notify his/her Area Coordinator and the Executive Board of Directors of any player/cheerleader who drops/quits, and must collect the appropriate uniform/equipment to be returned to the league.

SYFL 13 All football teams and cheer squads are required to participate in all scheduled games and other SYFL events. Failure to participate may result in the suspension of the Head Coach.

SYFL 14 The SYFL requires that grade checks be done twice during the season. The first grade check is considered a progress report. The head coach is to distribute grade check forms to all registered athletes. All players must have the forms completed no later than the start of game 4 of the regular season. These grade checks will be considered unofficial and should be kept in the team binders although not required for eligibility. Head coaches will be responsible for verifying grades and ensuring participants are in compliance with the

standards set by the SYFL. All players will be eligible to play, however, the head coach must use sound judgment to determine whether a participant should continue to participate until they meet the SYFL minimum requirements. The second grade check will be an official grade check. These grade checks are to be completed when official report cards are released to the students. Original report cards will be required for verification and 1 copy will be required to be in the Team Binder no later than the official team binder check before the first round of play-off games and the cheer competition. The deadline will be set by the executive board for both cheer and football. For the second grade check, eligibility for all participants will need to be verified and approved by the executive board. If a student is deemed ineligible at the time of the second grade check, they will be ineligible to play in the play-off games or in cheer competition.

A child must have at least a 2.0 GPA, or equivalent, to be eligible to participate in games/competition, with no grade in any subject being an "F" or below a 59.4 percent or otherwise unsatisfactory ("U"). GPA will be determined by the following point system: Any A, deemed an 89.5 percent or higher, is worth 4 points; any B, deemed a 79.5 to 89.4 percent, is worth 3 points; any C, deemed a 69.5 to 79.4 percent, is worth 2 points; any D, deemed a 59.5 to 69.4 percent, is worth 1 point; any F, or below 59.4 percent, makes the child ineligible. All classes, core and elective, must be reported for GPA to be determined. Those children who do not have a grade check form on file with the head coach, or who do not have at least a 2.0 GPA with no "F" or equivalent, are ineligible to participate in games/competitions until their grades meet this standard and a proper grade check form has been turned in. Those children who do not receive letter or percentage grades must have at least an "S-" (or "Satisfactory") in all subjects to be eligible to participate (no "unsatisfactory" or "U"). All players who receive a 3.0 – 3.49 GPA or equivalent, will be awarded with a Scholar Certificate in recognition of their scholastic achievement. All players who receive a 3.5 or higher GPA or equivalent will receive a Gold Scholar Medal in recognition of their high scholastic achievements. No child is exempt from this requirement. Children who are on Individualized Education Plans (IEP's) will need to provide the progress reports as provided by the student's teacher and/or school. Those who are home-schooled are to have their grade reports completed by the person responsible for their instruction. Any coach who allows a child to participate in any game or competition without a proper grade check form on file meeting eligibility requirements is subject to suspension from his/her position for one year, and the team is subject to forfeit any game or competition in which an ineligible child has participated.

SYFL 15 Animals are not permitted at any SYFL event, with the exception of service animals.

SYFL 16 Members, coaches and other SYFL representatives are not permitted to transport football players/cheerleaders to or from any SYFL event in an open-air vehicle.

SYFL 17 Each team/squad shall pay its league fees on or before September 15th of the current season. The league fee for each cheer squad is \$500 and for each football team is \$900. No money shall be released to that team/squad until the league fee is paid in full and continued failure to pay will result in suspension of the team/squad from playing/competing. The Head Coach will be suspended if the league fee remains unpaid. No SYFL volunteer in any capacity shall be paid any amount of monies for any services rendered.

SYFL 18 Fundraising events are sponsored from time to time to help subsidize the League. Some events include pictures, concession stands, tournaments, camps, auctions, and raffles. Any coach, any member of a coaching staff, or any individual that circumvents the League in a League-Sponsored Fundraising Event will be permanently dismissed from the SYFL and required to reimburse the League in an amount equal to the loss of revenue from the event. A written Fundraiser Request Form must be submitted to and approved by at least one Executive Board member in writing or email prior to the fundraiser. The Executive Board of Directors must approve all fundraisers in advance. (See financial procedures.)

SYFL 19 All monies collected for team activities, whether fundraising, equipment or education, must be directed through the Treasurer. Members, coaches, and any other SYFL volunteers or representatives are not permitted to receive money either by check made payable to themselves or cash to be deposited in a personal account. Those engaging in this practice of collecting funds in this manner under the guise of collecting funds for the SYFL will be dismissed from their position permanently. (See financial procedures.)

SYFL 20 All monies raised by a team/squad must be given to the Treasurer before making purchases, and if by check must be on deposit at least two weeks before fund can be released. (See financial procedures.)

SYFL 21 Teams have the option of receiving funds either via check or via paypal, cash will not be released by the league to any team volunteer. The head coach and team designee are the only authorized volunteers of each team to receive team funds from the account. Area Coordinators may only request account balances and place deposits for each team, however, the area coordinator may not request to have funds released from the team account without written authorization (in the form of the proper financial form) from the head coach.

SYFL 22 The use of alcohol, tobacco, electronic cigarettes, and drugs by members, coaches, SYFL representatives, officials, youth participants, parents/guardians, and all other persons during any SYFL event is prohibited. Snacks having shells (such as sunflower seeds, peanuts, pistachios, etc.), are prohibited at all SYFL sites and facilities. Excessive celebration either prior to or following any game must not include any items that may damage the fields or cause potential health risks to the players. Items include but are not limited to, silly string, confetti, sparkling juices, smoke bombs, fireworks or pyrotechnics, etc. Any violations will result in disciplinary action, up to and including removal from the event and/or permanent dismissal from the SYFL, as appropriate. In addition, any costs for damages will be charged to the camp/team(s) responsible for the damages.

SYFL 23 There is zero tolerance for any act of physical or verbal abuse in which any person within the SYFL feels threatened by members, coaches, SYFL representatives, officials, youth participants, parents/guardians, and all other persons during any SYFL event will not be tolerated and will result in serious disciplinary action after a full and complete review by the executive board and/or coaches committee to determine the seriousness of the action.

First offense of a badged volunteer will result in being stripped of the volunteer badge and responsibilities/privileges as related to participating as a volunteer with the SYFL as well as a suspension as determined by executive board for no less than 2 weeks but may be longer depending on the severity of the action. First offense of a parent or participant will result in suspension as determined by the executive board for no less than 2 weeks, but may be longer depending on the severity of the action.

Second offense of any member, parents, or participants will result in immediate dismissal from the league.

SYFL 24 Any officer, director, member, coach, or other SYFL representative who commits a moral offense against the League or whose actions or activities are detrimental to the League is subject to disciplinary action, up to and including permanent dismissal from the SYFL. Any youth participant whose actions or activities are detrimental to the League is subject to disciplinary action, up to and including dismissal from the SYFL without refund.

SYFL 25 Any director, official, Area coordinator or other SYFL representative with authority may eject any person from any SYFL event with cause. Any coach or staff member ejected from a game must leave the facility and will be automatically suspended from the next game.

SYFL 26 SYFL Concussion Policy: The following steps are required in the event a player or cheerleader has a head injury and demonstrates signs of a concussion.

- Immediate Removal From Play – Any athlete (football or cheer) who exhibits signs, symptoms, or behaviors consistent with having sustained a concussion will be immediately removed from the game or practice. Any referee, head coach, assistant coach, or volunteer trained in concussion signs and symptoms is empowered to make the on-site determination that an athlete has received a concussion. Once it is determined that there may be a concussion that decision is final. The athlete will not be allowed to return to the game or practice on that same day. The parent or legal guardian of the athlete will be notified of the suspected concussion as soon as possible.
- Required Medical Clearance – Any athlete (football or cheer) who has been removed from a game or practice for a suspected concussion must provide written medical clearance to the head coach in order to return to play. The written medical clearance must be from a licensed health care provider and state that the athlete is medically cleared to return to play. Written medical clearance will be kept in the team binder. If a player who has been medically cleared experiences a return of any concussion signs or symptoms he/she will be immediately removed from play.
- Required Training for Coaches – All head and assistant coaches, football and cheer, will be required to complete concussion training annually. The Executive Board will determine the type of annual concussion training required. Coaches will not receive their badges until the mandatory training has been completed.
- Informed Consent of Parents and Athletes – All parents/legal guardians and athletes will be provided a written copy of the SYFL Concussion Policy as well as concussion education. The parent/legal guardian and athlete will sign a form acknowledging receipt and understanding of the SYFL Concussion Policy. The signed acknowledgement form must be signed before the first day of practice. The signed acknowledgement form will be kept in the team binder and will be part of the binder check conducted by Executive Board Members.

Cheer Rules

CH 1 Cheerleaders may change divisions, with permission of the Board of Directors, where necessary (due to lack of coaches, insufficient number of cheerleaders to form a squad, etc.) and provided the parent/guardian signs the appropriate waiver/release form. Requests for a division change where a squad is available for the participants age/grade requirement may not move up more than one division.

CH 2 Each squad should be certified and registered in the same age/grade division as the football team for which it is associated. In the event there is no football team for the age/grade division in which the squad should be associated, that cheer squad may cheer for a different division, however, they will participate in the cheer competition at the age/grade level the squad is certified and registered for.

CH 3 Every squad shall have at least one (1) adult volunteer (21 years of age or over) for every twenty (20) participants. If more than twenty (20) participants are registered for a single squad, then two (2) adult volunteers are required.

CH 4 Change requests will only be taken in the event that all squads in that specific area are noted full or no football team in the appropriate age group is available.

CH 5 Each squad must have at least eight (8) participants and may not have more than twenty (20) participants in the Bandit through Freshman divisions or twenty-five (25) participants in the JV through Collegiate divisions. A hard cap may also be set, at the coaches discretion, at twenty-four (24) in the Bandit through Freshman divisions and twenty-nine (29) participants in the JV through Collegiate divisions. The hard

cap will be the head coaches' choice and may be declined by the head coach. The executive board set a deadline date as to when the coach will make this decision. Once the coach accepts or declines the hard cap, the roster is set at that number and may not be changed for the remainder of the registration process without executive board review/approval. Wait lists will be available for no more than 6 participants per squad. If a rostered participant decides not to participate before the deadline date and notifies the registration chairperson of that decision in writing, a waitlisted participant can be moved into that position. A waitlisted participant must be normally registered, and will be rostered on an alternative squad while waiting to see if a position opens on the waitlisted squad. The number of participants on any given squad will be determined as of the last open registration date (first weekend in June) which is also the deadline date. If a squad is full as of that date, no additional participants will be allowed. If a squad is not viable as of that date, the participants will be moved to viable squads. Placement on any given squad or with any given coach is not guaranteed, and no refunds will be issued.

CH 6 There must be at least fifteen (15) minutes of warm up exercises performed prior to any practice, game and/or competition.

CH 7 Practices during the preseason may not exceed ten (10) hours per week, with no practice on the weekends.

CH 8 The first two (2) weeks of practice are considered conditioning practices and may be held a maximum of five (5) nights per week, not to exceed ten (10) hours of practice per week. At the beginning of the traditional school year, practices will be limited to a maximum of six (6) hours per week.

CH 9 Jewelry of any kind, including earrings, nose rings, plugs/spacers for piercings, bracelets, rings, necklaces, belly rings, watches, hairclips, belts, etc. will not be permitted during practice or performing. Medical alert bracelets may be worn provided they are secured to the body with tape.

CH 10 Bandanas are prohibited.

CH 11 Gloves and other hand or wrist accessories are allowed during sideline cheering only. Gloves may not be worn when the cheerleader is involved in tumbling or stunting.

CH 12 No Nylons/Panythose may be worn.

CH 13 No gum is allowed at all, anywhere or anytime.

CH 14 Make up is to be age appropriate and light for any SYFL event. Colored hairspray is not permitted. During competition, points will be deducted for excessive make up.

CH 15 All cheerleaders must wear their complete SYFL uniform, including cheer shoes, for all SYFL games and competitions. Athletic type clothing and shoes with soft soles must be worn to practice and cheer camp. Sleeves, body wraps, turtle necks, and similar under uniform attire are permitted, so long as not distracting from the uniform (must be plain, complementary color). The only exception would be allowed for breast cancer awareness month.

CH 16 During any SYFL event, including practices, no constricting or revealing attire is permitted to be worn at cheerleading functions. Bare midriff may not be exposed. This rule also applies to all coaching staff and will be strictly enforced. If a coach or cheerleader is dressed inappropriately at any SYFL event, the coach or cheerleader must change into suitable attire immediately and will be placed on probation. In the event it happens again, the coach or cheerleader will be suspended indefinitely.

CH 17 During all SYFL events, including practices, all hair, including long bangs, shall be pulled back off face and shoulders with an elastic type ponytail holder. Hair must not be able to fall into the cheerleaders eyes.

CH 18 Nails must be kept short, near the end of the fingers. No artificial nails will be allowed. Nail polish may/may not be allowed at the coach's discretion.

CH 19 No Glitter may be used or worn unless the glitter is infused into the original product itself. Any glitter that can flake or fall off is illegal at all SYFL events. Disciplinary action will result for the head coach and/or the squad will be disqualified from competition for any violations.

CH 20 Football cheer squads may compete in outside competitions (beyond the local SYFL competition) only upon the following circumstances:

1. The majority of the athletes rostered on the squad and their parents/guardians must agree to participate in outside competition (no child rostered for football cheer shall be forced to participate in competitive cheer, or required to change squads or drop out because the coach or others on the squad wish to compete);
2. The Cheer Director must be notified in writing as to which outside competition or competitions the squad plans to attend as soon as possible, but in any event no less than thirty days before any outside competition, and must thereafter have the squad's full itinerary in writing no less than ten days before any outside competition;
3. Every cheerleader, and any traveling junior coach(es) must have a permission slip on file with the league, similar to a field trip permission slip used by the school district (the form will be provided to you by the League);
4. All costs associated with outside competition must be paid through team funds (unless paid directly by the parents or the coach, which must be documented), with proper accounting and financial procedures followed at all times;
5. Any outside competition must be completed before February 1st (as returning player registrations begin in February and new squads are formed at that time); AND,
6. All other SYFL Rules must be followed (practice limitations, safety rules, grade checks (must be done before each outside competition), attending all games and other scheduled SYFL events, etc.).
7. Any outside competition must not interfere with any SYFL event.

CH 21 Following are the guidelines set for the Winter Classic Game:

- A. Divisions: Only the Freshman, Junior Varsity, Varsity, and Collegiate divisions are eligible to participate.
- B. Coaches: Coaches for the teams that placed first and second place in the Cheer Competition and will be assigned to coach the All-Star Classic teams.
- C. Player Selection: Teams will consist of a maximum of thirty (30) players. The selection will be as follows; Blue Team is compiled of teams placing ODD (1st, 3rd, 5th, 7th, 9th) numbers at the cheer competition. Red Team is compiled of teams placing EVEN (2nd, 4th, 6th, 8th, 10th) numbers at the cheer competition. Number of girls per team will be determined based on the number of teams per division with a cap of no more than 30 girls per team.
- D. Practices: Practices will be no more than eight (8) hours per week and must be held on Saturdays and Sundays unless you have no outlying areas on your team as to allow for outlying areas to attend. You will not be permitted to practice during the week, unless you have no outlying areas on your team.
- E. Payment for Winter Classic participation must be cash or money order only. Payments must be made prior to receiving the Winter Classic uniforms.

CH 22 Cheerleading squads at all levels may rent space at any All Star Gym or other locations. However, the All Star Gym may not assist in coaching or choreographing routines. Nor may choreography be purchased by the squad or donated to the squad.

CH 23 Supports, braces, soft casts, etc., that are unaltered from the manufacturer's original design/production, do not require any additional padding in order to stunt or tumble. Supports/braces that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half-inch thick if the participant is involved in partner stunts, pyramids, tumbling, or tosses. A participant wearing a plaster cast or a walking boot must not be involved in partner stunts, pyramids, tosses, or tumbling. They may however, continue to participate in other cheer activities. A medical professional must clear the participant for all stunting activities prior to being involved, even if the cast is removed. The participant may, however, continue to participate in other cheer activities that do not involve stunting or tumbling until medical clearance is provided.

CH 24 Banners, flags, poms and signs are the only props allowed. The use of poms and/or props is prohibited during tumbling, partner stunt/pyramid building, dismounts and all stunt transitions which require the use of hands. The flyer may obtain and use poms or props when secure in a stunt. (Tumbling exception: a forward/backward roll may be performed with poms in hand) The placement of poms and props should be a safe distance away to eliminate a safety hazard. Hiding poms or props anywhere on the body or uniform is a safety issue and therefore prohibited. Poms and props should not be flung across the mat from the floor level or from a stunt. During cheer competition, banners may not be used at all.

CH 25 During cheer competition, members of the audience may bring poms and signs to show appreciation and provide encouragement, NO BANNERS. However, all such props must be removed from the premises and/or properly disposed of before the fans/squads leave the facility. NO CONFETTI.

CH 26 Any single pod stunt at/above the chest will require one back spotter. Bandit cheerleaders are not permitted to lift above the chest in single pod stunts.

CH 27 Spotters must have hands up and maintain constant visual contact in all stunts.

CH 28 All spotting must be done from the ground level.

CH 29 Single Pod Stunts shall not be higher than two (2) persons.

CH 30 Back-bends, which support any additional weight, are prohibited.

CH 31 Bandits, Mavericks, and Renegades are limited to a pony sit, thigh stand, and shoulder sits for single based spots. A back spotter is required.

CH 32 Freshman, JV, Varsity, and Collegiate may perform any single based stunt at shoulder level or above, however, will require a strong spot. A strong spot must remain in constant contact until the dismount and then assist with the catch. Shoulder sits are excluded.

CH 33 When two (2) bases are involved, cradle dismounts are allowed provided the original bases plus an additional spotter catch. Bandit and Maverick cheerleaders may not cradle dismount.

CH 34 Backward dismounts are prohibited below the Freshman Division, including fireman catches, fallbacks, and pendulums that progress back to upright.

- CH 35 Full down dismounts are prohibited in the Bandit, Maverick, Renegade and Freshman Divisions. Varsity and Junior Varsity divisions can only full down dismount from a prep position. Collegiate can full down from a prep and extension position.
- CH 36 Single Pod/Partner stunts may not pass over, under, or through other pyramids or stunts.
- CH 37 Any cheerleader on a waiver due to playing up a division must not fly in a basket toss. Any violation in this rule will result in disciplinary action for the head coach and/or immediate disqualification of the team from competition.
- CH 38 Basket Tosses are prohibited in all divisions with the exception of Varsity and Collegiate (stunts in which two (2) or more bases and one back spot form a basket with their arms and throw the partner in the air, catching the partner in a cradle). Stunts must “hit” at some point before a dismount is executed. Qualified Collegiate and Varsity teams are teams whose head coach is NFHS and ACCAA certified and approved by the cheer director to perform approved UCA stunts.
- CH 39 Varsity squads are limited to a straight ride only. Collegiate squads are limited to one element.
- CH 40 One-legged stunts are permitted in all divisions. A Bandit, Maverick and Renegade cheerleader may not execute any one-legged stunt above the chest. For Bandits, Mavericks, and Renegades, the stunt must be returned to the prep position (two (2) feet) before dismounted.
- CH 41 Free Falling flips or swan dives from any type of stunt are prohibited. For Renegade levels and above, a Superman/Prone are allowed as long as the back spot maintains contact with the flyer at all times.
- CH 42 Flip mounts and dismounts are prohibited, regardless of bases constant contact with a flyer. A flip is considered any movement that causes a somersault effect, either head over heels or hips over heels. No running tumbling and “landing” or being caught in a cradle or pyramid is allowed. A back or front walk-over is permitted into a stunting formation, however the flyers must make contact with the floor with at least one foot before making contact with the base and is never free-flying.
- CH 43 Inverted partner stunts are prohibited in all divisions. No cheerleader is allowed to be in an inverted position as part of a stunt or pyramid. Head must not be lower than hips.
- CH 44 All stunts must be executed on a padded surface including grass, mats, or artificial tracks. All other surfaces are prohibited for stunting. Performing stunts on prohibited surfaces will result in disciplinary action against the head coach.
- CH 45 All stunts must remain in constant contact with at least one original base/back spot at all times. No Flips, no ball ups, no Tic-Toes, etc. under any circumstances for any stunts or pyramids
- CH 46 Collapsible pyramids are prohibited.
- CH 47 A pyramid may consist of connected single pod stunts but not higher than 2 persons.
- CH 48 While in a pyramid, Bandits, Mavericks, and Renegades divisions may perform an extension while braced on both sides, single leg excluded.

- CH 49 While in a pyramid, Freshman and JV divisions may do one-legged extensions braced on both sides.
- CH 50 In a pyramid, a bracer must stay at the prep level or below through the entire pyramid
- CH 51 While in a pyramid, Varsity and Collegiate divisions may do a one-legged extension with one bracer.
- CH 52 Bracers must remain in constant contact with the center pod of the pyramid at all times even in dismounts. Bandits and Mavericks divisions must return to a prep level before a dismount. All other divisions may dismount from extensions as long as they are still braced.

Football Rules

FB 1 All personnel participating in the program shall be held responsible for their knowledge of and shall abide by the SYFL Division II Rules, High School Rules (NIAA), and National Rules (AYF). All Coaches must attend a league certified open clinic annually, without exception. Area Coordinators must schedule coaching clinics in cooperation with the Vice Commissioner so as to avoid scheduling conflicts.

FB 2 A date and time will be assigned by the Equipment/Uniform Committee for the issuance and return of all equipment for each team. There will be a \$25 deposit paid by each player at the time equipment is obtained by that player. The \$25 deposit will be refunded when equipment is returned to the league by the deadline set by the board, so long as all equipment is returned clean and in good working order (excepting reasonable wear and tear). Players MUST be present to receive equipment to ensure proper fit. Make-up days for receiving equipment will be scheduled, but no special provisions will be made. In the event equipment changes are necessary, the previously issued equipment to be changed must be returned in exchange before any other equipment is issued. The Head Coach will make every effort to assist in retrieving equipment that has not been returned, however, parents are ultimately responsible for ensuring equipment is returned. Equipment return dates are posted on the website at the close of the season. Parents will be charged a late equipment fee in the amount of \$50 at registration if equipment not turned in by Jan 31 to cover a late reconditioning fee. Parents may not register until equipment is returned. Any parents on FA will be denied financial assistance if the equipment is not returned prior to the end of the season. Collegiate players must return shoulder pads and helmet prior to leaving the field at their last game.

The SYFL will rent out equipment for tournaments outside of the SYFL, the parents or legal guardian of the child will be required to sign a liability form and place a \$50.00 payment (\$25 will be refunded when equipment is returned the other \$25 is non-refundable). The equipment needs to be returned 7 days after the tournament date failure to do so will result in the loss of deposit.

FB 3 Only authorized SYFL equipment will be used. The player must wear, as a minimum, the equipment issued to that player or authorized substitute non-league issued equipment. Any non-league issued equipment must be NOCSAE certified and maintained to set standards. The player must wear all equipment issued by the League or authorized substitute during practices and games. No unauthorized modifications of SYFL equipment will be permitted. A player will be removed from a game or practice if an SYFL representative finds faulty, illegally modified, or unauthorized equipment.

FB 4 Nothing is to be worn on the head except the league issued or approved by equipment director helmet during practices and games. An athletic skull cap may be worn underneath the helmet. No jewelry, bandannas or other related items believed to be gang markings or clothing shall be worn. Visors or sport

goggles can be worn if clear. Metal cleats are prohibited to be worn in practices, scrimmages and games pursuant to the League's insurance policy requirements.

FB 5 Practices

“In-Season” Practices

The season officially starts on a date designated by the Board every year.

No player shall practice without a helmet once equipment has been issued. Shoulder pads, pants pads, and girdles may not be worn during the first 10 hours of conditioning. Helmets and cleats are the only approved equipment to be worn during first 10 hours of conditioning.

All players must have ten (10) hours of conditioning before contact is allowed.

A team or area conditioning camp may be held no earlier than fourteen (14) days before the first official day of practice, to assist in achieving conditioning hours. Conditioning camp may not exceed ten (10) hours of conditioning within those fourteen (14) days. Such camps shall not be mandatory, for any player to attend. However, if a player does not attend the camp, they are still required to achieve conditioning hours under during official team practice under the head coaches supervision and/or direction. Conditioning hours may not be achieved on an individual basis outside of the team approved conditioning activities.

Prior to the start of the school year, practices may be held a maximum of five (5) nights per week, at a maximum of two (2) hours per night. At the beginning of the traditional school year, practices will be limited to a maximum of three (3) practices per week, at a maximum of two (2) hours per night.

No player shall be permitted to participate in any practice, conditioning or other activity until all the necessary paperwork has been received in conjunction with established league registration requirements.

Team events (i.e. parades, team party, team building etc.) do not count as a practice as long as no formal football instruction is being provided.

Reported abuse of practice schedule rules will result in a written warning from the Board and potential removal of head coach for subsequent violations. Violations may result in, but are not limited to, the suspension of the Head Coach from the SYFL for one (1) year.

All practice times, dates, and fields will be designated by agreements between the Head Coach and the Field Committee and/or Area Coordinator. Each team/squad will be assigned a practice area for all regularly scheduled practices. Any teams or squads intending to use an alternate location must clear said alternate location in advance with their Area coordinator as well as the Executive Board. Field use permits issued by local government bodies must be kept in the team binder.

Practicing on weekends is not permitted with the exception of Winter Classic (see rule FB26)

“Off-Season” Football

SYFL's regular season is in the Summer/Fall. However, football players in the SYFL may participate in football year round and depending on circumstance.

The SYFL acknowledges that there are many athletic opportunities such as tournament teams, Spring Football and Summer Passing Leagues.

The SYFL will not be responsible for insurance coverage for those Athletes that participate with tournament teams. Any athletes that utilize SYFL equipment for tournament events will be required to complete a liability form that releases the SYFL from providing insurance coverage to those athletes that participate with outside tournament leagues.

Great care should be taken to not interfere with other spring and summer sports such as baseball, lacrosse, and family vacations. The SYFL requires that NO pressure be placed on individuals to participate. Coaches that “require” or in any way manipulate SYFL participants to join or participate in any way or who do not plan and allow for participation in other sports and family vacations should be immediately suspended from coaching any team during the regular (Fall) season.

The SYFL does not operate post-season tournaments or events. Teams that play in the SYFL shall not be prevented from participating in post-season play if they coordinate the programs and conditioning activities themselves. The SYFL shall have no responsibility to provide or pay for fields for any off-season activities.

The SYFL Rules apply to all SYFL coaches and teams. The SYFL Rules do not apply to third party commercial vendors such as gyms, schools, or summer programs who raise funds or earn a living by training our sons and daughters to be better and more competitive athletes.

The SYFL Rules govern the conduct of coaches during the regular season (generally late July till the final championship game) only. While coaches are “Ambassadors” for the SYFL and football in general, nothing in these rules shall be read to prevent such volunteers from promoting football during the off-season in any manner they see fit.

Coaches may gather their teams, in whole or in part during the off-season for practicing or conditioning. Coaches may also arrange workouts/conditioning with commercial or other third party entities for their teams provided that participation in such programs is voluntary for the players without repercussions. Such events must not include any form of contact. Equipment will not be issued for such off-season events. However, insurance coverage will be available to those athletes who are participating in the off-season SYFL practicing or conditioning.

Any team that participates in an “off-season” practice is required to obtain appropriate permits and notify the executive board of the practice as well as provide copies of the permit as applicable. An “off season” practice is considered to be an organized gathering of 5 or more participants in a single location at any given time. Any head coach in violation of this rule will be subject to disciplinary action up to and including removal from the SYFL as this puts the league in jeopardy of losing field space during the regular season.

The SYFL Rules are not intended to prevent individuals from playing with their own children and the friends of their children at their homes, in the park, and the like, regardless of the activity.

FB 6 Weight certifications will be conducted once, at the SYFL Experience. Players are required to weigh-in at their Maximum Stripped weight – Player steps on scale wearing at a minimum their game jersey and shorts. All athletes will present for weigh-ins with their picture, showing their face and game jersey number clearly, digitally printed or scanned onto the league's official weigh-in form (no taped or glued pictures). Weigh-in forms will be embossed by the league immediately following a certified weigh-in, and must be embossed to be official. Players that are unable to weigh-in at the SYFL Experience must have their weight

certified at the SYFL office, provided they weigh-in at their Maximum Stripped weight wearing at the minimum their game jersey and shorts. A player's weight will be increased by one (1) pound for each day following the SYFL Experience and ending on the actual date the player's weight was certified. The player will not be eligible to compete in any SYFL games or events until the scheduled weight certification has been done. Each division's maximum ball carrier weight is as follows:

Bandit:	80 pounds
Maverick:	90 pounds
Renegade:	100 pounds
Freshman:	110 pounds
Junior Varsity:	125 pounds
Varsity:	140 pounds
Collegiate:	*Unlimited

FB 7 Players in excess of the ball carrier weight ("X" player), will have an X placed on the front and back of their helmets at the SYFL Experience weigh-in, at least 4"x4" on the front and at least 6"x6" on the back. The X must be of best contrast to the helmet color in either white or black and shall only be a simple X with no other design elements.

All defensive X players must start every play ON the line of scrimmage in either a 3 or 4 point stance as a lineman. The first move of the X player on defense must be to penetrate the neutral zone. The defensive X player cannot drop back into coverage. On Defense the "X" player must split the Offensive tackle with his inside leg (meaning his inside foot must be placed so that an imaginary line extending up from his foot will bisect the offensive lineman at his belt buckle or face mask). Defensive "X" players may advance a fumble or interception.

All offensive X players must start every play on the line of scrimmage in either a 2, 3 or 4 point stance as a lineman, they can only play on the line from tackle to tackle. The offensive X player must be covered, meaning they must have at least one more of their own players outside them on the line of scrimmage. The offensive line must have at least 5 linemen grouped together including the center and any X players at the snap of the ball. At least two additional players must be on the line of scrimmage (7 minimum) as required by NFHS rules but may be tight or split out to either side as desired. If an offensive "X" player picks up a fumble or legally catches a pass, the play will be blown dead at that point.

The "X" player may be the place kicker or holder for field goals, PAT's (point after touchdown) in addition to a lineman. An "X" player may not participate on kickoffs or kickoff returns. In the event a team does not have enough non X players to field a kick off or kickoff return team, both teams will begin the new series at the offensive teams 35 yard line. During the change of possession each team will be given a 60 second time out.

Any violation of the X Player rule will result in 5 yard penalty and a replay of the down or the option to accept the result of the play.

FB 8 Football rosters are to be limited to 28 players for the Bandit through Freshman divisions and 34 players for the JV through Collegiate divisions. A team must have at least eighteen (18) registered players by the deadline date to be considered a viable team and placed on the scrimmage/game schedule. Any team deemed not viable as to the deadline date will be disbanded with players assigned elsewhere. Wait lists will be available for no more than 6 players per team. A hard cap set at thirty-two (32) in the Bandit through Freshman divisions and thirty-eight (38) participants in the JV through Collegiate divisions. The hard cap will be the head coaches' choice and may be declined by the head coach. The executive board will set a deadline date as to when the coach will make this decision. Once the coach accepts or declines the hard cap, the roster is set at that

number and may not be changed for the remainder of the registration process without executive board review/approval. If a rostered player decides not to participate before the registration deadline date and notifies the registration chairperson of that decision in writing, a waitlisted player can be moved into that position. A waitlisted player must be normally registered, and will be rostered on an alternative team while waiting to see if a position opens on the waitlisted team. If a team is full at any point in the registration process, no additional participants will be allowed. Placement on any given team or with any given coach is not guaranteed, and no refunds will be issued. Larger, younger football players who are deemed experienced may play up no more than one division, with the approval of their coach, provided the parent/guardian signs the appropriate waiver/release form. Older players may not play “down” under any circumstances.

FB 9 On point-after-touchdown attempts, if the ball is run or passed into the end zone, it will count for one point; if the ball is kicked through the field goal posts and is concluded good, it will count for two points. Defensive players are allowed to rush the kicker or punter in all divisions, but not over the top of the center. In the Bandit, Maverick, and Renegade divisions the kicker/punter cannot be rushed until the ball has been kicked. Also in the Bandit, Maverick, and Renegade divisions, the kicking team may kick the extra point from the 7,8,9, or 10 yard line. The kicking team may choose the distance at their discretion. The defensive team can stand at the line of scrimmage with their hands raised and can jump in an attempt to block it. The defensive team may not cross the line of scrimmage at any time during the extra point attempt. If the defense does cross the line of scrimmage, the kicking team can retry the extra point attempt. Scoring is as follows:

- Touchdown - 6 points
- Point-after-touchdown, running or passing - 1 point
- Point-after-touchdown, kicking - 2 points
- Safety - 2 points
- Field goal - 3 points
- Forfeit Score 6 - 0

FB 10 Blocking will not be allowed to begin below the waist. A player must first engage at the waist or hip before being allowed to go below. Any blocking below the thigh must be secondary to the initial contact. Any coaches found to be teaching illegal blocking techniques are subject to disciplinary action, up to and including permanent dismissal from the SYFL.

FB 11 Kickoff team formation MUST have a minimum of 4 players on each side of the kicker.

FB 12 A minimum of fourteen (14) players must be dressed and eligible to play in each game. A team that fails to meet this requirement will automatically forfeit that game.

FB 13 Each player who has participated in at least two (2) practices per week is guaranteed a minimum of four (4) plays per half in that week’s game. All “live ball” plays count toward the required number of minimum plays. On offense, a quarterback taking a knee does not count as a live play. Violations during the regular season will result in the following: a) the Head Coach will be suspended from the next game for the first offense; and b) the Head Coach will be suspended from the SYFL for one (1) year for the second offense. If a violation occurs during a playoff game, championship game, or All-Star Classic Game, the game will be forfeited and all coaches and staff members shall be permanently dismissed from the SYFL. A player may not be eligible to participate in a game for the following reasons: a) failure to make required practices; b) educational or study difficulties; c) team discipline; d) medical restrictions; and e) parent discipline. If a player is not participating in a game, the Head Coach, or staff member must indicate the player’s name and number on the play count sheet, together with the reason the player is ineligible. Each Head Coach will provide a staff member with a play count sheet which will include the names and numbers of all players present. It will be the responsibility of the Head Coach to check with the play counter(s) during the game to ensure all players are

getting their required plays. If requested, play count sheets must be made available to an official or SYFL representative at two (2) minutes before the end of each half.

FB 14 If a player is wearing a jersey other than that assigned to him/her, it shall be the duty of that player's coach to notify the opposing team before play begins, or immediately upon the jersey change occurring if during a scrimmage or game (such as for a change necessitated by unwearable or unsafe condition). Any Coach who switches jerseys, or causes jerseys to be switched prior to or during a scrimmage or game without good cause and notice to the opposing team will be suspended and/or permanently dismissed from the SYFL and the game will be forfeited. Players must wear their regular season game jerseys while participating in scrimmages at the SYFL Experience.

FB 15 Each team may supply its own game ball provided that it is the official size designated for that division. The following are the game ball sizes in each division as follows:

Bandit, Maverick and Renegade: Pee Wee (ex. MSP or K-2)

Freshman and Junior Varsity: Junior Youth (ex. MXJ)

Varsity and Collegiate: Youth (ex. MXY or TDY)

FB 16 All personnel, other than participants, must have a valid ID badge to be on the field. ID badge must be visible at all times while serving in any official league capacity. There will be no unauthorized personnel permitted on the track around the playing field, or adjacent grass/turf areas during games, except that incoming teams will assemble at the rear of each end zone at the two-minute warning of the fourth quarter in the game just prior to their own. Once a team has completed their "walk through" at the conclusion of the game, and have gathered their team equipment from the side lines, the Head Coaches will immediately remove their respective teams to an area outside the fenced area. Teams will not congregate in the end zone areas after their games, unless it is the last game of the day.

FB 17 Coaches must stay off the playing field and remain under control as an example for the players, staff, and fans. High School Rules do not allow players and coaches beyond the designated box. The only exceptions to this rule are in the Bandit and Maverick divisions. The Bandit division may have two (2) coaches on the playing field through week 4 of the season, and one (1) coach on the playing field from week 5 through the end of the season. The Maverick division may have one (1) coach on the playing field through week 4 of the season only (no coaches on the field from week 5 through the end of the season). In the Bandit and Maverick divisions, when coaches are allowed on the field, at the snap offensive coach(es) must be behind the white hat referee and defensive coach(es) must be at least five (5) yards behind the deepest defensive player.

FB 18 Two (2) "water boys/girls" in team attire, will be allowed on the sidelines, so long as acting in "water boy/girl" capacity and not causing any distraction. Such "water boy/girls" shall not count toward a team's limit of ten (10) sideline personnel.

FB 19 The visiting team will provide **four (4)** volunteers to work the chains and the down marker. If a public address system is available, it is the home team's option to announce the game. If the home team does not find someone to announce, the visiting team may choose someone to announce the game

FB 20 Mercy Rule: All games will have a "stop and go" clock except in the event a team is leading by thirty two (32) points or more, then the game will have a running clock. The clock will continue to run with the exception of time outs, injuries, end of a quarter, change of possession, and scores. The clock will start again as soon as the official signals ready, not the hike. In addition, the losing team shall select 4 key offensive players from the leading team, that are not allowed to play any of the backfield positions (quarterback, running back, slot back, flanker, etc.), nor are they allowed to receive a screen or a similar type pass behind the line of scrimmage. These 4 key players will be announced to the Referee and then provided to the leading team's Head

Coach. These key players may play offensive line, defense, special teams but they are not allowed to receive or return punts and kicks. The leading team shall not throw passes past the line of scrimmage and shall not run any trick plays (reverse, double reverse, etc.); violation of the Mercy Rule, playing an ineligible player, any trick plays, etc., as determined by the officiating crew, will result in a 15 yard unsportsmanlike penalty; a second offense within the same game shall result in a 15 yard penalty and the Head Coach being ejected from the game.

The team that is behind automatically gets the ball at the 50-yard line after the leading team scores. The team that is leading automatically gets the ball at their own 20 after the losing team scores. If the score returns to within thirty-two (32) points, the clock will resume to a “stop and go” clock and all players will be eligible to play their normal positions.

FB 21 Bandit, Maverick, and Renegade divisions will have a maximum of forty (40) seconds to call a play and snap the ball or a delay of game penalty will be called, resulting in a loss of down. All other divisions will follow High School Rules; twenty-five (25) seconds or delay of game, resulting in a five (5) yard penalty. Ten (10) minutes will be allowed for half-time in all divisions. The time allowed per quarter and per game in each division is as follows:

Bandit: 8 minutes/quarter = 32 minutes/game
Maverick: 8 minutes/quarter = 32 minutes/game
Renegade: 8 minutes/quarter = 32 minutes/game
Freshman: 10 minutes/quarter = 40 minutes/game
Junior Varsity: 10 minutes/quarter = 40 minutes/game
Varsity: 10 minutes/quarter = 40 minutes/game
Collegiate: 12 minutes/quarter = 48 minutes/game

FB 22 Coaches will be responsible to e-mail or text their scores to the Executive Board within twenty-four (24) hours after each game.

FB 23 Only regular season games will count in League Standings. The following point system will be used: a) Win, two (2) points; b) Loss, zero (0) points; and c) Tie, one (1) point.

FB 24 Playoffs will include the top eight (8) teams from each division. Division tiebreakers will be determined as follows: a) Win/Loss/Tie Record; b) Head to Head; c) Strength of Schedule, unless there is a three-way tie, in which case the order is a) Win/Loss record; b) Strength of Schedule ; c) Head to Head; d) Points against. If the above does not break the tie, then the tie shall be decided by a coin flip. The formula for Strength of Schedule is as follows;

1. Teams are listed based on Win/Loss/Tie Record. Any 2-way ties in which the two teams played each other are broken via Head to Head results.
2. Teams are then ranked (1 through 16 for a 16 team division) according to the Win/Loss/Tie Record and any ties broken by Head to Head results. Teams with the same record are given the same rank value, unless the tie was broken via Head to Head.
3. Strength of Schedule for each of the tied teams is determined by totaling the rankings of every team they played on their respective schedules.
4. The lower Strength of Schedule value is given the higher seed, as they have played a more difficult schedule against higher ranked teams.

5. If a tie remains after applying the Strength of Schedule, the tie is then broken by Head to Head results; if still tied after Head to Head results, then the tie will be broken by Points Against results. If still tied then the tie will be broken by a coin flip.

Example:

Team	Win	Loss	Tie	Head to Head	Rank	Strength of Schedule	Playoff Seed
Reed	8	0			1		1
Reno	7	1		X	2		2
McQueen	6	2			3	67	3
Damonte Ranch	6	2			3	69	4
Spanish Springs	6	2			3	82	5
Carson	5	3			6		6
Lassen	4	4			6		7
Fernley	3	5		X	7		8
Fallon	3	5			7		
Hug	1	7			9		
Wooster	0	8			10		
North Valleys	0	8			10		

FB 25 In the event of a tie at the end of regulation in a playoff game, High School Rules will be followed; meaning sudden death where a coin toss takes place and one team is awarded the ball, the other awarded which end zone. Four (4) plays per team. The process will continue until one team scores and the other does not. There is no overtime play in regular season games.

FB 26 Following are the guidelines set for the Winter Classic Game:

- a. Divisions: Only the Freshman, Junior Varsity, Varsity, and Collegiate divisions are eligible to participate.
- b. Coaches: Coaches for the teams that placed first and second place in the regular season will be assigned to coach the All-Star Classic teams.
- c. Player Selection: Teams will consist of a soft cap of thirty-four (34) players and hard cap of thirty-eight (38) players up to the coaches discretion. The coach of the first place team will select from his team, then from the teams that placed fourth, sixth, eighth, tenth, etc. The coach of the second place team will select from his team, then from the teams that placed second, third, fifth, seventh, ninth, etc. A minimum of two (2) players must be selected from each team and include at least one (1) lineman. No more than eight (8) players may be selected from one team, except in the event more than ten (10) players from one team are required to form the All-Star Classic team due to other teams' and/or their players' unwillingness to participate. In the event teams cannot send all two players the remaining teams except the 1st and 2nd ranked will be eligible to submit one additional player alternating until all roster spots are filled. SYFL Division II Rules, High School Rules, and National Rules will be followed just as in the regular season. Please note that the SYFL minimum play rule will be enforced and all coaches and staff members will be permanently dismissed from the SYFL for any noncompliance. In the event that an entire team doesn't participate in the All Star Competition as determined by the jersey order date then the next seeded team will take their seed. All teams seeding will moved up accordingly.
- d. Practices: Practices will be no more than eight (8) hours per week and must be held on Saturdays and Sundays as to allow for outlying areas to attend. You will not be permitted to practice during the week.

Winter Classic Player Allocation

16 Teams

Seed	# of Players	Seed	# of Players
1	8	2	8
4	6	3	6
6	5	5	5
8	5	7	5
10	3	9	3
12	3	11	3
14	2	13	2
16	2	15	2
total	34		34

Seed	# of Players	Seed	# of Players
1	7	2	7
4	7	3	7
6	6	5	6
8	5	7	5
10	3	9	3
12	2	11	2
14	2	13	2
16	2	15	2
total	34		34

14 Teams

Seed	# of Players	Seed	# of Players
1	8	2	8
4	7	3	7
6	6	5	6
8	5	7	5
10	3	9	3
12	3	11	3
14	2	13	2
total	34		34

Seed	# of Players	Seed	# of Players
1	8	2	8
4	7	3	7
6	6	5	6
8	5	7	5
10	3	9	3
12	3	11	3
14	2	13	2
total	34		34

FB 27 Scrimmages must be played against teams within same divisions. Games or events outside of the League must be approved in advance by the Board of Directors. Failure to obtain approval for an outside event will result in the immediate suspension of the Head Coach and the staff.

FB 28 Following are the regulations regarding scouting teams: a. An opposing team may scout during a game, SYFL Experience Scrimmage or sanctioned league scrimmage only. This may include the charting of plays and handwritten notes. No filming or photographing of an opposing team's game is permitted unless your team is playing them. b. Opposing teams' practices may not be scouted. c. Game films may be exchanged between any teams. d. The use of electronic communication devices, i.e., cellular phones, two-way radios, etc., is prohibited on the field during games.

FB 29 Every team shall have a Team Binder for player documents. Every Team Binder shall contain a copy of the following documents and in this order:

1. Team Roster reflecting player name, jersey number and X Player designation (if applicable).
2. Player Information, in alphabetical order by Player's last name:
 - a. Certified Weigh-in Form (with player's photo in game jersey)
 - b. Completed and signed SYFL Athlete's and Parent's Code of Conduct
 - c. Completed Medical Consent Form
 - d. Completed Sports Physical Form clearing the child to participate in the current season

- e. Completed Grade Check Form for Week 4 reflecting the Player is eligible to play as per SYFL 14
 - f. Completed Grade Check Form for the 1st Round of the Playoffs reflecting Player is eligible to play per SYFL 14
3. A current copy of the SYFL Division II Rules
 4. Attendance Sheets
 5. Field Use Permits (if applicable)
 6. Any other information as required per each Camp

The above forms, in the specified order shall be inserted into clear, top-loading sheet protectors, so that each document is readily visible; beginning with the Certified Weigh-in Form (front) then the SYFL Athlete's and Parent's Code of Conduct (back), and so on until all forms are in place.

Team Binders shall be available for inspection by the opposing team from 30 minutes prior to and up to 15 minutes before the scheduled start of any game. Any team not having their binder in order and available for inspection at least 30 minutes before the start of the game, shall forfeit the game. Once the binder has been presented to the opposing team for review, no additional or missing information may be added, i.e. the team bind must be complete at the time of review. The head coach may designate another badged assistant or team manager to perform the binder check, but the head coach ultimately responsible for the check to occur. Any player found not to be eligible (whether by grades or missing any mandatory form/document listed under item 3 above), by the opposing team's Head Coach or designee, shall be brought to the attention of the opposing teams Head Coach or designee for concurrence. If there remains a discrepancy on a player's eligibility, it shall be brought to the attention of the Field Coordinator or an Executive Board member to make the final determination.

The Friday before the first playoff game, binders for all teams in the playoffs will be inspected by a member of the SYFL Executive Board or their publicly declared designee. The results of this inspection will be noted on the League's Mandatory Playoff Team Binder Check Form and then inserted as the front page of the binder. This form will note which players, if any, are ineligible to play and the reason for their ineligibility.

Head coaches are responsible for ensuring that their binders are complete and the League specified order and that only eligible players are participating in games. Any Head Coach who intentionally or unintentionally plays an ineligible player shall be immediately ejected from the game and is subject to discipline by the League, up to and including a one year suspension. Team Binders must be available for inspection by authorized personnel, including league officials, at all SYFL activities and events (scrimmages, practices, and games). Coaches shall hold their binders in confidentiality, and shall only allow review/inspection by properly authorized personnel.

FB 30 The following Drills and Warm-up Exercises are hereby banned from all SYFL activities: Unsupported Leg Lifts, Neck Bridges, Neck Rolls, Bull in the Ring, Barrel Rolls, and any and all drills and exercises not generally accepted as safe, and that may not be reflective of actions that would normally occur during the course of a football game. Wake up drills, Gauntlets or any other straight on full contact drills may only be performed in close contact.

FB 31 If an area coordinator or outlying area president gets a field date during the playoffs and one of their teams are the lower seed at home, that team becomes the home team with all rights and responsibilities of a home team. The higher seed team will become the visiting team with all rights and responsibilities of a visiting team. If an area coordinator or outlying area president gets a field date during the playoffs and any of their teams are playing a team with a higher seed with a field date, the higher seed team will remain the higher seed team and the lower seed team must travel to the higher seeds home field.

