



## **Philosophy of the Southern Utah Nevada Youth Football Program**

### **Objective:**

SUNYFL will create a fun, safe, and positive football opportunity for youth in grades 3 through 8 where the youth can learn the game of football along with fundamental life principles.

### **Southern Utah Nevada Youth Football League Mission Statement:**

The goal of SUNYFL is to develop and promote the ideals of responsibility, hard work, sportsmanship, teamwork, and fellowship in youth while teaching them the game of football in a positive and safe environment. The individual growth of the youth in our community will be enhanced through the spirit of competition, discipline, and fair play. We will accomplish these goals by providing a program that maintains the highest standards and seeking out coaches and other volunteers willing to teach and exemplify these same ideals. SUNYFL is committed to encourage adults to behave in an exemplary manner when supervising youth or as a spectator at all functions of the program, and to keep the welfare of the youth foremost and free from any adult compulsion for power and glory.

**Southern Utah Nevada Youth Football League (SUNYFL)**

**Program Bylaws**

**Web page: <http://www.SUNYFL.com>**



## TABLE OF CONTENTS

ADVISORY BOARD/BOARD OF DIRECTORS MEMBERS.....	
1.0 LEAGUE NAME, ADDRESS, PURPOSE AND DEFINITIONS.....	
2.0 ORGANIZATION.....	
3.0 FRANCHISE.....	
4.0 BOARD OF DIRECTORS & EXECUTIVE COMMITTEE.....	
5.0 DISTRICT ASSIGNMENTS.....	
6.0 RECRUITING.....	
7.0 PRACTICE RULES.....	
8.0 OFFICIALS.....	
9.0 EQUIPMENT.....	
10.0 INSURANCE.....	
11.0 PLAYER ELIGIBILITY.....	
12.0 REGISTRATION .....	
13.0 GRADE REQUIREMENTS.....	
14.0 WEIGHT LIMITS.....	
15.0 X-PLAYERS.....	
16.0 PLAYING FIELD AND RULES OF PLAY.....	
17.0 LEAGUE DISCIPLINE.....	
18.0 DRAFT.....	
19.0 PLAYOFFS.....	
20.0 STANDARDS OF CONDUCT.....	



## **ADVISORY BOARD**

**Darry (Gator) Alton**

**Jamie Turlington**

**J Turlington**

**Gene VanOrden**

**Lanse Chournos**



## **SUNYFL BOARD OF DIRECTORS**

**President**

**Darry (Gator) Alton**

**VP of Operations**

**Jamie Turlington**

**VP of Events & Community Outreach**

**J Turlington**

**Director of Officials**

**Gene VanOrden**

**Official Liaison**

**Bobby Robledo**

Contact any Board Member at [www.SUNYFL.com](http://www.SUNYFL.com)

# SUNYFL Bylaws

## 1.0 LEAGUE NAME, ADDRESS AND DEFINITIONS

The name of this organization is SOUTHERN UTAH NEVADA YOUTH FOOTBALL LEAGUE INC.

The address of SUNYFL is its legal address filed with the state of Utah and published on its web site.

The term "Board" or "Board of Directors" as used in these Bylaws refers to the Board of Directors of SUNYFL.

## 2.0 ORGANIZATION:

2.1 SUNYFL shall be composed of a group of districts, each representing the residents of a defined geographical area. Each district's boundaries shall coincide with the formal high school boundaries and will be a District of SUNYFL. Each district shall have its own organization headed by a chairperson who shall be known as "President."

## 2.2 Admission to League.

To become franchised by League each proposed district shall:

- 2.2.1 Complete an application.
- 2.2.2 Submit an executed franchise agreement and a completed franchise information sheet.
- 2.2.3 Receive a positive recommendation from the SUNYFL President.
- 2.2.4 Comply with any other requirements specified by the Board of Directors and the SUNYFL President.
- 2.2.5 Submission for these items will be no later than the January meeting of each year

## 3.0 FRANCHISE:

3.1 All districts must be fully franchised and agree to be bound by the SUNYFL by laws as now constituted or hereafter amended by the Board of Directors.

3.2 Districts desiring to affiliate with SUNYFL be subject to league Bylaws and the requirements of the Board of Directors as set forth from time to time and must agree in writing to be bound thereby.

3.3 No district shall receive a franchise from SUNYFL until all league requirements are met.

3.4 Additional franchise requirements may be set forth by the Board

## 4.0 BOARD OF DIRECTORS & EXECUTIVE COMMITTEE

4.1 The League shall be governed by a Board of Directors consisting of a President, Vice President and Director of Officials.

4.2 An Executive Committee composed of the League President, Vice President, Director of Officials and District President from each district shall have the authority to:

1. Interprets and enforces all policies and procedures of the league
2. The Board functions as a body and all final acts must be completed with a majority vote of the Executive Committee members
3. Individually and jointly enforces league articles of incorporation, agreements, by-laws, rules, policies and procedures including but not limited to, the removal of coaches, players or spectators for violations of these policies, rules or by-laws
4. Executive Committee may also make recommendations to the Board of Directors to enact, amend, repeal and adopt changes to the league policies, documents and structure. Investigates and rules on allegations of

violations of:

- League By-laws, Rules, Policies and Procedures, and assesses penalties to parties found guilty of league violations.
5. The Board of Directors shall have full and final authority in resolving all allegations, complaints suspensions, appeals and protests.
  6. The Executive Committee and Board of Director members have the authority and responsibility to take charge of any situation deemed necessary to protect the good name and reputation of SUNYFL.

## **5.0 DISTRICT ASSIGNMENTS**

### **5.1 PRESIDENTS:**

There shall be a District President (DP) for each created district within the League. The responsibilities of the DP shall be to seek out, approve, and train volunteer coaches and other volunteers within their district. The DP shall secure and maintain home playing and practicing areas used by the district. The DP shall provide for the orderly conduct of the games played within the district area as well as the fans in attendance. The DP shall ensure that there is always at least one District Representative (DR) present at all home games at both fields. DP's are encouraged to have Assistants/Vice Presidents.

### **5.2 FIELD MANAGER:**

It is recommended that each district have at least one field manager (FM), however multiple field managers may be placed. The duty of the FM is to prepare and maintain district playing fields for home games. This may include layout, striping, placing of field equipment, putting away field equipment, and making sure trash and debris are cleaned up after games. A field manager needs to be present on each field with a copy of the current years SUNYFL bylaws as well as clock stoppage rules.

### **5.3 EQUIPMENT MANAGER:**

It is recommended that each district have an equipment manager (EM). The duties of the EM are to help in district equipment handout and turn in and to care for all district equipment. During football season, the EM maintains and distributes replacement equipment that has been damaged or lost. The EM may collect funds for replacement equipment when it has been damaged due to improper use or when it has been lost by the player. In the event the EM collects funds the EM shall deliver those funds to the DP.

### **5.4 TEAM MOMS:**

It is recommended that each team have a Team Mom. We recommend that one Team Mom be appointed by the coaching staff as the Head Team Mom and other team moms be recruited to help. The team moms would be responsible for providing drinks at games, treats for players at halftime, and planning team nights or team parties. They would also assist in sending information from coaches to players during the season.

### **5.5 COACHES:**

**5.5.1** Each district shall appoint one (1) head coach for each team. That head coach is allowed up to five assistant coaches. These personnel should be of unquestionable character with a profound interest in and knowledge of football and the players.  
Head coaches can be held responsible for his assistant coaches' behavior on the field and can be ejected from a game with his assistant coach if any bad behavior or warnings continue.

**5.5.2** A football coach or assistant should always set a good example by his/her behavior for the players in his/her charge. He/she should always remember to:

5.5.2.1 Coaches will not smoke, chew or drink alcohol while coaching players;

5.5.2.2 Coaches will not use profane or abusive language;

5.5.2.3 Not criticize players in front of spectators, but reserve constructive criticism for private or in the presence of the team so all might benefit;

5.5.2.4 Accept decisions of officials on the field as being fair and called to the best ability of the officials;

5.5.2.5 Not criticize the opposing team, its coaches, or fans by word of mouth or gesture;

5.5.2.6 Not permit "sweating down" tactics so that a player will make the team weight. "Sweating down" is

to include steam rooms, steam cabinets, rubber sweat suits, or any method that is injurious to the health of the players;

5.5.2.7 Not permit a player to reenter any game after being badly bruised or injured;

5.5.2.8 Abide by the return to play guidelines doctor's decision in all matters of players' health, injuries, and ability to play; There are five gradual steps to help safely return an athlete to play:

**Baseline: No Symptoms**

As the baseline step of the Return to Play Progression, the athlete needs to have completed physical and cognitive rest and not be experiencing concussion symptoms for a minimum of 24 hours. Keep in mind, the younger the athlete, the more conservative the treatment.

**Step 1: Light aerobic activity**

The Goal: Only to increase an athlete's heart rate.

The Time: 5 to 10 minutes.

The Activities: Exercise bike, walking, or light jogging.

Absolutely no weightlifting, jumping or hard running.

**Step 2: Moderate activity**

The Goal: Limited body and head movement.

The Time: Reduced from typical routine.

The Activities: Moderate jogging, brief running, moderate intensity stationary biking, and moderate-intensity weightlifting

**Step 3: Heavy, non-contact activity**

The Goal: More intense but non-contact

The Time: Close to typical routine

The Activities: Running, high-intensity stationary biking, the player's regular weightlifting routine, and non-contact sport-specific drills. This stage may add some cognitive component to practice in addition to the aerobic and movement components introduced in Steps 1 and 2.

**Step 4: Practice & full contact**

The Goal: Reintegrate in full contact practice.

**Step 5: Competition**

The Goal: Return to competition.

For more information around return to play visit the CDC website at

[https://www.cdc.gov/headsup/providers/return\\_to\\_activities.html](https://www.cdc.gov/headsup/providers/return_to_activities.html)

5.5.2.9 Refrain from excessive "sideline coaching" and leaving the bench area to shout instructions from the sidelines;

5.5.2.10 Strive to make every football activity serve as a training ground for life;

5.5.2.11 Be prepared to hold down the score of any game, once the outcome of that game is no longer in doubt.

5.5.3 It is "MANDATORY" that all coaches in SUNYFL be certified. Certification will require any coach (head or assistant) to attend a SUNYFL sanctioned clinic or complete a SUNYFL Test, pass a SUNYFL security screening as well as meet all requirements of USA Football Heads Up Certifications. Any coach not certified will not be allowed to coach in the league. Each coach will receive a Photo ID. This I.D. must be visibly worn around the neck or chest area. Only coaches who have ID badges are allowed on the field. Any coach not wearing I.D. will be asked to move outside the coaching area (behind the ropes). Failure to do so, or returning to the coaching area without said I.D., arguing with a District President, League Officer, or League Executive Board Member, may result in suspension for the balance of the season.

- 5.5.4 "All Head Coaches" for SUNYFL MUST have attained the minimum age of eighteen years on or before the second Saturday of August of the current season.
- 5.5.5 The home team is responsible for payment of officials where it is not provided by the league.
- 5.5.6 Game officials may declare the game forfeited by any team not ready to play ten (10) minutes after the official scheduled game starting time.
- 5.5.7 A game official may not officiate a game in which his/her son(s)/daughter(s) play. Any deviation from this policy must be approved by the league president.
- 5.5.8 3<sup>rd</sup> grade coaches are allowed on the field during games to assist their team. This is for training purposes and should be used to instruct their players in their position, etc. If an issue arises with the coach being on the field, they may be instructed by the field manager or district president to coach the remainder of the game on the sideline.
- 5.5.9 One 4<sup>th</sup> Grade coach is allowed on the field until the mid-season weigh in.

## 6.0 RECRUITING

Coaches and other district officials are encouraged to recruit boys and girls residing within their district boundaries. However, a player who has participated in the league for the player's district of residence within the past 12 months and has not changed his or her residence to a new local high school district may not be recruited by or on behalf of a district other than the district where the player most recently registered. All such players are considered "returning players". Attempting to recruit returning players "out of district" is forbidden and may result in discipline for the recruiting coach or official and the improperly recruited returning player and the district.

## 7.0 PRACTICE RULES:

Participation at practice by the player is crucial to the cohesiveness of the team. If a player routinely misses practice or refuses to participate in practice, the coach has the option to sit a player during games and that player will not be guaranteed their 10-plays.

Coaches should hold regular team practices each week.

Games are in addition to practices and shall be held as the league schedules them. These practices shall be no longer than two consecutive hours each and in no case, shall there be more than three practices per week once school is in session.

Only 2 practices can be full contact, the remaining practice will be "helmets" only with **NO** full contact.

Practice before school starts can be no more than 5 days in a week with no more than 2 hours per day.

**\*All "training" camps must be approved by your district president and SUNYFL. No full contact "tackling/hitting" drills permitted where the ball carrier and tackler line up more than 3 yards apart. i.e.; meet in the middle, cat in the alley.**

**PRIOR TO THE FIRST GAME OF THE SEASON:** For the first five (5) Days of practice (conditioning and fundamentals period), full contact of any degree shall be prohibited. All players shall fully participate during this conditioning period before they may participate in contact activities. During the conditioning & fundamentals period, each participant shall have at least 225 minutes (5-45 min. sessions) of conditioning before they can have live contact. Only helmets can be worn during this time. Each player needs to have 6 hrs. with their helmet only before full contact is allowed.

Even if a player joins the team after the start of the season, this requirement must be met. Football equipment such as footballs, blocking dummies, helmets, jerseys, shorts, shoes, socks etc. may be used/worn during this period. All other football equipment-shoulder pads, football pants w/ pads, etc. are prohibited. Conditioning and fundamentals practice sessions shall not exceed 90 minutes (45 minutes of physical training/conditioning and 45 minutes of fundamentals/expanded participation). Only one practice session per day with a maximum of five (5) days per week is permitted.

Team gatherings (once the draft has occurred) where a coach is present (for any reason) is considered a practice session. Team gatherings where a coach is not present is considered a practice if football is a substantial element of the gathering (discussed, played, reviewed, drills, film, conditioning, etc.) No practices of any kind shall be held without an invitation



being made to every player and every coach. Fewer or shorter practice sessions are allowed.

## 8.0 OFFICIALS:

Game officials shall be provided by the league for each game. These officials shall be hired, trained, scheduled and regulated by the SUNYFL League. Games for the 3<sup>rd</sup> through 5<sup>th</sup> grades shall have two officials. Games for the 6<sup>th</sup> -8<sup>th</sup> grades shall have three officials. In the event one or more officials do not show up to a game the league will decide whether to postpone the game, play the game with a lower number of officials, or provide replacement officials at the league's discretion.

## 9.0 EQUIPMENT:

SUNYFL owns and shall provide the following equipment to each player as a lease and must be returned by the player in good condition at the end of the season. Otherwise the player will be financial responsible for the equipment:

- Football helmet & Facemask
- Shoulder Pads
- Football pants
- Team jerseys

The following is Illegal Equipment:

- Eye shield attached to the helmet that is not:
  - a. Constructed of a molded rigid material; or
  - b. Clear without the presence of any tint.

**NOTE:** Tinted eyewear worn on the face and under the face mask is legal

Each player shall provide the following equipment on their own:

- Football shoes
- Teeth protector
- Socks & undergarments

All league and player provided equipment shall meet NOCSAE and National Federation of High School Association Standards. Jerseys shall fully cover shoulder pads and player's abdomen area. All league provided equipment shall be returned by each player at the end of each season in good working condition other than normal wear and tear. If the equipment is not returned or returned damaged due to abuse the player shall be charged for the replacement of that equipment.

Official football sizes for the SUNYFL League are as follows:

Grades 3 & 4	Pee Wee Size
Grades 5 & 6	Junior Size
Grades 7 & 8	Youth Size

## 10.0 INSURANCE:

SUNYFL provides full medical and liability insurance for all players. Players without any type of insurance will automatically be covered through the SUNYFL insurance provider which is a primary insurance. For players with their own primary insurance the SUNYFL insurance shall be a secondary insurance coverage. Any player who does not properly sign up and register according to SUNYFL rules and / or does not properly complete the registration form will not be covered by SUNYFL insurance. Please contact your District President with any questions regarding insurance

## 11.0 PLAYER ELIGIBILITY:

### 11.1 RESIDENCE REQUIREMENTS

11.1.1 A player is eligible to play in the district in which the player resides as of the date the player is weighed-in and placed on an official roster. The district of residence of a player is the district in which the custodial parent or legal guardian resides with the player or the district in which the player resides:

- (a) while in the custody or under the supervision of a Utah state agency, or

(b) while under the supervision of a private or public agency which is duly authorized by the state to provide child placement services.

A player whose custodial parent or legal guardian does not reside in Utah is a resident of the district in which the player lives if the requirements of UTAH CODE ANN. § 53a2-202 have been satisfied and a copy of the designation of guardianship issued by the school district is maintained with the player's registration. For purposes of these Bylaws residence requires two elements:

(1) bodily presence at a domicile

(2) with the intention of remaining in that place indefinitely.

(a) Moving into a district temporarily for establishing residency for a player to play football does not satisfy those elements. Subject to the foregoing, unless the contrary is shown by competent evidence, the residence or domicile of a player will be determined in accordance with the following standards:

(b) if both parents are deceased, then the player's residence is that of the duly appointed guardian;

(c) if the parents are separated or divorced, except as provided herein, a player's district of residence is the district of residence of the parent to whom custody is awarded and with whom the player lives;

(d) a player whose parents or guardian move into a district to establish a permanent residence is eligible to register in that district;

(3) a player properly listed on an official roster will not become ineligible to play the remainder of the current football season merely because the parents or guardian subsequently remove their legal residence from the district unless the parents or guardian originally moved into the district as a pretext to gain residence for the player to play football for the district; and

(e) if the custody of a player has been granted to any person by court order or by foster placement made by a licensed child placement agency with a resident family in a district, the residency of the person to whom custody was awarded constitutes the residency of the player.

Any dispute regarding the residency of a player will be resolved by the Executive Committee.

- 11.1.2 A player whose residence has changed from one district to another since an approved early registration shall be permitted to withdraw such early registration. A player may complete the year in the district in which the player was eligible to register as of the date the player is weighed-in and placed on an official roster in the event the player's residence changes to a different district during the season. As provided herein, George Washington Academy, St. George Academy or other charter schools, the player address will be used to determine residence. All other district boundaries coincide with local high school boundaries. Once a player has properly registered, the district of registration is that player's district. Unless the player subsequently moves in satisfaction of the requirements herein to a different local high school district, the player will not be allowed to register and play in a different district. A player whose parents are divorced or legally separated at the time of registration, and whose parents live in separate local high school districts, may play in either district, provided the parents furnish the league with a copy of the legal document which establishes joint legal custody.
- 11.1.3 District boundaries shall coincide with the formal high school boundaries as established by the various school districts as of May 1st of each year. In the event of a change of high school boundaries from those existing as of May 1 of each year, the SUNYFL district boundaries shall not be changed except by action by the Board of Directors in accordance with these Bylaws, recognizing the newly established boundaries and making provision for each player's eligibility and redistricting as necessary. It shall be the responsibility of each player and each SUNYFL district to ensure that players registered in a SUNYFL district reside in that district and players and/or districts violating this Bylaw shall be subject to disciplinary action as provided in these Bylaws.
- 11.1.4 A coach may be recruited from anywhere, but his or her son(s)/daughter(s) must play for the district within which the son(s)/daughter(s) resides.
- 11.1.5 In the event a district is dissolved, a player may, at his/her option; play in any adjacent district of his/her choosing in his/her designated age-weight classification. Once a player chooses a district, he/she may not change districts unless he/she red shirts (sits out) one complete football season or has physically moved from that district. If the district boundaries are changed or that district is revived, he/she must abide by the boundary change and return to that district.
- 11.1.6 Should a player inadvertently, but innocently register in a district other than the district of residence, that player will be given the option of transferring to the district of residence and playing the remainder of the

season on either an "A" or "B" team as determined by the district of residence or of receiving a proportionate refund of the paid registration fee determined by the district president and approved by the League President. If a player knowingly registers in a district other than the player's district of residency without complying with the requirements provided herein, upon discovery, that player shall receive a proportionate refund of the player's registration fee (again determined by the district president and approved by the League President) and shall be banned from participating on any team in SUNYFL for the remainder of the season. If a player, regardless of whether the original registration in the wrong district was inadvertent or intentional, attempts to cover up that player's true residency by falsifying the player's home address or by providing other false or misleading information to either SUNYFL or any district, in addition to being ineligible to play for any SUNYFL team that year, the player shall also be banned from participation the year following. For purposes of the penalty set forth in this subsection, the conduct of a player's parents or legal guardian shall be attributed and chargeable to the player. Any coach who knowingly recruits players who do not satisfy the residency requirement for that coach's team, or who knowingly allows a player who does not meet the residency requirement to play or continue to play on the team will, upon detection, be ineligible to coach the remainder of that season in any capacity, either as head coach or as an assistant. If the coach has attempted to cover up the residency deception by providing false or misleading information to any district or a SUNYFL official, the ban from coaching shall be extended, at the League Presidents discretion, by at least one additional year. In an extreme case, the ban maybe a "lifetime" ban from coaching. If district officials knowingly participate in concealing a residency violation, the district may be subject to sanctions as determined by the Executive Board including, but not limited to suspension or probation and the ineligibility of some or all the district's teams from participating in post season tournament play, at the discretion of the League President. In addition, SUNYFL sanctions against any player who do not live in the district and has not satisfied the requirements herein to play for the district may include forfeiture of any games in which such ineligible player participated.

- 11.1.7 Any district(s) that submits a claim or allegation to the SUNYFL alleging that another district(s) is violating a SUNYFL Bylaw will be required to submit the allegation in writing and/or email and must pay a \$100 submission fee to the SUNYFL. Proof of the accusation, along with any necessary documentation supporting the accusation must be submitted to SUNYFL at the time of the complaint. The district(s) who is being accused to violate the SUNYFL Bylaw will be required to respond to the allegation of being either guilty or not guilty of the accusation of violating the SUNYFL Bylaw. If the accused district(s) pleads not guilty, the district(s) will have 72 hours to demonstrate to the SUNYFL Executive Board of their innocence of the claim against them. Once all the evidence is presented, the SUNYFL Executive Board will review the provided information from all district(s) involved in the accusation and will have 72 hours from receiving all documentation to come to a resolution. If the defending district(s) is found guilty of the claim, the defending district(s) will them be subject to the SUNYFL Bylaws and penalties. Along with the SUNYFL penalties, the defending district(s) will be required to pay the \$100 submission fee to SUNYFL. If the defending district(s) is found not guilty of the claim, the \$100 submission fee will be used by the SUNYFL and placed in the general Scholarship fund. Reporting after the October 1st deadline will not be reviewed until the January Executive Board meeting.

## **12.0 REGISTRATION:**

- 12.1 Registration cutoff occurs at the time of the team number submission deadline except where a team has less than twenty-five (25) qualified registered players at the discretion of the coach with the approval of the league president.

### **Refunds:**

If a refund is requested prior to the Jersey being ordered there will be a \$25.00 processing fee deducted from the refund. If a refund is requested after the Jersey has been ordered there will be a \$75.00 fee accessed, which is the cost of the jersey (\$50) and the processing fee (\$25).

- 12.2 Each player will be designated to a grade group at the time he/she registered; no player will be placed on a waiting list.
- 12.3 All players must be registered with the League at least five (5) days before participating in a league game.
- 12.4 Once a team roster reaches thirty-two (32) players, that team must be divided into two (2) teams, all teams in the grade

age group may not have more than a 4-player difference on each team at the official weigh-in (unless waived by the League President).

12.5 Player Registration.

12.5.1 Regular player registration may begin on March 1<sup>st</sup> each year and will continue through July 31<sup>st</sup> of each year.

12.5.2 Player registration will include 1) Utility Bill showing residence; and/or (2) School transcript for the school they will be attending that upcoming football season

12.6 New players may not be added to a roster after the weigh-in unless specific approval is obtained prior to registration of said players by the League President.

12.7 Parent or Guardian Consent.

Parent or guardian consent must be on file, in writing, with the district before any player will be permitted to participate in the league activities. Team rosters, verified by signature of the district official and certified by an Executive Board liaison, consisting of those eligible players, must be on file with the District Presidents and Board of Directors two (2) days before the game.

12.8 Scholastic Requirements.

SUNYFL strongly encourages each registered player to maintain a sound scholastic record. All members of the league, including, but not limited to, members of the Advisory Board, members of the Board of Directors, district presidents, and district coaches and assistant coaches, shall do their utmost to assist any such player in maintaining a sound scholastic record when requested to do so by an appropriate party or parties.

12.9 In the event there aren't enough players for any grade after registration is complete, the league will combine the players across districts to create a team for that grade. This will allow players to play teams in their same grade and will create a safer playing experience for all players involved.

**13.0 GRADE REQUIREMENTS:**

The grade of a player for a playing season shall be defined as the grade of the player at the start of the current season. Each player will need to provide proof of the upcoming grade when the player picks up their equipment. Otherwise the player will not get equipment until the proof is supplied. Standard maximum ages for youth in each grade are as follows:

- 2-3<sup>rd</sup> Grade = 8 & 9 years old
- 4<sup>th</sup> Grade = 10 years old
- 5<sup>th</sup> Grade = 11 years old
- 6<sup>th</sup> Grade = 12 years old
- 7<sup>th</sup> Grade = 13 years old
- 8<sup>th</sup> Grade = 14 years old

Exceptions to this rule must be approved by a majority vote of the league board of directors.

**14.0 WEIGHT LIMITS:**

Weight limits for each grade are as follows:

- 2-3<sup>rd</sup> Grade = 80 lbs.
- 4<sup>th</sup> Grade = 90 lbs.
- 5<sup>th</sup> Grade = 105 lbs.
- 6<sup>th</sup> Grade = 125 lbs.
- 7<sup>th</sup> Grade = 140 lbs.
- 8<sup>th</sup> Grade = 160 lbs.

Any player that weighs in over the weight limit for the grade listed above will be deemed an "X" player for the season.

(See section 15.0 for X Player rules and information). Once the player stands on the scale the first time, that will be their documented weight on their roster. There will be a mid-season weigh in for those players that weighed within 5 pounds under the weight limit for their grade. These players will be allowed to weigh 5 pounds over the weight limit for their grade during the mid-season weigh in. If a player weighs more than 5 pounds over the weight limit for their grade, they will become an "X" player for the remainder of the season.

## 15.0 XPLAYERS:

**The following is a list of game restrictions and rules titled "X Rules of Play" that shall govern the play of all X Players in the SUNYFL League: X-player rule interpretations:**

1. Up to five X-players from each team may participate in any down.
2. X-player tight ends are **NOT** permissible
3. All X-Players must be lined up within the Free Blocking Zone (Tackle Box), both Offensive X- Players and Defensive-X Players.

The free-blocking zone (Tackle Box) is a rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards behind each line of scrimmage. A player is in the free-blocking zone when any part of his body is in the zone at the snap.

4. Any X-player may advance any ball that he legally possesses (e.g., interception, fumble recovery, special teams block).

15.1 All players must play in the grade they are in for that current school year.  
Any exceptions to this rule need to be reviewed by the Executive Board for approval.

### 15.2 All "X"-players must comply with the following:

All "X" players will be designated with an "X" on the player roster.

All "X"-players will be required always to wear a 4-inch black or white "X", whichever is a contrasting color to the helmet, on both front and back of his/her helmet. Skull bones, decorations, colorings, numbers, names, writings, etc. are prohibited on the "X" and the "X" cannot be made of Athletic tape, black electrical tape or anything other than the league provided "X" unless approved by District Official or White Hat.

### 15.3 On Offense, the "X"-player must comply with the following:

No more than five (5) "X"-players are allowed on the field at a time.

**All Offensive X-players** shall be within the Free Blocking Zone (Tackle Box) as defined above and must be in a 3 or 4-point stance or playing center position;

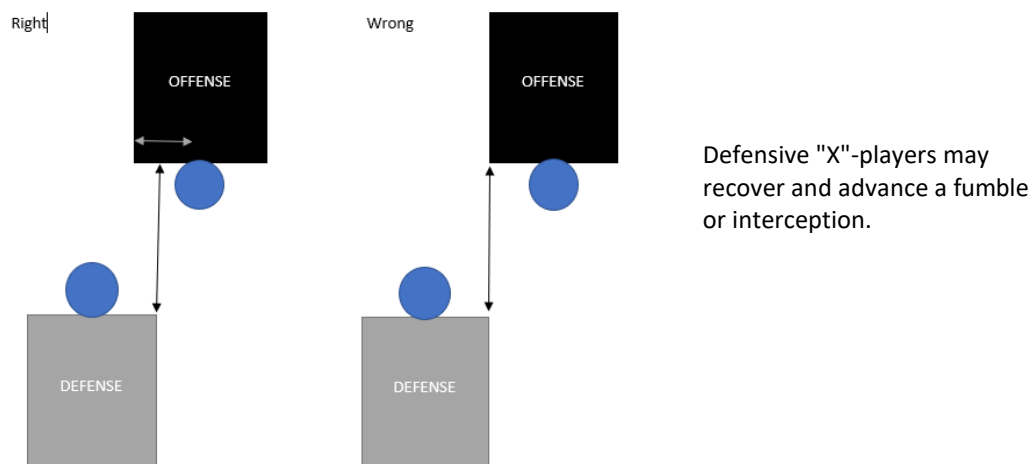
No Offensive play can be designed for an "X"-player to carry the ball; i.e., "X"-players cannot be the targeted recipient of a pass or run from scrimmage, including "Tackle-eligible", "Fake Fumble", "Statue of Liberty", "Double Pass", "Tipped Pass" or similar types of play.

Offensive "X"-players may recover and advance a "true" fumble or defensive tipped/batted pass.

### 15.4 On Defense, the "X"-player must comply with the following:

No more than five (5) "X"-players are allowed on the field at a time.

**All defensive X players** shall be within the Free Blocking Zone (Tackle Box) as defined above and must be in a 3 or 4-point stance and have his/her inside shoulder within the frame of the outside shoulder of the offensive tackle, but must be considered in the free blocking zone (Tackle Box) with some part of his/her body. (see diagram below)



15.5 **On Special Teams, the "X"-player must comply with the following:**

No more than five (5) "X"-players are allowed on the field at a time, per team.

A Scrimmage Kick (Punt) is governed by the Offensive & Defensive "X"-player rules. An "X"-player can be a Punter, but they cannot pass or run the ball.

On Free Kicks (Kick-off and Kick-off Return teams), "X"-players are restricted to the front lines only, with the exception that an "X"-player may also be a Kicker.

On offense, if your "X" Player is a punter, they can only punt the ball

An "X" Player can only advance the ball in the following situations:

- If they are on the front line of the kickoff return, and the ball is kicked to them (on side kick)
- On interceptions, fumbles, blocked punts or field goals

No Special Team play can be designed for an "X"-player to carry the ball; i.e., hand-offs, passes, fake fumbles, etc.

There will be an official weigh-in held just prior to the start of league play; this weigh-in will be conducted according to procedures set up by the Executive Committee. If a player cannot make the first weigh in, they must make arrangements with their District Presidents prior to initial weigh to get weighed. Failure to make the initial weigh in or schedule a weigh in with their DP prior will result in the player being ineligible for the 1<sup>st</sup> regular season game.

15.6 The **Game Play Consequence for violations of the above "X Rules of Play"** shall be that a **15-yard penalty** shall be assessed and the play in which the violation occurred shall be played over, or not, at the option of the non-violating team

16.0 **Playing Field and Rules of Play:**

16.1 **Playing Field:**

The league will strive to hold games on Saturdays as a first choice. The 3<sup>rd</sup> & 4<sup>th</sup> grades shall play on a field that is eighty (80) yards in length from goal line to goal line, and fifty- three (53) yards in width. The 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grades shall play on a field that is one hundred (100) yards in length from goal line to goal line, and fifty-three (53) yards in width. All end zones shall be ten (10) yards deep. Field markers and first down chains set up shall be the responsibility of the home team district. Selection of chain volunteers shall be the responsibility of the home team, but in no case, may they be coaches from the home team or children under the age of 14.

16.2 **Rules of Play:**

16.2.1 **Blitzing**

The rules regarding blitzing are as follows:

**Blitzing in the SUNYFL league is defined as a direct attack on the passer by any defensive player not playing one of the five interior line positions**

**16.2.1.1**

All defensive players on the line need to be in at least a 3-point stance for 3<sup>rd</sup> & 4<sup>th</sup> grades regardless if they are "X" players or not. All defensive ends at the 3<sup>rd</sup> & 4<sup>th</sup> grade need to play outside shoulder of the tackle if he is an x- man or TE if not an x-man and needs to be in a 3-point stance. The Passer for the blitzing rule is defined as the quarterback who is attempting to pass the football and not attempting to run the football. Once the football is transferred by the quarterback to another player by any method, or the quarterback attempts to advance the football forward, or the quarterback runs outside the standard tackle to tackle pocket, they are fair game to be tackled by any player at any place on the field. There shall be no blitzing for teams in the 3<sup>rd</sup> & 4<sup>th</sup> grade.

**16.2.1.2**

With the following exceptions for Blitzing:

**Exception 1:**

When the opposing offensive team is facing a 3<sup>rd</sup> or 4<sup>th</sup> down and 1 yard or less to go for the first down. All Defensive players may play to the ball. Linebackers must still line up in the Linebacker position until the snap of the ball. There can only be 5 defensive players from Offensive tackle outside shoulder to Offensive tackle outside shoulder on the line of scrimmage. (see note A 16.2.1.3)

**Exception 2:**

When the opposing offensive team is within the 10-yard line of the defensive team's end zone. All Defensive players may play to the ball. Linebackers must still line up in the Linebacker position until the snap of the ball. There can only be 5 defensive players from Offensive tackle outside shoulder to Offensive tackle outside shoulder on the line of scrimmage. (see note A 16.2.1.3)

**Exception 3:**

Defensive backs may start from the line of scrimmage when guarding split out receivers, they cannot rush the quarterback from that position.

**Exception 4:**

During a punt in grades 3<sup>rd</sup> & 4<sup>th</sup> the defense is not allowed to rush the punt

**Exception 5:**

All 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade teams shall be allowed to blitz according to Utah High School Athletic Association rules for football.

**Note A:(Applies to 3<sup>rd</sup> and 4<sup>th</sup> Grades Only):** Players within 1 yard of the Line of Scrimmage are considered on the line of Scrimmage. Players are in the Linebacker position when they are at least 2 yards off the line of scrimmage at the snap of the ball. Linebackers cannot line up right next to or just behind the players who are lined up on the line of scrimmage, (5 possible down linemen in a 3 or 4-point stance). They must be 2 yards off the line of scrimmage at the snap.

**SEE Below for Examples (applies to 3<sup>rd</sup> and 4<sup>th</sup> Grades Only)**

**Examples – Legal and Illegal position of Linebackers for all Plays**

DL DL DL DL DL Defensive Lineman on LOS at Snap  
X X X X X (X) Linebackers - Legal if 2 yards off ball

DL DL DL DL DL Defensive Lineman on LOS at Snap  
 X X X X (X) Linebackers – Legal. OK to be in gap/2 yards off LOS

DL X DL X DL X DL X DL Defensive Lineman on LOS at Snap  
**((x) Linebackers are Illegal – cannot be in the gaps or be within 2 yards of the LOS)**

X DL DL X DL DL DL Defensive Lineman on LOS at Snap  
 X X X  
**((X) Linebackers Illegal - no Linebacker can be on the LOS at the snap)**

16.2.2 Ball placement for games shall be as follows:

Kick offs, 80-yard field = 30-yard line of the kicking team.

16.2.3 Kick offs, 100-yard field = 40-yard line of the kicking team.

16.2.4 After a safety or touchback = 20-yard line.

After touchdowns = Offense is given a choice for

1 or 2-point conversion. If a 1-point conversion, the ball shall be placed on the 3-yard line. If a 2- point conversion, the ball shall be placed on the 5-yard line. Once the selection has been made the team may not reverse their decision.

16.2.5 5th - 8th grades have the option of kicking a PAT for 2 pts (if there is a goal post available on the field) or just going for “1” from the 3-yard line. No 2-point conversions allowed other than the PAT at the 7th and 8th grades. 5th & 6th grades aren’t required to kick the PAT for the 2-point conversions and can place the ball at the 5-yard line for 2 points if the kick for PAT is not exercised.

16.2.6 The game shall consist of four, 10-minute quarters for all teams. The clock shall start with the ready- for play signal after any change of possession (team B is awarded a new series of downs) or when either team is awarded a new series of downs following a legal kick. The clock will also stop for incomplete passes or the runner going out of bounds. There shall be a total of 3-time outs allowed per half, per team. Time outs shall last no longer than 60 seconds. The game clock shall be run by a League appointed person and managed by the head official. Halftime shall be no longer than 10 minutes. Eight minutes after halftime begins the team captains will meet with the

officials on the field. Should the difference of scores reach 24 points at any point in the game, the “running clock rule” shall come into effect and remain in effect until the score difference is less than 24 points. When this rule is in effect the clock shall run continually during the quarter except during charged or officials’ time-outs

**Overtime Rules will be as follows:**

- ✓ Flip coin for choice of Offense, Defense or Play on End of Field for 1st Overtime Period.
- ✓ Ball placed on Defensive teams 10 Yard Line, Regular SUNYFL rules apply.
- ✓ Each Team Gets 1 Time out per Overtime Period (No Time Outs Carry over from Regular Game)
- ✓ In Overtime Period 1 after score Teams can choose to go for 1- or 2-point conversion.
- ✓ In Overtime Period 2 all teams must go for 2-point conversion.
- ✓ The ball remains live on change of possession during a period except no Defensive team can score on a conversion try. Conversion is ended with change of possession.
- ✓ Team may not get a new 1st and 10 if it again possesses the ball after a change of possession. Period is over.

**Over time period will consist of:**

- ✓ Team (A) Offensive team gets ball and plays until Score, Turnover or End of downs. If team B gets turnover and scores the game is over.
- ✓ Team (B) Offensive Team gets ball and plays until Score, Turnover or End of Downs.
- ✓ At the end of the 1st Overtime Period the team with highest score wins, if tied, Team who lost flip gets the options for 2nd Overtime Period of Offense, Defense, Play on end of Field.

For 2nd Overtime Period, Same procedure as above.

At the end of the 2nd Overtime Period the team with the highest score wins. If tied, the game is over, and the Game will End in a Tie. If the mercy rule is in place the lower scoring team will have the option to take the ball at the 40-yard line vs. kicking it off.

16.2.6.A Play clock and ready-for-play (Exception to: NFHS Rule 3 Article 6) The ball is marked ready-for-play when, after it (the ball) has been placed for a down, the referee gives the ready-for-play signal, the 25 second count shall then begin.

- 16.2.7 A coach or district representative must have a certified roster at every league game to be available upon request by the opposing coach or a district representative. If the requested team fails to furnish an official certified roster before the end of the game, this game will be considered a forfeit. A certified roster must have a red stamp and must be signed by the district’s assigned Executive Committee liaison. A photocopied roster is not an official certified roster.
- In the final two (2) minutes of the second (2nd) and fourth (4th) quarters, the official keeping time will announce a time warning to both teams, and all High School rules and regulations pertaining to clock stoppage will apply.

**16.2.8 Margin of Victory Rule**

As soon as the margin of victory is 30 points the official may stop the game with the consent of the coach of the team with the fewest points, during the fourth quarter, and declare the score as final. If the margin of victory stipulation is applied, then the 10-play rule requirement is not enforced.

**16.2.9 Team Colors**

Team colors are to be the colors of the high school of that district. Any changes in established colors must be approved in advance by the League President.

- 16.2.10 Any injured player for whom the clock is stopped, or for whom the ready-for-play signal is delayed, shall be replaced for at least one (1) play. His team shall not be charged with a time out.

**16.2.11 Maximum Penalty**

The maximum penalty for the teams of all classifications in League which play on an (80) yard field shall be ten (10)



yards per infraction. If a team, coach or non-player receives multiple dead ball penalties (e.g. Personal fouls) they can be marked off as multiples of ten (10) yard infractions.

#### 16.2.12 **Protests**

There shall be no protests made of games played under the SUNYFL. All decisions regarding rules and situations shall be made by the referee at such games and shall be final.

16.2.13 Under no circumstances may a team play or scrimmage a team which is not in the same grade.

16.2.14 A team can only forfeit a game due to lack of players and/or injuries. In the event a coach/team forfeits a game for any other reason this will be reviewed by the Executive Board. Once reviewed the Board has the authority to subject that team to league discipline and/or suspension.

### **17.0 LEAGUE DISCIPLINE**

17.1 For infraction or violation of the league Articles and/or Bylaws, or for other cause, the league may impose sanctions, probation or suspension as hereinafter defined upon a district, district officer, coach, assistant coach, team or player.

17.1.1 Sanctions are defined herein as a fine, forfeiture of games, ineligibility of a player, coach, assistant coach, district officer, team or anyone else involved with any League or district activity to participate in one or more games or other restriction and condition placed on full participation in League short of probation or suspension. Players and/or Coaches that are ejected from a game for any reason are immediately ineligible and cannot participate during the remainder of the game. In addition, if this is the players and/or coaches first (1st) ejection of the season, he/she shall not be eligible for the next scheduled game as well. If this is the players' and/or coaches' second (2nd) ejection of the season, he/she shall not be eligible for the next two (2) scheduled games. After three (3) ejections during any one season, the player and/or coach shall not be eligible to participate for the remainder of the season, including Post-Season play. NOTE: Illegal participation of any ineligible player and/or coach will result in the forfeiture of all games the ineligible player and/or coach participated.

17.1.2 Probation is defined herein as a conditional status for a serious violation of the rules and Bylaws of League. A district or team thereof, under probation, may not participate in League championship and it may not engage in post-season games. A district under probation does retain voting rights in League. A coach, assistant coach, district officer or anyone else involved in any League or district activity, under probation, may be precluded from participation in League and/or district activities as provided in the terms of the probation.

17.1.3 At the option of the board Suspension, as defined herein, is for a severe breach of the rules or Bylaws, cumulative or individual. A district, if suspended, forfeits forthwith its franchise, its voting rights, and membership in League, and is not eligible to participate in League activities as of the date suspension becomes effective. A district under suspension will have its equipment sold to the other districts in SUNYFL and the individuals participating in the district will be reassigned to neighboring districts by the Board of Directors of the SUNYFL. A coach, assistant coach, district officer or anyone else involved in any League or district activity, if suspended, is not eligible to participate in either district or League activities as of the date the suspension becomes effective. The suspension of any individual may be for either a definite or indefinite term. NOTE: In the event of a forfeiture of any game for standing purposes, the rule shall be the same as used by the Utah High School Activities Association. That is, presently, to award the win to the opposing team of a forfeited game and a loss to the forfeiting team. Said awarded wins may substantially change the yearend standings.

#### 17.2 **Disciplinary Appeal Procedure.**

All appeals of disciplinary action taken or not taken by the Commissioner must be submitted in writing through the District president to the Commissioner within ten days after the written or verbal decision of the Commissioner which is being appealed. The written appeal must set out specifically the basis for the appeal and the reasons why the Commissioner's decision is believed to be clearly erroneous arbitrary or capricious. Appeals will be handled as follows:

- 17.2.1 The appeal will be heard by the Board of Directors at the next regularly scheduled meeting of the Board unless the appeal is accompanied by the payment required below. In its review, the Board of Directors shall consider the Commissioner's decision to be presumptively correct, and the decision shall not be reversed or overturned unless it is shown to be clearly erroneous, arbitrary, or capricious. If the decision of the Commissioner is reversed or modified, the Board shall determine the sanction, probation or suspension, if any, to be imposed.
- 17.2.2 Until reversed or modified, the decision of the Commissioner shall remain in full force and effect.
- 17.2.3 Due to the number of members of the Board of Directors, it is difficult to schedule special meetings of the Board and have a quorum in attendance. Consequently, before the Commissioner will schedule a special Board meeting to consider an expedited appeal, a payment of \$100.00, in cash or certified funds, must be received by the Commissioner. If the Commissioner's decision is upheld, that payment shall be forfeited to the SUNYFL. If the Commissioner's decision is reversed or substantially modified, however, the payment will be refunded to the district president through whom the appeal was filed, or anyone designated by the district president.
- 17.2.4 No district or person shall be deemed to have exhausted available Administrative remedies until the district or person has timely perfected an appeal through a district president and a decision on that appeal has been made by the Board of Directors. To the extent allowed by law, no district or person shall have a right to appeal or challenge disciplinary action in a court of law until that district or person has exhausted available administrative remedies as provided in the immediately preceding sentence.
- 17.3 Application to Non-Disciplinary Appeals. The appeal procedures of Section 9.2 apply to non-disciplinary decisions of the Commissioner with the following modifications: A special meeting of the Board of Directors will not be called to consider a non-disciplinary appeal. All such appeals will be heard during regularly scheduled Board meetings. No non-disciplinary appeal will be considered unless a payment of \$200.00, in cash or certified funds, accompanies the written notice of appeal delivered to the Commissioner. That payment will be forfeited to the SUNYFL if the Commissioner's decision is upheld but will be returned if the Commissioner's decision is reversed or substantially modified by the Board.
- 17.4 District Administration and Discipline. Each district shall be responsible for its own internal regulations, operations, conduct, and it may establish such provisions with respect thereto which are not otherwise inconsistent with these Bylaws. Among other things, each district shall be responsible for and have the authority to appoint, discipline, and dismiss its own officers, coaches, and assistant coaches.
- 17.5 The ranking member, home district officer present is responsible for the enforcement of the rules and regulations of League at any game played within his/her district. Violations observed by any League or district officer shall be reported in writing to the Commissioner.
- 17.6 The district president or other designated district officer shall notify League Commissioner or secretary whenever a district places one of its own officers, coaches, or assistant coaches on probation or suspension.
- 17.7 COACH'S OFFENSES:
- 17.7.1 Running-up the score – Refrain from "running up the score of a lopsided game. During any point in the game coaches of a team that is ahead by more than 24 points shall not attempt to add any more points to their score.
- 17.7.2 Endangerment of Juveniles - suspension for 1 year up to permanent suspension
- 17.7.3 Teaching prohibited or illegal techniques - suspension for 1 year up to permanent suspension.
- 17.7.4 Fighting - suspension for 1 year up to permanent suspension.
- 17.7.5 Cheating - suspension for 1 year; second offense up to permanent suspension.
- 17.7.6 Threats - suspension for 1 year; second offense up to permanent suspension.
- 17.7.7 Lack of cooperation/obstruction - suspension until compliance is achieved, with probation for the remainder of the season.
- 17.7.8 Violation of 10-play rule (MPR) – 1st violation: probation; 2nd violation: suspension of the head coach for 1 game;

3rd violation: suspension of the head coach for the remainder of the season.

**Note:** a player participation form or residency to add illegal players, whether the illegal players have played in a game or not, these actions shall constitute having illegal players on a team. Penalty - a minimum suspension of one year; the convicted coach shall remain on probation the following year and shall not be a head coach while on probationary status. 10 play rule does not apply during post season games (playoffs and championships or in the event there is a Margin of Victory and team enforces the rules in section 16.2.8).

## 18.0 DRAFT

If there are 30 or more players per age group under a specific district, then that team has the **option** to split into two teams. At 32 players, the split is **mandatory**. At the 3<sup>rd</sup> & 4<sup>th</sup> grade each team will be split evenly with a moderator involved in the split. At the 5<sup>th</sup> -8<sup>th</sup> grade levels teams will be split into an accelerated and developmental team. Teams with 30 or more players will practice its first week together with all the coaches. This will be the week for the coaches of each team to be able to get a good look and get to know each player.

For 3<sup>rd</sup> and 4<sup>th</sup> Grades, after the first week, each coach will meet in the same room with your district President. A coin toss will determine which coach picks first. X players will be picked first and divided evenly. Each coach will pick one player and go back and forth until the teams are finalized. Each coach will be allotted 60 seconds to pick a player.

Each team that is split up will have the ability to continue to play on the same team until the 5th grade (see accelerated division below). This applies to teams with the same head coach. Assistant coaches are not included in this situation. If two teams split and each team appears to be uneven at the end of the season will have to be re-drafted the following year.

### Accelerated Division

The purpose of the accelerated division is to develop football players on every level and create an environment that is safe for all the players involved in the program. A secondary purpose is to create more repetitions and experience to all players involved in SUNYFL. The criteria involved in selecting players in the accelerated division are as follows (but not limited to):

- \* Safety Experience
- \* Football IQ Development Size
- \* Ability Opportunity

(players who want an opportunity to play certain positions at the regular level as opposed to sharing time at the same position on an accelerated level).

### Drafting within the Accelerated division

All players in each age group per district will practice together throughout the conditioning week. At the end of the week, the coach of each team and the district president will meet to discuss the players and draft their teams. Once discussed, the accelerated coach selects half of the players. The developmental coach gets the rest of the players. There can only be a 4-player difference between the split teams and one team must have a minimum of 15 players.

Once the certified roster is submitted to the league, no other changes will be made. If a parent wishes to keep his/her son/daughter from being chosen on the accelerated team, the parent needs to submit a letter of request with reasons for request to the district president before the draft occurs, the letter will be taken into consideration with other criteria to determine the player's placement on the accelerated or developmental team. All other SUNYFL rules and by laws still govern the accelerated division the same as the regular division. i.e. blitzing rules, 10 play rule.

**The accelerated division applies to 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grades.**

**\*\*District President will have final say in the drafting of teams\*\***

## 19.0 PLAYOFFS:

Playoffs will be in effect for 3<sup>rd</sup> -8<sup>th</sup> grades.

Playoff tiebreakers will go as follows:

Head to head games determine a tie.

3-way ties for a playoff spot (without a head to head game) will play one half to determine seeding/playoff standing. 2-way ties for seeding will be determined by a coin toss.

All other playoff spots to be determined by a coin toss: 3-way tie breakers for 2 playoff spots will be as follows:

A, B, and C teams will flip a coin, the "odd" one out will be out of the playoffs.

way tie breakers for 1 playoff spot will be like the 2- p l a y o f f spot format:

A, B, and C teams will flip a coin, the "odd" one out will be in the playoffs.

way ties or 3-way ties for playoff seeding only will be determined by lottery for seeding/playoffs.  
10 play rules do not apply for playoff's or championship games.  
In the event of overtime there must be winner declared.  
There will be no sudden death in a playoff game.

#### **20.0 CONCUSSION POLICY Rule**

**A player who has demonstrated signs, symptoms or behaviors consistent with concussion to any coach, Director, League officer, another player or official, shall be removed immediately from the contest or practice and shall not return to play or practice until cleared by an appropriate health-care professional. The player and their parent/guardian shall be provided with the "Post-Concussion Instructions and Return to Play Clearance Form".**



## Concussion Policy

Accordingly, the League has adopted the following policy regarding concussions and head injuries.

### General Concussion Description

A concussion is a brain injury, and all brain injuries are serious. See the definition of Traumatic Head Injury below. They are caused by a bump, blow, or jolt to the head or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and even death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. Symptoms and signs of concussions (see traumatic head injury below) may show up right after the injury or can take hours or days to fully appear. If your athlete reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away. You cannot see a concussion, and most sports concussions occur without loss of consciousness.

### Nature and Risk

A concussion or a traumatic head injury; and continuing to participate in a sporting event after sustaining a concussion or a traumatic head injury can leave the athlete vulnerable to greater injury or even death. There is an increased risk of significant damage from a concussion for a period after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first. This can lead to prolonged recovery, or even severe brain swelling with devastating and even fatal consequences.

### Policy Requirements

If coaches, volunteers, other agents of the League, parents or legal guardian's suspects that a youth athlete (a child who is under the age of 18) sustained concussion or traumatic head injury while participating in a sporting event; the athlete shall be removed immediately. If an athlete suspected of sustaining concussion or a traumatic head injury has been removed, a written medical clearance from a Qualified Provider is required before the athlete can return to participate in any Sporting Event. "Sporting Event" means any of the following activities that is organized, managed, or sponsored by the League: a game, a practice, a clinic, a sports camp, a physical educational class, a competition, or a tryout. A "Qualified Provider" means a health care provider who: (a) is licensed under Title 58, Occupations and Professions, of the Utah Code; (b) may evaluate and manage a concussion within the health care provider's scope of practice. The clearance must state that:

- (A) the Qualified Provider has, within three years before the day on which the written statement is made, successfully completed a continuing education course in the evaluation and management of a concussion; and
- (B) The Qualified Provider has evaluated the child and the child is cleared to resume participation in the League's Sporting Events.

"Traumatic head injury" means an injury to the head arising from blunt trauma, an acceleration force, or a deceleration force, with one of the following observed or self-reported conditions attributable to the injury:

- (a) transient confusion, disorientation, or impaired consciousness, (b) dysfunction of memory, (c) loss of consciousness, or (d) signs of other neurological or neuropsychological dysfunction, including: (i) seizures, (ii) irritability, (iii) lethargy, (iv) vomiting, (v) headache, (vi) dizziness, or (vii) fatigue.

Symptoms of concussions and other head injuries can include:

Headaches "Pressure in head" Nausea or vomiting Neck pain Balance problems or dizziness Blurred, double, or fuzzy vision Sensitivity to light or noise Feeling sluggish or slowed down Feeling foggy or groggy Drowsiness Change in sleep patterns Amnesia "Don't feel right" Fatigue or low energy Sadness Nervousness or anxiety	Irritability More Emotional Confusion Concentration Memory problems (forgetting game plays) Repeating the same question/comment Appears dazed Vacant facial expression Confused about assignment Is unsure of game, score, or opponent Moves clumsily or displays incoordination Answers questions slowly Slurred speech Shows behavior or personality changes Can't recall events prior to or after hit Any change in typical behavior or personality Loses consciousness
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If a parent or legal guardian suspects a concussion has occurred, they must report the suspicion to the coach and look for the symptoms and signs of a concussion (see traumatic head injury above). When in doubt, remove the athlete from play. Parents should ensure that the athlete is evaluated right away and should not try to judge the severity themselves. They should obtain assistance from a qualified health care professional as soon as possible.

All coaches, coaching staff, and athletic trainers must complete a course dealing with concussion, its signs, symptoms and management. This course shall be completed prior to working with youth athletes in any Sporting Event. The training may be obtained through the Center for Disease Control's (CDC) Head's Up program or other similar training regarding concussions and head injuries that is approved by the League.

**Acknowledgement**

Each parent or legal guardian must acknowledge and agree to abide by this policy by submitting a signed consent form before their athlete will be permitted to participate in a Sporting Event.

Registrations completed online will be signed electronically, registrations completed by phone will require a signature in person before the athlete can participate in any Sporting Event. Coaches will be provided with a list of required signatures and will submit them before the first Sporting Event.

**Parent/Guardian Acknowledgement**

I understand what a concussion is and have been informed on how to recognize the signs and symptoms and agree to abide by the policy. I understand if my athlete is suspected of having a concussion, he/she will be removed from the sporting event and will not be permitted to continue participating in any upcoming Sporting Events until a Qualified Provider has determined it to be safe. I will provide the League with a written statement by a Qualified Provider acknowledging the athlete is cleared to resume participation. I understand that I will be required to provide my signature acknowledging and agreeing to this policy before my child can participate in any League Sporting Events.

The CDC also has downloadable handouts for athletes and their parents. Their website is:

[http://www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html)

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Athlete Signature

Printed Athlete Name

Signature Date

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Parent/Legal Guardian Signature

Printed Parent or Legal Guardian Name

Signature Date



## Clock Stoppage Rules

The Executive Committee will have the following clock rules implemented with games on **September 19, 2020 and moving forward.**

**Except for the Last 2 Minutes of the 2nd Quarter and 4th Quarter, the clock will start on the “Ready for Play “on the following instances”.**

Player Steps or Runs out of bounds	Start clock when ball placed and ready for play signaled. Wind by “R”
Fumble and ball goes out of bounds	Start clock when ball placed and ready for play signaled. Wind by “R”
Incomplete Pass	Start clock when ball placed and ready for play signaled. Wind by “R”
Change of position	Start clock when ball placed and ready for play signaled. Wind by “R”
After Penalty Enforcement	Start clock when ball placed and ready for play signaled. Wind by “R”
Officials Time out for Injury	Start clock when ball placed and ready for play signaled. Wind by “R”

During the last 2 minutes of the 2nd and 4th Quarter in the above instances the clock will start on the “SNAP”

During the last 2 minutes of the 2nd and 4th Quarter After Penalty Enforcement the clock will start/stop per normal application.

**Clock will stop/start as normal on the following instances.**

After Touchdown or Field Goal - Clock stops

TRY after Touchdown – Untimed down

Safety – Clock stops

Kick-Off (Free Kicks) – Clock starts at first touching by Receiving / Kicking team

After reaching line to gain – Clock starts on ready (unless player goes out of bounds while getting 1st down in last 2 minutes of 2nd and 4th Quarter)

All Team time outs – Clock starts on the Ready

Running Clock rule – per SUNYFL Bylaws will remain in effect. (Point Differential)

Calling game – Per SUNYFL Bylaws will remain in effect (Point Differential)

All other High School timing rules will be in effect.