



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>

Revised September 14th 2023



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SUNYFL EXECUTIVE BOARD

Commissioner

Darry (Gator) Alton

Executive Director

Jamie Turlington

Board Liaison

J Turlington

**Board Liaison/Director of Game Rules
Enforcement & Officials**

Gene VanOrden

Board Liaison

Dave Bettridge

Board Liaison (Officials)

Bobby Robledo



SUNYFL GENERAL BOARD

Canyon View District President

Lindsey Vest

Cedar District President

Ryan Tramontanas

Crimson Cliffs District President

Terry Johnstone

Desert Hills District President

Stacia Mizukawa

Dixie District President

Richy Rivera

Hurricane District President

Josh Johnson

Lincoln County

Devin Sonnenberg

Moapa Valley District President

Shane Hickman

Parowan District President

Cheryl Meibos

Pine View District President

Kristen Bowler

Snow Canyon District President

Whitney Terry

Virgin Valley District President

Sheri Crandall

Short Creek

Heber Horsley

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 "General Board" or "Executive Board" as used in these Bylaws refers to the Board of Directors of SUNYFL. These bylaws can be reviewed and updated and/or modified at any time.

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 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 "District President."

3.0 COMPLIANCE:

3.1. All coaches will be required to follow all SUNYFL By-Laws. This includes but not limited to, completion of all league requirements to be a coach for SUNYFL and all other SUNYFL BY-LAWS that apply to their position as a coach.

3.2. All Teams are required to participate in all scheduled games as well as participate in all required/ requested sanctioned SUNYFL events as requested by the league. These events are, but not limited to, SUN JAM, weigh In, equipment hand-out, equipment check in, all regular/post season scheduled games, any other event the league schedules.

3.3. Any NON-COMPLIANCE by a Head Coach, Assistant Coach or their Team can be grounds for suspension, termination and/or cancelation of games for that team including all players and coaches of that team.
for Coaches, Game Suspension or Termination of their Coaching position. Disciplinary action will be handled by the Executive Committee, working with the District President.

3.4. All actions for non-compliance handed down by the Executive Board and/or Commissioner will be final.

4.0 EXECUTIVE BOARD & GENERAL BOARD

4.1 The League shall be governed by the Executive Committee consisting of a Commissioner, Executive Director, Director of Officials, Officials Liaison and District Liaisons and General Board Members. All Final Acts must be completed with a majority Vote of the Executive Board members.

4.2 The General Board is composed of the League Commissioner, Executive Director, Assistant Directors, Board Liaison's, and District President from each district

4.3 All Positions on the Executive Board & General Board are assigned and serve at the will of the Commissioner and will serve with the duties of that position as requested and required by the Commissioner.

4.3.a The District Liaisons will be appointed by the Executive Director and will have Authority to Direct, Assist and help District Presidents as directed by the Executive Board, report on those Districts to the Executive Board. A person can be a District Liaison and hold another position on the Executive Board.

4.4 All members of the Executive Board will have an equal vote on this Board. All District Presidents and members of the General Board will serve at the will of the Executive Board.

4.5 The Executive Board & General Board as listed above will have the authority as listed in the following items.

- a. Interprets and enforces all policies and procedures of the league
- b. Individually and jointly as directed by the commissioner 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
- c. policies, rules, or by-laws
- d. The General Board may also make recommendations to the Executive Board to enact, amend, repeal, and adopt changes to the league policies, documents, and structure. Investigates and rules on allegations of violations of:
 - i. ▪ League By-laws, Rules, Policies and Procedures, and assesses penalties to parties found guilty of league violations.

- e. The Executive Board shall have full and final authority in resolving all allegations, complaints suspensions, appeals and protests.
- f. The Executive Board and General Board 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 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 and/or any other designated home fields. DPs are encouraged to have Assistants/Vice Presidents.

5.2 FIELD MANAGER:

It is recommended that each district under the direction of the DP, 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, 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 under the direction of the DP, 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 and the DP is responsible to deliver those funds to the league.

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 5 assistant coaches. These personnel should be of unquestionable character with a profound interest in and knowledge of football and the players.

Head coaches will be held responsible for his/her assistant coaches' behavior on the field as well as his/her players parents and can be ejected from a game 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.

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

5.5.2.9 **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

5.5.2.10 Refrain from excessive "sideline coaching" and leaving the bench area to shout instructions from the sidelines.

5.5.2.11 Strive to make every football activity serve as a training ground for life.

5.5.2.12 Be prepared to hold down the score of any game, once the outcome of that game is no longer in doubt. See Section 98 of the NFHS rules for additional information.

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, pass a SUNYFL security screening as well as meet all requirements of USA Football Heads Up Certifications or any other certifications required by SUNYFL. 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 commissioner.
- 5.5.8 One 3rd grade coach is allowed on the field during games to assist their team up to the point the cadence starts. 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 4th Grade coach is allowed on the field until the mid-season weigh in. Same rules apply to 4th grade as 3rd grade
- 5.5.10 Coaches are required to have a badge on their person and visible at every game to be on the sideline or coach in the game. In the event a coach, either head coach or assistant, does not have their badge the opposing team will get the ball at the beginning of the game and the start of the second half.
- 5.5.11 All coaches will be evaluated at the end of every season by the DP's. Head coaches that have coached the prior season are not guaranteed their coaching position for the next year. SUNYFL Coaches serve at the will at the league and can be appointed and replaced as needed.

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 within the past 12 months and has not changed his or her school to a new local high school boundary 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. This should be documented on the roster/10 play sheet and turned into the field manager after each game. Coaches should hold regular team practices each week. Games are in addition to practices and shall be held as the league schedules them.

Conditioning Practice:

During the conditioning portion of practices (1st week as determined by the league) 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. 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 shall be no longer than two consecutive hours each and in no case shall there be more than three practices per week the week school starts. Practice before school starts can be no more than 5 days in a week with no more than 2 hours per day.

Full Contact Practice:

The week after conditioning will be full contact practices (2nd week as determined by the league). One full contact practice will be "helmets" only with **NO** full contact. These practices shall be no longer than two consecutive hours each and in no case shall there be more than three practices per week starting with the week school is in session. Practice before school starts can be no more than 5 days in a week with no more than 2 hours per day.

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 (discussing, playing, reviewing, 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.

***All "training" camps must be approved by your district president or 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 etc.**

8.0 OFFICIALS:

Game officials shall be provided by the league for each game. Games for the 3rd-5th grades shall have between 2-3 Officials. Games for 6th-8th Grades shall have between 3-4 Officials. These officials shall be hired, trained, scheduled, and regulated by the SUNYFL League. In the event one or more of the 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. All playoff games will have 3-5 officials.

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. If not returned, the amount of \$500 will be charged which is the cost of the helmet, shoulder pads and pants:

- 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
- Tooth or Mouth Protector (Mandatory)
- Socks & undergarments

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 by December 1st 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 liability insurance for all players. 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 DISTRICT REQUIREMENTS

11.1.1 SUNYFL is a play where you attend school league. A player is eligible to play in the district where the player attends school as of the date the player is weighed-in and placed on an official roster. If a player attends a charter school or is home schooled then the players address will be used to determine which district they shall register in. In the event a school feeds into 2 different high school boundaries, the players address will be used to determine which district the player should play in. If a player lives in a different high school boundary than the school they attend, they have the option to choose which district to play for. Any of these types of situations will be reviewed by the executive board. If your child is in a dual immersion program, a school records showing enrollment in that program needs to be presented to the DP prior to being accepted to that district.

- 11.1.2 District boundaries shall coincide with the formal high school boundaries as established by county school districts. It shall be the responsibility of each player and each SUNYFL district and coach to ensure that players registered in a SUNYFL attend a school or reside in that district and players and/or districts violating this Bylaw shall be subject to disciplinary action as provided in these Bylaws.
- 11.1.3 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 grade 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.
- 11.1.4 Should a player inadvertently, but innocently register in a district other than the correct district, that player will be moved to the correct district and play the remainder of the season on either an "A" or "B" team as determined by the district or of receive a proportionate refund of the paid registration fee determined by the district president and approved by the League Commissioner. If a player knowingly registers in a district other than the player's correct district 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 Commissioner) 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 district qualifications by falsifying the player's home address, school transcript 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 district requirement for that coach's team, or who knowingly allows a player who does not meet the district 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 deception by providing false or misleading information to any district or a SUNYFL official, the ban from coaching shall be extended, at the League Commissioners 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 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 Commissioner. In addition, SUNYFL sanctions against any player who has not satisfied the requirements herein to play for the district may include forfeiture of any games in which such ineligible player participated.
- 11.1.5 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 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 districts(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 then be subject to the SUNYFL Bylaws and penalties as determined by the executive board. All decisions made by the executive board are final.

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 district 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, at the discretion of the DP, there will be a \$75.00 fee accessed, which is the cost of the jersey (\$50) and the processing fee (\$25). No refund will be issued once the season starts.

- 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 Commissioner).
- 12.5 Player Registration.
- 12.5.1 Regular player registration may begin on March 1st each year and will continue through June 30th of each year or until the teams are full, whichever comes first. Any late registrations will be at the discretion of the DP.
- 12.5.2 Player registration will include either 1) Utility Bill showing residence; and/or (2) School transcripts 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 DP with approval of the league commissioner and SUNYFL.
- 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 SUNYFL, 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 Executive Board, members of the General Board, 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, if available, 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. The other option would be to have players play up a grade in the same district with parent approval.

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. Exceptions to this would be for 2nd Grade, who can play the season with the 3rd grade team but will need to repeat on the 3rd grade team the following year or a district that doesn't have enough players to make a team and must combine two grades into one. Standard maximum ages for youth in each grade are as follows:

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

14.0 WEIGHT LIMITS:

Weight limits for each grade are as follows:

- 2-3rd Grade = 85 lbs.
- 4th Grade = 95 lbs.
- 5th Grade = 105 lbs.
- 6th Grade = 125 lbs.
- 7th Grade = 140 lbs.
- 8th 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, they will get one other opportunity within 15 minutes to be re-weighed. Not test weights are allowed. If a player cannot make the first weigh in, they must plan 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 could result in the player being ineligible for the 1st regular season game as determined by the executive board. Any late weigh ins will be charged a \$10 fee to be paid to the league.

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. **(see weight designation chart in section 15.7)** If a player weighs more than 5 pounds over the weight limit for their grade or does not attend the mid-season weigh in, 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 on the line of scrimmage within the Free Blocking Zone (Tackle Box), both Offensive X-Players and Defensive-XPlayers in at least a 3-point stance.

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.

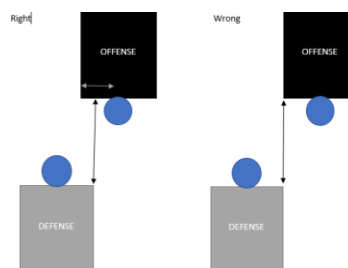
15.2 **All “X”-players must comply with the following:**
All “X” players will be designated with an “X” on the player roster.

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)

Defensive “X”-players may recover and advance a fumble or interception



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 offensive, 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

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

15.7 "Y" UP – At the player's option, a player will also be allowed to Y up to the next higher division (e.g., from the 4th Grade to 5th Grade division). A player must have parental consent to be eligible to Y up. Also, a Y up can only be granted if the team they are moving up from has at least 15 players and the coach of the team they are requesting to go to accepts the player. 2nd graders playing on a 3rd grade team cannot Y up to 4th grade.

"Z" down a grade need to submit that request to their district president for review by the Executive Board. Each request will be reviewed on a case-by-case basis and the player must weight 15lbs under the weight limit of the grade they are requesting to move down to. There shall be no Z downs from 4th to 3rd grade and a 14-year-old player may not Z down from 8th grade to 7th grade. Z down requests can only be initiated by the parents for safety reason. Any exceptions to rule 1507 can be made by the executive board on a case by case and/or as needed basis.

Chart of Weight and Designations: The following chart establishes the weight classifications for all SUNYFL Divisions

Grade	X Weight	Mid-Season Weight	Z Weight	Y Weight/Notes
3 rd Grade	85 lbs.	90 lbs.	No Z Downs (Exceptions are reviewed by the exec board)	2 nd graders cannot Y up to 4 th Grade
4 th Grade	95 lbs.	100 lbs.	80 lbs.	"Y" Up Parental Consent
5 th Grade	105 lbs.	110 lbs.	90 lbs.	"Y" Up Parental Consent
6 th Grade	125 lbs.	130 lbs.	110 lbs.	"Y" Up Parental Consent
7 th Grade	140 lbs.	145 lbs.	125 lbs.	"Y" Up Parental Consent
8 th Grade	160 lbs.	165 lbs.	145 lbs.	No 14-year-old Z Downs

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 3rd & 4th grades shall play on a field that is eighty (80) yards in length from goal line to goal line. The 5th, 6th, 7th, and 8th grades shall play on a field that is one hundred (100) yards in length from goal line to goal line, standard high school size. 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

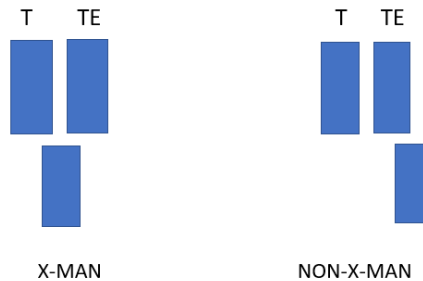
The rules regarding blitzing are as follows:

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 3rd & 4th grades regardless of if they are "X" players or not. All defensive ends at the 3rd & 4th grade need to play the 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 (see diagram below). Linebackers in the 3rd & 4th grade will need to be 4 yards off the line of scrimmage. When the opposing offensive team is facing 1 yard or less to go for the first down, all defensive players may play to the ball. Linebackers must be 2 yards from the line of scrimmage in these situations. This same scenario will apply when the team is 5 yards from the goal line. There can only be 5 defensive players from Offensive tackle outside shoulder to Offensive tackle outside shoulder on the line of scrimmage. During a punt in 3rd and 4th grade the defense is not allowed to rush the punt. 5th – 8th Grades shall be allowed to blitz according to the Utah High School Athletic Association rules.

3rd & 4th grade X-man DE0 and Non-X-man DE



16.2.1.A **Blocking 3rd and 4th Grade**

In all **3rd and 4th** Grade level games, **All Blocking on all Plays must be Initiated at the Waist and above**. This includes all Blocking in the "Free Blocking Zone that in the past had CUT BLOCKING on the initial surge, All CUT BLOCKING is now an ILLEGAL BLOCK in the 3rd and 4th Grade games.

Penalty Enforcement will be **Blocking Below the Waist**, it will be a **10 Yard Spot Foul Penalty**, enforced per NFHS penalty application. This should also help eliminate the possibility of all CHOP BLOCKS in that all blocking below the waist anywhere will be an illegal block.

16.2.2 Ball placement for games shall be as follows:

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

If both 3rd grade coaches are not prepared for kickoff, then there will be no kickoff.

4th grade coaches must be prepared for kick off.

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 4th – 6th grades have the option of kicking a PAT for 2 pts (if there are goal posts available on the field) or going for "1" from the 3-yard line. If teams on in the 4th -6th grades do not wish to kick at PAT for 2 points they have to option of going for "2" from the 5-yard line. 7th & 8th grades follow normal high school rules. Ball placed at the 3-yard line to kick for 1 point or run it in for 2 points.

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. Clock resets after the ball is set. 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. 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.

16.2.7 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.

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 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 in regular season, and the Game will End in a Tie.
 - During post season play OT will continue until a winner is determined

16.2.8 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 half time of the game, this game will be considered a forfeit. A certified roster must have a stamp and must be signed by the league's representative.
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.

16.2.9 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.

16.2.10 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 Commissioner.

16.2.11 Injured Player

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.

16.2.12 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.

16.2.13 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.

16.2.14 All games scheduled by the league need to be played. In the event a coach/team forfeits a game it will be reviewed by the Executive Board. Once reviewed the Executive Board has the authority to subject that team and/or coaches to league discipline and/or suspension as the executive committee sees fit.

16.2.15 SUNYFL will use the NFHS Rules effective for that year/season as the ruled of play unless specific exceptions are listed in these bylaws.

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 year end 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 Executive Board at the next regularly scheduled meeting of the Board unless the appeal is accompanied by the payment required below. In its review, the Executive Board 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 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, 50% of 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 Executive Board. 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 apply to non-disciplinary decisions of the Commissioner with the following modifications: A special meeting of the Executive Board 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 and 50% 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 district president or other designated district officer shall notify League Commissioner or Executive Director whenever a district place one of its own officers, coaches, or assistant coaches on probation or suspension.

17.6 COACH'S OFFENSES:

17.6.1 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.

17.6.2 Endangerment of Juveniles - suspension for 1 year up to permanent suspension

17.6.3 Teaching prohibited or illegal techniques - suspension for 1 year up to permanent suspension.

17.6.4 Fighting - suspension for 1 year up to permanent suspension.

17.6.5 Cheating - suspension for 1 year; second offense up to permanent suspension.

17.6.6 Threats - suspension for 1 year; second offense up to permanent suspension.

17.6.7 Lack of cooperation/obstruction- suspension until compliance is achieved, with probation for the remainder of the season.

17.6.8 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 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. The 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).

17.6.9 Coaches are prohibited from approaching and/or engaging with the officials in a negative manner before, during or after a game. Any violations to this rule could result in immediate ejection, suspension and/or other league sanctioned discipline as determined by the executive board.

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**. In the event a grades number reaches 48 players, they have the option to split into 3 teams. At the 3rd & 4th grade each team will be split evenly with a moderator involved in the split. At the 5th - 8th grade levels teams will be split into their respective teams based on skill. The league will have 3 divisions: The Blue Division (Highest Skill Level), the White Division (Intermediate Skill Level) and the Red Division (Beginner Skill Level) 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 at each player to prepare for the draft. For 3rd and 4th 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. 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. If two teams split and each team appears to be uneven at the end of the season the teams will have to be re-drafted the following year. That will be done under the direction of the District President.

Accelerated Division (Blue Division) - Applies to 5th – 8th Grades

The purpose of divisions 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 blue 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 Blue division

All players in each age group per district will practice together. When the district president sets the draft date the coach of each team and the district president will meet to discuss the players and draft their teams. In a standard draft, the blue division coach picks his players, and the other coach will receive the remaining players. In the event there are 3 teams being drafted, after the blue division coach selects his/her players, the white division coach will pick his/her players and the red division coaches will get the remaining players from the list. In the event there will be 2 white division teams, a draft will need to occur under the direction of the district president and/or executive board. The only teams that should be competing in the red division are true beginner teams and/or teams with a consistent losing record in a non-blue division. There can be no more than a 4-player difference between the teams. Each team must have a minimum of 15 players. If players are added, the additional players will be drafted under the direction of the District President. In the event a team that has been playing at a lower level in previous seasons decides to or is asked by the Executive Board to move to a higher division a draft will need to occur if there is another team in the same district and same grade in that division. This draft will be at the direction of the Executive Board along with the district presidents. Once the teams are drafted and certified roster is created, no other changes will be made. All other SUNYFL rules and by laws still govern the blue division the same as the other divisions. i.e., blitzing rules, 10 play rule. Placement in divisions will be determined by the executive board and will be based of previous seasons record, football IQ of players on the team, etc.

The Executive Board working with the District Presidents will have final say in all the drafting of teams

19.0 PLAYOFFS:

Playoffs will be in effect for 3rd -8th grades.

Playoff tiebreakers will go as follows:

FOR SEEDING ONLY

In case of a tie in league standing where seeding is in question, the following consideration will occur:

- a. Head-to-Head results then
- b. Common region opponent beginning with the top place in the division standings. Then
- c. A coin Flip.

TWO - WAY TIE-BREAKER

In the case of a two-way tie in the League standings where a tournament berth is in question, the issue will be settled as follows:

- a. Head-to-head won/loss record between the two districts involved then
- b. A playoff game will be held at a site decided by the SUNYFL Executive Board.

THREE – WAY TIE-BREAKER

In the case of a three-way tie for the final two berths in the year end Championship Tournament, A coin toss will be held. Three coins will be tossed, and the odd coin will receive the last seed and the two remaining schools will hold a playoff game for the higher seed. Location to be set by the SUNYFL Executive board. Game will be played Tuesday or Wednesday prior to the start of the playoffs.

In the case of a three-way tie for One berth, a Coin flip will be used with the odd team receiving the 1st half BYE, the other two teams play a half with the winner playing the “BYE” team in the 2nd Half, winner gets the playoff spot. Location to be set by the SUNYFL Executive board. Game will be played Tuesday or Wednesday prior to the start of the playoffs.

***Any other scenarios that this policy does not specifically cover will be decided by the SUNYFL EXECUTIVE BOARD. ***

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”.

21.0 Lighting Policy

See NFHS Rules for application. Field Manager at games and Head Coaches at practices are to use the NFHS Rules policy as published. If there is a lightning delay in the 1st half of a game that causes the game to be suspended for an extended period, that game, as the discretion of the executive board, can be continued at the point of interruption later or cancelled depending on field availability. If a game is stopped for lightning in the 2nd half, that game will be called as final.

22.0 Clock Stoppage Rules (see last page of bylaws)



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) 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

Athlete Signature _____ Printed Athlete Name _____ Signature Date _____

Parent/Legal Guardian Signature _____ Printed Parent or Legal Guardian Name _____ Signature Date _____



Clock Stoppage Rules

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.