



## **SEPYTFL Rules & Regulations**

Revision Date: 02/05/2010 JLH

### **I. OFFICIALS:**

**Two (2) IHSAA certified officials** will be utilized for each regular season game. Only those officials that are eligible and certified to referee Iowa High School games will be allowed to officiate league games. No coach, team official or other organizational member will be allowed to officiate a league game unless mutually agreeable to both participating teams. **If no officials are present to officiate a game, the game will be played and officiated by SEPYTFL Board Members.** The League will provide contracted officials for all regular season and championship games.

### **II. COACHES:**

The League is comprised of Adult Coaches who volunteer to assist in a capacity designated and approved by League Administrators. All league coaches are required to submit a Coaching Application, participate in an interview process and provide information necessary to conduct and assist with a background investigation. Coaching applicants will be selected and allowed to coach under the authority and approval of the Board only after the preceding requirements are met. Likewise, a coach can be removed, at any time, by a **majority vote of the SEPYTFL Executive Board.** For full list of requirements and criteria, refer to the Coaching Criteria section of the SEPYTFL Policies and Procedures document.

Each head coach and assistant coach must have completed, signed and submitted a Coach's Application and Coach's Code of Conduct for Committee review and approval prior to any involvement, in any capacity, with a League team.

All coaches must be 21 years of age or older, unless approved by the league, and have a general understanding of the game of football. All coaches are expected to know the rules of Federation Football and teach fair play and sportsmanship to their players through their good example and conduct while on the practice and game fields at all times.

The head coach shall be present at all practices and games unless appropriate arrangements have been made with league approved assistant coaches assigned to a respective team.

Coaches do not make league policies, however they are expected to follow all rules and regulations. On the playing and practice fields, the coaching staff is in complete charge and shall not be interfered with except in cases of by-laws or rules infractions or other conduct deemed inappropriate by League Administrators. Coaches will be required to run specific, age appropriate teaching drills provided by the Board in order to assure a base level of capability is achieved across the league.

Coaches are responsible for assisting officials with the sportsmanship of all playing and non-playing team members, as well as parents and spectators.



Head Coaches are responsible for practice schedules and team compliance with respect to established practice policies and league mandated practice restrictions. The head coach is **required** to publish and adhere to an online team practice calendar available through the SEPYTFL website. The head coach is required to provide the league representatives with a copy of the schedule.

Coaches shall serve from season to season, subject to review and renewal each season by the League Coaching Committee and Board of Directors.

The League screens coaches for any past criminal history. Any falsification on any league coaching documents will be grounds for immediate expulsion from the League.

All coaches will be familiar with and responsible for the administration of the League disciplinary policy as outlined in the Coaches Code of Conduct.

Head Coaches are responsible for the care, maintenance and return of all League equipment issued to their respective team.

League Coaching staffs are generally comprised of one (1) head coach and three (3) assistant coaches. No more than four (4) coaches will be assigned to any team. Due to insurance mandates, only league approved and assigned coaches and Board members are allowed to instruct, direct, supervise, assist or be involved with any and all forms of participant instruction. This provision applies to practice sessions, scrimmages, games or any other league sanctioned function. Should any internal issues or concerns develop within a particular staff, notification to league administrators will be immediately forthcoming as to address any issue or concern in a timely manner, review the facts and circumstances involved, and facilitate corrective measures if necessary.

All rules, regulations, policies and/or procedures adopted by the League apply equally to head and assistant coaches unless otherwise specified.

On an annual basis, the League provides training opportunities / programs to assist in the proper instruction of fundamentals, safety guidelines and other relative considerations. All league coaches are required to attend these programs.

**Failure to follow the expectations and guidelines herein will be subject to discipline as written in the coaching policy document. Failure to follow these guidelines is subject to discipline up to and including removal of coaching status.**

### **III. SPORTSMANSHIP:**

The League functions under the premise that the most important facet of any youth sports program, especially football, is the positive role it can play in the development of each individual participant. Coaches have a great impact by directly helping them believe in themselves, learn how to deal with competition, how to prepare to succeed and how to handle a win or a defeat.



The League regards poor and/or bad sportsmanship as unacceptable and completely intolerable.

Coaches, Participants and Spectators are required to demonstrate positive sportsmanship in respect to their players, opposing team players, parents, coaches and game officials. Coaches, Participants or Spectators who are unable to demonstrate proper sportsmanship will be suspended or be subject to permanent league expulsion.

The below listed provisions, although documented as player/coach specific, will be applied uniformly to encompass parents, spectators and coaches alike, relative to violation of league sportsmanship policies and subsequent punitive assessments.

Single Game Ejection: If a player or coach is ejected from a game, that player or coach will not be allowed to play/coach in the next scheduled game. This includes post season play and, if the infraction occurs in a post season game, the first game of the following season if the participant is still an active league player.

League Expulsion: Any participant that has been ejected from a league game and has a second or subsequent ejection will be sanctioned with an immediate, non-appealable League Expulsion **subject to Executive Board review**. This action will be imposed regardless of whether the ejections occurred in the same season or over the course of several seasons.

#### **IV. PRACTICE SCHEDULES:**

The season officially starts on a date designated by the League on a yearly basis. No practice may occur prior to that date and no conditioning sessions or ‘camps’ are allowed. Equipment handout and other administrative matters and meetings may occur prior to the designated date.

A practice is defined as any organized team activity relating to practice or games, including “chalk-talks” and viewing game films.

The first six (6) hours of practice shall be devoted entirely and exclusively to conditioning. No pads will be allowed, however helmets may be included after the first four (4) hours. Each team and head coach may extend this conditioning to more than six (6) hours if so desired, but not less than. No player shall be permitted to participate in any practice, conditioning or other activity until all the necessary paperwork has been received in conjunction with established League registration policies.

A two (2) hour per day total practice time limitation will be adhered to. At least one 10-minute break per hour will be provided with this time not counting against total practice time. During extreme heat, 15-minute breaks, or on demand, will be encouraged. No practice shall continue past 7:30 PM CST. **After October 1<sup>st</sup>, practices must end by 7 PM CST**



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Practice sessions will be limited to four (4) per week for 5<sup>th</sup> and 6<sup>th</sup> grade divisions and three (3) per week for 3<sup>rd</sup> and 4<sup>th</sup> grade divisions following the 6 hours of conditioning practices. A week is defined as Sunday through Saturday. Once games begin, all teams will be limited to three (3) practices per week.

The board has designated “No practice nights” due to SE Polk school functions such as Homecoming and Black and Gold night. Practices **are not allowed on any varsity football game night**. No team shall have practice these nights in order to encourage player attendance at the SE Polk sponsored functions.

Team parties, watching tape, chalk-talks and other similar activities do count as practice sessions.

Practice dates and times will be established by Head Coaches in accordance with these guidelines.

All practices where contact occurs will be conducted with full protective gear utilized.

Pre-game warm-ups will count against weekly practice time if they exceed 45 minutes.

Scrimmaging between teams is allowed. There are certain restrictions and limitations regarding scrimmages. Refer to the Scrimmaging section of the SEPYTFL Policies and Procedures document for all information pertaining to scrimmaging.

It is required that a practice attendance log be maintained for future reference and that parents notify a designated member of the coaching staff concerning an absence by a player prior to the start of a scheduled practice session.

## **V. EQUIPMENT:**

All team equipment will be inventoried at the beginning and the end of each season. The head coach will be solely responsible for this equipment. Equipment is not to be altered or defaced in any way. This includes swapping facemasks, altering jerseys, attaching patches or writing on helmets. The NOCSAE Seal of Certification and Warning Label will not be removed from the helmet for any reason. Individual player names will not be permitted on league jerseys in any form.

Only league issued equipment will be permitted in all league sanctioned activities. **The league will provide approved equipment for each player. Under no circumstances shall a player purchase personal equipment and expect to be reimbursed by the league.** Chin straps, commercially manufactured forearm and elbow pads approved for football use, gloves, a protective cup, rib protector pads and approved neck rolls will be the only allowable additions to the issued equipment. The only exceptions to this rule involve situations where a player might be required to utilize additional equipment in order to protect an injury, i.e., a knee brace, additional padding to protect a deep bruise, etc. Such exceptions shall be brought to the attention of Board of Directors for a ruling on acceptability.

Shoes must be of the molded cleat variety. No internally threaded shoes are permissible. Maximum size of the cleat is one and one-half (1 ½) inches measured from the tip of the cleat to the base of the shoe. No all or primarily metal or metal tipped cleats may be worn.

Jewelry of any kind is strictly prohibited under any circumstances.



Glasses should preferably be athletically approved construction with non-shattering glass (safety glass) or contact lenses.

Under no circumstances will any player be allowed to wear bandannas, scarves, or any other type of head covering under the helmet or on any part of the uniform at any time.

All players **MUST** wear a mouth protector at all times during practices where any form of contact is initiated. The mouthpiece will be worn at all times during league play and must be attached to the helmet and cannot be clear.

The regulation football for all league play is as follows.

- 5<sup>th</sup> and 6<sup>th</sup> Grade Division: Junior
- 3<sup>rd</sup> and 4<sup>th</sup> Grade Division: Pee-Wee

**VI. LEAGUE WEIGHT RESTRICTIONS:**

There shall be no maximum weight limitations per grade or division level for league participation.

There shall be weight limitations per division level as pertaining to the ball carrier positions only. Both ball-carriers and non-ball-carriers will be divided into two weight divisions to more equally distribute players according to size. The divisions will be as follows:

- Ball-Carriers
  - Light
  - Heavy
- Non-Ball-Carriers
  - Light
  - Heavy

The actual weight intervals will be assigned year to year depending on the weight distribution for each league in the current season.

For the purposes of administration of the League, the term ball carrier shall mean: any offensive player touching the ball behind the line of scrimmage after the snap, on the first or any subsequent hand off, or by receipt of any forward pass or legal lateral. By definition this includes personnel in the backfield or receiving positions. Blocking backs over the mandated ball carrier weight limits will not be allowed. These positions include: quarterback, running back, wide receiver, flanker and tight end.

Division classification weight restrictions for **2010** are as follows:

3<sup>rd</sup> and 4<sup>th</sup> Grade Division – 79 lbs

5<sup>th</sup> and 6<sup>th</sup> Grade Division – 101 lbs

**Based on the yearly average, the board may vary this baseline higher or lower**



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**Past Weight limits:**

2006 – 3<sup>rd</sup>/4<sup>th</sup> – 80, 5<sup>th</sup>/6<sup>th</sup> – 100  
2007 - 3<sup>rd</sup>/4<sup>th</sup> – 90, 5<sup>th</sup>/6<sup>th</sup> –110  
2008 - 3<sup>rd</sup>/4<sup>th</sup> – 81, 5<sup>th</sup>/6<sup>th</sup> – 105  
2009 – 3<sup>rd</sup>/4<sup>th</sup> – 80,, 5<sup>th</sup>/6<sup>th</sup>-109

Players exceeding the specified weight limits may advance the ball only in the cases of a pass interception or fumble, provided the restricted player initially the interception or fumble. The restricted player initiated provision prevents a fumble recovery or interception by an approved weight player, who subsequently gives the ball to the restricted player for advancement.

A player's official weight will be recorded at a date, time and location to be determined by League Administrators. There will be one official weigh in each season. All players will be weighed regardless of intended or actual position assignment.

An official league "weight log" will be compiled at the weigh-in process and will reflect the recognized official weight of each and every player participating in the League. The weight of each participant will be documented and attested to by a league official conducting the weigh-ins.

Under no circumstance (not withstanding the head coach / participant father scenario) will a parent/guardian, assistant coach, spectator or any other individual be allowed to view or otherwise participate, directly or indirectly, in the weigh-in process.

The weight log will be available for public viewing, subject to an appointment. The League will annually appoint a representative to coordinate this process and address any and all inquires relative to participant weight and/or weigh-in procedures.

## **VII. LEAGUE PLAYING RULES:**

Except as provided herein, the League will adhere to all rules and regulations as outlined in the current, official National Federation of State High School Associations Rule Book. In the event one of the listed League rules is in direct conflict with the current published NFHS rules, League rules shall have preference.

All participants must be in the 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> or 7<sup>th</sup> grade. Players may not "play up or down" between divisions. A player may not be in the same division for more than 2 years

Draft procedures and team placement will be reviewed and implemented by League Administrators on a yearly basis. The SEPYTFL is not intended to promote dominance by one team and draft procedures will be utilized to address and facilitate an equitable distribution of players. For full list of draft Procedures, refer to the Draft Procedures section of the SEPYTFL Policies and Procedures document.

The team not listed bold on the league schedule is considered the visiting team. As such, the designated team must provide three (3) capable individuals (preferably adults or older youths) to act as the chain crew. These individuals should be ready to work at least fifteen (15) minutes prior to the scheduled game time.



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There will be four (4) quarters of play in each game, consisting of twelve (12) minutes of continuous running time in each quarter. (Under the following situations, the game clock will continue to run: first downs, out of bounds, incomplete passes. The continuous clock will stop for change of possession, an injury, and official and team time-outs). Halftime will be (5) five minutes in duration. During the last two (2) minutes of each half, standard regulation time will be in effect. The Scoreboard clock will be the official clock, provided that an adult timekeeper operates the clock.

A thirty-five (35) second play clock will be in effect and strictly enforced for all League games. First offense will be a warning; all violations thereafter will result in loss of down.

Each team is allowed three (3) time outs per half, the duration of which will be one (1) minute each. During a charged time out, two coaches may be on the field and approach the huddle.

The scoring values for games are as follows:

3<sup>rd</sup> and 4<sup>th</sup> Grade divisions: Touchdown-6 points; point after touchdown (run)-1 point; point after touchdown (pass)-2 points; safety-2 points.

5<sup>th</sup> and 6<sup>th</sup> Grade divisions: Touchdown-6 points; point after touchdown (run)-1 point; point after touchdown (pass)-2 points; point after touchdown (Kick) – 1 point; safety-2 points. **Field Goal – 3 pts**

**3<sup>rd</sup> and 4<sup>th</sup> Grade division** teams may have **one (1) coach on the field** during play at all times. The designated coach must be ten yards removed from the deepest participant in any offensive or defensive formation. The coach is permitted to direct all activities in huddles, either offensive or defensive, but is required to cease any verbal or nonverbal communication subsequent to the quarterback initiating his cadence. A coach who is declared by an official as interfering with a play in progress will be penalized for unsportsmanlike conduct. In the event a coach interferes with the offense causing what is determined by the official to be a probable score, the score will be awarded and the penalty assessment given on the next possession.

5<sup>th</sup> and 6<sup>th</sup> Grade Division teams may NOT have coaches on the field. Plays must be run in by a player or signaled from the coach. One (1) coach and (1) player may roam their sideline from goal line to goal line. Other coaches and players must remain in the designated sideline box.

Each team is allowed to have no more than four (4) league approved coaches on the sidelines during a scheduled League game or scrimmage.

All Head Coaches will submit a team roster to League Administrators prior to League scrimmages. The roster will include, in order from left to right, the player’s jersey number, name, grade level, and defensive and offensive position the player is likely to occupy. Likewise, the roster will be arranged from the lowest jersey number to the highest.

Example:	15	Joe Smith	4 <sup>th</sup>	QB/DB
	44	Ed Jones	3 <sup>rd</sup>	RB/LB
	60	Sam Davis	3 <sup>rd</sup>	OL/DL
	84	Bob White	4 <sup>th</sup>	WR/DB



Head Coaches must notify League Administrators of any and all roster changes and/or players that are no longer active in League participation, or have quit, as soon as possible.

The following League Specific Rules will apply to all Scrimmages and Games: (Items in ITALICS to be removed pending approval)

Punt & Auto Kick: Based on participant safety considerations, the League has no punt returns, kickoff or kickoff returns.

Punts are dead ball downs and neither team may cross the line of scrimmage. No physical contact is allowed by opposing players. Following a punt, the ball will be marked where forward momentum ends. That is, if a ball goes over the receiving teams player, the ball will be marked dead at the spot which it stops. If the receiving team bats the ball forward, the ball will be marked dead at the spot where the ball was batted.

Possessions at the start of each half and subsequent to scores by the opposition, a process normally facilitated by a kickoff and return, will be accomplished instead by the ball being automatically spotted by the referee at the offensive team's own forty (40) yard line.

#### **Field Goals**

**Field Goals attempts are dead ball downs and neither team may cross the line of scrimmage. No physical contact is allowed by opposing players. Following a missed field goal attempt, the ball will be marked at the original line of scrimmage. The ball will be snapped and then the field goal will be attempted. The kick must take place from a spot directly behind the center and parallel to the original line of scrimmage. This means that a team cannot snap the ball left or right to improve the angle of the kick.**

Defensive Alignment: Please see playbook for all guidance on defensive alignment

When the ball is on or inside the defenders own five (5) yard line, a "goal line" defense may be employed, with the mandatory yardage depth restrictions being reduced to two (2) yards for linebackers and three (3) yards for defensive backs.

#### No Blitzing:

No blitzing is permitted by linebackers or secondary players unless the quarterback moves outside a position occupied by the offensive tackles at the start of the play. Once players "read" this movement, they may react accordingly. Linebackers must be at least five (5) yards off the line of scrimmage and must play "read and react" to the flow of the play. Linebackers will be instructed that they may not immediately rush the line of scrimmage at the snap of the ball with no regard for the flow of the play.



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No Motion:

Motion employed during any offensive formation and/or play, by any player, is prohibited. This does not preclude offensive backfield formation changes prior to the snap of the ball if all players are set at least (1) second prior to the snap.

Offensive Alignment:

All allowable offensive alignments and schemes will come solely from the Official SEPYTFL Playbook which will be given to coaches prior to the start of each season.

**Note:** The offensive and defensive restrictions imposed should be viewed as a means of providing a semi-controlled environment for the purpose of enhancing instruction of the players and developing their understanding for the fundamentals of the game. These restrictions should NOT be viewed as an opportunity to use bizarre and unconventional defensive and offensive schemes in an attempt to exploit the restrictions.

The league approved playbooks will be the final guide for allowed offensive and defensive formations.

Minimum Play:

The League strongly promotes the active participation of all players. Unless on disciplinary probation as dictated in the League Codes of Conduct, all players will be required to play at least fifteen (15) plays in every game. **All players must start at a position each game.** Free substitution of players is in effect at all times.

Head Coaches will be held accountable and responsible for this provision. If a player's playing time is being limited for any reason, it is the Head Coach's responsibility to notify the player's parents and the league representative on duty prior to the start of play as to the reason/cause.

Reasons / Causes for limiting playing time may include:

- |                       |  |
|-----------------------|--|
| Missing Practices:    | If a player repeatedly misses practice sessions, playing time may be reduced. Players must attend practices to safely and effectively participate. |
| Illness / Injury:     | The player may be ill or sustain an injury during the game.  |
| Limited Preparation:  | If a player is assigned to a team later (reserve list assignment), and has not had adequate time to prepare for the rigors of participation.       |
| Disciplinary Reasons: | League or team imposed disciplinary measures. (disciplined at school)  |
| Academic Concerns:    | Usually imposed at the recommendation of the player's parents.   |



Fumbles: All Divisions- Fumbles are live

Competitive Adjustment: This rule becomes effective when a team is twenty-four (24) points ahead of an opposing team. When in effect, the winning team must run the ball exclusively between the tackles and may not pass.

Post-season play is regarded as a privilege, NOT a right. Teams have to qualify for post-season play based on record, sportsmanship, fair play, and other standards. Teams can be excluded from post-season play for, but not limited to: unsportsmanlike conduct, illegal players, illegal practices, not adhering to the rules of the league, etc.

Violations of league playing rules during a game or scrimmage may result in a warning from the Board official on the field during the game. Subsequent violations may result in an unsportsmanlike penalty being called by the board official with a five (5) or fifteen (15) yard penalty being called depending on the severity of the offense and the efforts or lack thereof of coaches to correct player conduct. Repeated and blatant offenses by the same player or coach may result in ejection from the game

**VIII. DIVISION STANDINGS, OVERTIME, AWARDS:**

In all League Divisions where conference designations are not utilized, standings will be based on the overall won-loss record within the Division. The top two (2) teams will be eligible to play for the League Championship. In the event teams have the same record, the below listed procedure will be utilized.

- Head to Head Competition
- Fewest points allowed during the season
- Coin toss

In League Divisions where conference designations are utilized, the League Championship game will be played between the champions of each conference. Conference Champions will be determined by overall won-loss record within the conference. In the event teams have the same record, the below listed procedure will be utilized.

- Head to Head Competition
- Overall League Record
- Fewest points allowed during the season
- Coin toss

Overtime Tiebreaker:

1. After the coin toss options, play will start at the defensive team's 10-yard line.
2. Each team will have one series of downs, 1<sup>st</sup> and goal, starting at the 10-yard line.



3. Teams cannot make a 1<sup>st</sup> down or be awarded an automatic 1<sup>st</sup> down.
  4. If a defensive team penalty is accepted, the down will be replayed.
  5. If an offensive team penalty is accepted, the down will be replayed unless the penalty carries a loss of down.
  6. Whichever team has the highest score or the most penetration distance after 4 downs and maintains possession for all four (4) downs, wins the game.
  7. If both teams have lost yardage after 4 downs, have lost possession, have the same score or penetration, the overtime will be replayed.
  8. Defensive pass interference/personal foul carries a 10-yard penalty or half the distance to the goal. If accepted plus the down is replayed.
  9. The offense must maintain possession. If the defense gains possession of the ball during play, the ball becomes dead and the team in original possession will be recorded with zero yards gained.
  10. Yardage gained attempting extra points does not count in yardage gained total.
- \* This procedure was adopted to expedite games and insure time constraints for each game are not exceeded. This is necessary due to League games being played back to back.

Appropriate awards to signify participation on the teams of the League will be determined by the League on an annual basis. These awards will be presented to all team members, including coaches. No awards will be presented or authorized that signify or recognize individual accomplishment or status. The League will present to the players and coaches of the Championship and Runner-Up teams for each Division appropriate awards recognizing the team accomplishment. Presentation of any awards not described herein is prohibited.

#### **IX. GRIEVANCE PROCEDURE:**

A League Grievance Procedure is available to address and review any and all operational facets of the League. This procedure can be initiated by any individual(s) who has an active role and/or association with the League, i.e., coaches, parents, persons acting on behalf of participants, contracted league employees, facility/grounds coordinators, field supervisors, school district officials, etc. This procedure will facilitate a review on the possible misuse or misappropriation of a particular league policy, provision or rule.

This process will NOT be utilized to review:



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Grievances and/or appeals against a particular league policy or rule...only its misuse or misappropriation.

Grievances and/or appeals regarding judgement calls by officials.

Grievances must be filed in writing and forwarded to the League by e-mail or US MAIL (as indicated by the postmark date) within seventy-two (72) hours of the incident, event or occurrence for which the grievance is based. If the grievance is predicated on an issue that is

not time or incident specific, it must be forwarded in a reasonable and timely manner, as determined by the League, for review consideration.

League Administrators will decide if there are sufficient grounds to hear the appeal. If so, a Grievance Committee will be convened at the earliest possible date, to review, rule on the appeal and forward a recommendation to the League Board of Directors. The Committee will consist of three (3) appointed head coaches who are/were active in the league at the time of the prescribed incident/issue.

The Board of Directors will then provide the complainant with a finding relative to the matter and indicate whether the complaint was determined to be founded or unfounded and the corrective and/or punitive action, if any, that will be imposed.

#### **X. INJURIES:**

In no event shall a league coach or representative treat injuries sustained by a participant unless of an extremely minor nature which necessitates very basic first aid applications; or, he/she is a licensed medical practitioner.

Any participant injured in a game must be withdrawn for at least one (1) play.

Any injury in practice or game situations that results in the injured player missing a subsequent game must be reported to League Administrators by a member of the team coaching staff within twenty-four (24) hours. The participant's name, date and time the injury was sustained, any involved players names, nature of the injury and the circumstances involved, must be reported. This provision also applies to injuries deemed serious enough to require medical attention. In this case, the injury should be reported as soon after the occurrence as possible.

**A medical release is required before the player can participate in any practice or game. The release must state that the player is cleared to play football.**

#### **XI. ADMINISTRATIVE REVIEW:**

Any situation or circumstance not covered by League Bylaws or League Rules and Regulations, or the official and binding interpretation thereof, shall be referred to League Administrators for a final determination.



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The League reserves the right to modify, change, or create any rule or policy that is deemed appropriate and in the best interest of the program and /or its participants, coaches, parents, spectators or volunteers. Policy additions, modifications, revisions or deletions are at the discretion of the League, subject to approval by the Board of Directors, and may be implemented and/or incorporated with or without prior notice.

Revised:  
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