

# SHORELINE YOUTH FOOTBALL CONFERENCE

## RULES AND REGULATIONS

### 2006-2008

I. **Major Goal:** To provide the largest number of pre-high school aged youth with a positive experience in the game of football.

A. **Objectives**

1. The participants must have FUN.
2. The participants should learn the values of team sports and discipline.
3. The participants should learn the fundamentals of the game of football.

II. **Governing Structure:**

A. The Board will consist of a Commissioner, Assistant Commissioner, Recording Secretary, Treasurer, Officials' Liaison and a Representative from each member town. An Executive Board will consist of a Commissioner, Assistant Commissioner, Recording Secretary, Treasurer and Officials' Liaison.

1. Commissioner: Has the responsibility to facilitate and coordinate all official functions of the Conference. The Commissioner will have the power to vote only in the case of a tie.
2. Assistant Commissioner: Will assume the duties of the Commissioner when the Commissioner is unavailable.
3. Recording Secretary: Will be responsible for the disbursement of meeting minutes.
4. Treasurer: Will be responsible for the disbursement of funds. Will also be required at every regular scheduled meeting of the SYFC, to present a written and formalized Treasurer's Report that includes all transactions and an updated balance.
5. Officials' Liaison: Responsibilities will include handling of all publicity for the Conference and coordinate assignments of officials.
6. Each community will have one Representative and one Alternate, with one vote per community.
7. No Executive Board member can also hold a town Representative position.

B. **Fiscal Year:** January 1 to December 31.

C. **Elections:** January – Nominations  
February – Voting

D. **Voting Procedure:** Quorum – 2/3 majority is necessary for an official meeting to take place (a simple majority is needed to adopt policy once a quorum is established). Failure to attend any Board meeting will result in loss of vote at the next meeting. Missing two meetings in one fiscal year will result in town suspension pending Board review.

E. In the event of any proposed change in playing rules, said change will be tabled for the next meeting, in order that respective towns have time to discuss proposals with their town membership and coaches.

- F. Rules and regulations can be amended with a motion by the Executive Board and passed by operating board unless opposed by more than three (3) towns
- G. SYFC Rules & Regulations are to be amended every two years. Next vote is scheduled for 2008.

**III. Membership:** Communities will be obligated to the Conference on an annual basis.

- A. **Charter Members:** The communities of Amity, Branford, Cheshire, Clinton, East Haven, Guilford, Madison, North Branford, Old Saybrook, Tri-Town and North Haven.

- 1. **Team Colors:** Each community will be assigned an official color combination for their jersey to be worn by all divisions from their community.

a. Amity	Black/Black
b. Branford	Red/White/Silver
c. Cheshire	Red/Black/White
d. Clinton	Navy/Navy
e. East Haven	Gold/Navy/White
f. Guilford	Green/Gold
g. North Branford	Purple/Black/White
h. Old Saybrook	White/Royal Blue/Purple
i. Madison	Black/Gold
j. Tri-Town	Black/Red/White
k. North Haven	Maroon/Silver/Black
l. Milford	Powder Blue/Gold

- B. **League Dues:** A fee will be determined each year by the membership, payable at the February meeting.

**IV. Expansion:**

- A. **Petitions:** Written petitions must be received by the April meeting.
- B. **Presentations:** Verbal presentation must be made at the meeting immediately following receipt of written request for entry into the League.
- C. **Vote:** (Voting will take place immediately following the verbal presentation.) 2/3 majority of the current membership is required in order to accept a new member.
- D. **Expansion/Contraction:** Towns may be voted out of the league by 3/4 majority vote by the SYFC Operating Board. If this vote is taken after the April meeting then it will apply to the following season. The procedure to do this is as follows:
  - 1) Expulsion must be proposed by a Town in writing citing the SYFC rule broken or reason as to why the Town thinks the proposed expullee should be removed. The expulsion proposal must be seconded, in writing by another Town.
  - 2) Upon receipt of a written expulsion proposal and associating seconding proposal, SYFC Executive Board will put a "hearing" on the SYFC agenda, to be held within two months of the receipt of these motions. SYFC will hold an open hearing about the merits of the case with all Towns welcome to attend. SYFC Executive Board members will recuse themselves from any hearing which involves their own Town. A final vote will be scheduled for the next regularly scheduled SYFC meeting.

3) Should an expulsion vote be successful, the potential expullee has one month to file a written appeal to SYFC Executive Board. The Executive Board will vote on the appeal within one month of receipt, with SYFC Executive Board members again recusing themselves from considering cases against their own Town. SYFC Executive Board must vote unanimously to overturn. SYFC Executive Board may, in its sole discretion, overturn an expulsion vote but with such sanctions (including, but not limited to, Playoff suspensions, fines, etc...) as deemed appropriate

**V. League Organization:** Three divisions (towns' option on number of teams).

Shoreline Youth Football Conference Divisional ages and weights: (Minimum weight is 65 lbs.; Maximum weight is 170 lbs. for Youth 180lbs for Junior Divisions; Maximum weight is 200 lbs. for Senior Division.):

Senior:       Age 13  
                  Age 14

Junior:        Age 11  
                  Age 12

Youth:         Age 9  
                  Age 10

In order to participate, a boy must have reached his 9<sup>th</sup> birthday on or before December 31 of the current year and cannot reach his 15<sup>th</sup> birthday on or before December 31 of the current year (and cannot be enrolled in 9<sup>th</sup> grade).

**VI. Player Discipline:** If an official ejects a player from a game, that player is suspended for the next game. A player ejected from more than one game in a season will be suspended for the remainder of the seasons. If said player's coach does not enforce this discipline, that coach will be suspended for the following game.

**VII. Conference Rules:** National Federation of State High School Associations ("Federation") rules apply, except for noted changes:

A. **Length of Season:** From July 31st to conclusion of Championship game. Season is to include 8 regular season games. First game to be played on 8/27/06. Last regular season game to be played on 10/22/06. Playoffs on 10/29/06, 11/05/06 and 11/12/06. Championship game to be played on 11/19/06.

1. Each team must have at least four sessions of non-contact practice. During non-contact practice a maximum of four sessions per week will be allowed. "Non-contact" is defined as no live blocking (physical contact).
2. A practice is any *organized* gathering of team members for the purpose of enhancing their skills in the game of football. Addendum: No clinics can be organized by the local member board without being open to all member towns and operating board must be notified in a reasonable time to alert all member towns.
3. Before school begins, all four practices can be held during the week. After the start of the school year, there will be a maximum of three practices per week. The practices

can be held two school nights per week and Saturday (Friday is not considered a school night). Total practice time not to exceed 8½ hours per week.

4. Playoffs and Championship game will be played after seasons completed. The top six teams in each division make the playoffs and the # 1 and # 2 seeds will have a bye during first week. Seed # 3 will play seed # 6 and seed # 4 will play seed # 5. During the second and third week the highest seed in each division will cross over to play the lowest available seed in the other division. The top seed is the home team. Playoff games ending in ties will be completed using Kansas City Tie-breaker rules. (start at 10 yd line)
5. The highest seed will host the playoff game. If the highest seed is unable to accommodate, their opponent will then host the playoff game. If neither team can accommodate, the league will provide a neutral site. Home team will set the starting time.
6. All three Championship games will be played at the same neutral site on the same day, to be determined by the League. Championship Sunday game order:  
Youth/Junior/Senior
7. If all Divisions consist of an even number of teams, the season shall be shortened by one week by eliminating the bye week.
8. *Tie Breakers:*
  - I. Head to head results
  - II. Record vs. common opponents
  - III. Strength of schedule
    - a. Opponents played, total points win and tie only, higher number of points wins.
  - IV. Coin flip
    - a. For #1, 2 or 3 seed; if #4 or 5 tie, one playoff game. If three tie – once a team is eliminated, they automatically are seeded third.

B. ***Game Length:*** All Divisions will play ten-minute quarters.

C. ***Squad Size:*** A team must have at least seventeen players listed on its official roster at the beginning of each season in order to participate. When team rosters reach 36 players, the member town has the option to split into two teams; split is mandatory at 40 players.

D. ***Mandatory Playing Time:*** For all Divisions, mandatory playing time shall be:

Senior Division: 6 plays per player regardless of roster size.

Junior and Youth Divisions: 20 players or fewer-12 plays per player

21-25 players-10 plays per player

26 players or more-8 plays per player

(Based upon the roster of eligible players presented at game time.)

Each team will have one spotter on sideline working with the opposing team's spotter to ensure that mandatory playing time is enforced. Any team not providing a spotter will relinquish the right to challenge the minimum play rule.

Any football play run from start (snap or kickoff) to finish(runner down or out of bounds) which takes time off the game clock, counts as a play for play counting purposes, irrespective of penalties.

**E. Standard Defenses:**

1. Senior and Junior Divisions will play Federation rules, except there shall be NO blitzing. Blitzing will be defined as forward motion prior to the snap of the ball. Prior to the start of all games, the On-site Commissioner will explain this definition to the officials and head coaches.
2. Youth Division defenses must have 6 or fewer players on the line of scrimmage at the snap of the football; all remaining players must be at least 3 yards off the line of scrimmage at the snap. Goal line defenses (i.e. an 8 man defensive line) can only be used inside the defenses 10 yard line. All other Federation rules apply except NO blitzing (as defined above). On-site Commissioner will explain these rules to the Officials and Head Coaches prior to the start of the game.
3. Youth Division will be allowed two coaches on the field with the defense but must remain ten yards behind the deepest player. Coaches cannot instruct once the offense is set. 1<sup>st</sup> violation of coaching after offense is set is a warning; 2<sup>nd</sup> -5yd penalty; 3<sup>rd</sup> -15yd penalty (unsportsmanlike conduct) 4<sup>th</sup>-15yd penalty (unsportsmanlike conduct) and coach ejected.

**F. Standard Offense:** Teams may use any offense they wish, excluding an unbalanced line.

1. Youth Division will not be allowed to trap block (any cross block over an open area).
2. Youth Division cannot use an unbalanced line
3. Youth Division will be allowed two coaches on the field with the offense but must remain ten yards behind the deepest player. Coaches cannot instruct once the offense is set. 1<sup>st</sup> violation of coaching after offense is set is a warning; 2<sup>nd</sup> -5yd penalty; 3<sup>rd</sup> -15yd penalty (unsportsmanlike conduct) 4<sup>th</sup>-15yd penalty (unsportsmanlike conduct) and coach ejected
4. Junior and Senior Divisions are allowed to play using an unbalanced line.

**G. Kicking Game:**

1. Senior and Junior division will have kickoffs and returns..
2. Youth Division must announce punts and no rush shall be allowed. Punts use standard line. Receiving team must have nine players within five yards of the line of scrimmage in Youth Division only.
3. Formation must be one-yard splits.
4. Federation rules will apply to field goals and PATs in Youth Division only.
5. Federation rules will apply to the kicking game in Junior and Senior Divisions.
6. Youth Division will start play from the 35-yard line.
7. PATs will be one point for a scoring run or pass and two points for a converted kick in all Divisions.
8. Ball will be spotted at the 50 yard line after a safety in the Youth Division.

H. **Time Outs:** Federation rules apply: One coach may go out onto the field to confer with no more than eleven players in the huddle, or any number of team members and one or more coaches may meet directly in front of the team box within five yards of the sideline.

I. **Officials:**

1. The Conference will adapt a charter for its officials. The minimum number of officials needed to work a game shall be two. If there are fewer than two officials, the game will be postponed.
2. Playoff games will be covered by four officials.

J. **Appeals Process:** The ruling of the On-site Commissioner will be final. The ruling can be subject to review by the Shoreline Youth Football League Board. The On-site Commissioner shall be present at any review by the Board.

K. **Point Spread Rule:**

A. If the final score of a game has a point differential of 37 points or more, the winning head coach will receive an automatic one game suspension, to include all practices leading up to said game. In addition, said coaches actions may be reviewed by the Executive Board as outlined under "Rules for ejection from conference" (Rule XXII section C). Said coach will be given an opportunity to present their case at a closed session of the Executive Board. A second violation of this rule in the same season will result in suspension of said coach from all Conference activities for the remainder of the season.

1. Both towns involved in a game involving the point spread rule will not have a vote in coaches review.
2. If a team scores and is still behind by 17 points or more, it will receive the ensuing kickoff.
3. If, at the start of the second half, a team is behind by 17 points or more, it will automatically receive the kickoff.
4. This rule will not apply during playoffs and Championship games.
5. If a team is on offense, down by 25 points or more, and turns the ball over on downs inside their own 35 yard line, the ball will be placed on the opposing teams 35 yard line

L. No communication device for the benefit of coaching may be used in any league game. Any violation will result in forfeiture of the game by the offending team and said team's head coach will face review by the Executive Board.

M. Executive Board from each town should look to ensure that all teams are split as evenly as possible with regard to age and player ability. If the % of older players (14, 12, or 10 divided by total players on a team) is more than 40% points higher than another team from that town in the same division, then the Executive Board from that town must meet with the Executive Board of the SYFC prior to the start of the season to explain the team division process. The SYFC Executive Board may, in its sole discretion, sanction a town as deemed appropriate.

N. Player jersey numbers with regard to position do not matter in SYFC games.

O. No team shall be scheduled to play more than one team from any member Town during the course of the regular season wherever scheduling allows.

**VIII. Equipment:** The Spalding J5-Y is the official Junior and Senior Division ball. The Spalding J5-J is the official Youth Division ball. Equivalent sized footballs manufactured by Baden or Wilson are permitted. Home team is responsible for providing a minimum of two game balls.

**IX. Registration:**

- A. Standardized form will be required. All towns are required to include the official Shoreline League registration form. The form shall state the basic League requirements including, but not limited to: age, date of birth, weight and minimum playing time requirements (to begin 2002).
- B. Registration dates, sites and fees are to be set by each town.
- C. Each child must submit proof of a physical examination or a medical release by August 1 or the first day of practice.

**X. Weigh-ins:**

- A. Official weigh-ins will be held on Wednesday prior to the first regular season game.
  - 1. Attire for weigh-ins will be shorts.
  - 2. Make-up weigh-ins for all towns will be held on the first Friday after the weigh-in day at a site to be determined.
  - 3. Copy of each player's birth certificate will be mandatory at time of weigh-in.
  - 4. The Commissioner and a minimum of other league representatives are to monitor make-up weigh-ins. Addendum: Any player (up to six per town) that notifies the Commissioner in advance that they will miss all scheduled weigh-ins will be allowed to weigh-in at the discretion of the Commissioner in any manner, time and place as deemed satisfactory to the Commissioner.
  - 5. There will be two central weighing sites: Black and Blue:

**BLUE**

Clinton  
Guilford  
Madison  
North Branford  
Old Saybrook  
Tri-Town

**BLACK**

Amity  
Branford  
Cheshire  
East Haven  
Milford  
North Haven

- 6. Standard form approved by and provided by the Board. Form to include: name; date of birth; age as of December 31; school grade and Division. Form to be in triplicate and is to be completed on the day of weigh-in. Any individual knowingly falsifying this form will be suspended from the league. Scale is to be certified.

- B. There will be one special weigh-in prior to the official and make-up weigh-ins. The special weigh-in will take place the first Wednesday in August. Any player weighed will not be allowed to weigh-in at any future weigh-in.

**XI. Rosters:**

- A. No additions to rosters after turn-in date (exception: any recent move from out of town). Any additions must be sanctioned by the Commissioner.
- B. Number of teams must be submitted to Board by July meeting.
- C. Rosters will be submitted to the town representative by the League. The representative will be responsible to distribute rosters to his coaches. Rosters must contain: jersey number, name, age, school grade and weight (in that order and numerically).
- D. Any roster player inactive or ineligible due to injury or discipline will require notification to be made to the opposing coach and the On-site Commissioner prior to the start of the game. Disciplinary action during a game must be reported to the On-site Commissioner.

**XII. Trophies:** The Shoreline Youth Football Conference will provide a first and second place trophy for each Division. The trophies will travel from town to town with each year's winners. Individual trophies will be presented by the Conference to members of the first and second place teams in each Division.

**XIII. Town Responsibilities:** Towns will be responsible for:

- A. Providing game sites
- B. Payment of officials
- C. Chains and chain crews
- D. Providing on-site medical aid. Medical personnel at game should be EMT status or above and properly equipped. They must be introduced to officials and coaches prior to the start of the game. If medical coverage is not provided within one half hour after scheduled start time, the home team will forfeit. No game is to be played without medical coverage.
- E. On-site Commissioner will have a copy of written instructions from the SYFC Executive Board to review with head coach and officials during this introduction.
- F. Home team shall report scores to Sports Information Director.
- G. On-site Commissioner shall be a member of the host town's organization appointed for all home games and have rules in hand. All violations will be reviewed by the Board with the possibility of game forfeit.
- H. Town geographic boundaries for players:

<b><u>East Haven</u></b>	East Haven; Morris Cove and the Annex in New Haven; South of I-95 and east of the Quinnipiac River in New Haven
<b><u>Amity</u></b>	Bethany, Orange and Woodbridge
<b><u>Old Saybrook</u></b>	Old Saybrook, Old Lyme and Westbrook
<b><u>Guilford</u></b>	Guilford and North Guilford
<b><u>Cheshire</u></b>	Cheshire
<b><u>Branford</u></b>	Branford
<b><u>Clinton</u></b>	Clinton
<b><u>North Branford</u></b>	North Branford, Durham and Middlefield
<b><u>Madison</u></b>	Madison and North Madison
<b><u>Tri-Town</u></b>	Killingworth, Haddam, Deep River, Essex and Chester
<b><u>North Haven</u></b>	North Haven
<b><u>Milford</u></b>	Milford

Each town will submit a roster of their Governing Board/Officers and a copy of the town by laws by the February meeting.

**XIV. *Insurance:*** Each town must subscribe to insurance (medical and liability) policy recommended by the Executive Board

**XV. *Rules Violations:*** Any rules violation under sections V, VI, VII, IX, X and XI is punishable by forfeit of game, and eligibility for the playoffs will be suspended pending review by the Executive Board.

**XVI.**

If the Executive Board of the SYFC feels that the "spirit" of any rule has been violated they may use any punishment above

## **STATEMENT OF PURPOSE**

To promote the importance of sports in the Shoreline Youth Football Conference. To pledge our cooperation with others in the field of education and sports, and to administer a program that will always stress the best interest of the youths who participate in Conference activities. To provide the largest number of pre-high school aged youth with a positive experience in the game of football.

No member, director, officer nor any other private individual shall receive at any time, the net earnings or pecuniary profit from the operations of the corporation, provided that this shall not prevent the payment to any such person of such reasonable compensation for services rendered to or for the corporation in effecting any of its purposes as shall be fixed by the Board of Directors and no such person or persons shall be entitled to share in the distribution of the corporation. All members of the corporation shall be deemed to have expressly consented and agreed that, upon such dissolution or winding up of the affairs of the corporation whether voluntary or involuntary, the assets of the corporation, after all debts have been satisfied, and those remaining in the hands of the Board of Directors shall be distributed, transferred, conveyed, delivered and paid over in such amounts as the Board of Directors may determine or as may be determined by a court of competent jurisdiction upon application of literary or educational organizations which would then qualify under the provisions of Section 501(C) of the Internal Revenue Code and its regulations as they now exist or as they hereafter be amended.

## **SHORELINE YOUTH FOOTBALL CONFERENCE**

### **CODE OF ETHICS**

The Shoreline Youth Football Conference depends upon mature, respected and dependable volunteers to work as managers, coaches and in other leadership capacities for the good of the youngsters and the organization itself.

### **TREATMENT OF PARTICIPANTS**

ALL CONFERENCE OFFICIALS AND COACHES MUST:

1. Be alert to the physical safety of all participants and spectators.
2. Be consistent in handling players and problems so that standards of conduct may be established.
3. Be willing to encourage rather than humiliate players in front of their teammates.
4. Properly condition the players to the extent that they can safely and adequately meet the physical demands of the sport.
5. Be constantly alert to the opportunities that they have to help players develop desirable habits and attitudes such as sportsmanship, fair play, self-discipline, cooperation and promptness.

### **BEHAVIOR OF COACHES**

ALL CONFERENCE OFFICIALS AND COACHES MUST:

1. Be conscious that they set a personal example for youth, both on and off the field.
2. Insist that sportsmanship be a major emphasis of the game.
3. Create an atmosphere of respect for authority, rules, game officials, etc.
4. Be dependable to the youth and the Conference.
5. Become familiar with and adhere to Conference rules, as well as the rules of the game of football.

### **RESPONSIBILITY TO CONFERENCE**

1. Notify the insurance representative or the delegated officer within 24 hours of occurrence if injuries requiring medical attention are sustained by a player, cheerleader or other personnel.
2. Properly protect all Conference equipment and promptly return same when requested.
3. Speedily comply with all rulings and regulations of the Conference.

**UNDER POSSIBLE PENALTY OF LEAGUE SUSPENSION, PLAYERS AND COACHES SHALL  
NOT:**

1. Argue or fight with any spectator or Conference member, official, opposing player, manager or coach.
2. Conduct themselves in any other manner that may discredit the Conference.

**RULES FOR EJECTION FROM CONFERENCE**

If any coach or other representative of the Shoreline Youth Football Conference is ejected from a ball game or is named in a written report by other members or officials of the Conference regarding behavior unfitting to a member during the current season, he/she shall be automatically suspended until said party has a hearing before the Executive Board. This meeting will be called between the time of the suspension and the next game. The Executive Board shall determine the extent of the infraction and shall either:

1. Exonerate the individual
2. Warn the individual and extend provisional reinstatement
3. Expel the person from further Conference participation

Any coach or other representative of the Shoreline Youth Football Conference willfully striking another person or persons during any Conference function shall be expelled from the Shoreline Youth Football Conference, contingent upon a hearing.

Items for Executive Board to consider when reviewing a coach who has violated the Point Spread Rule:

1. Substitution of skilled players (point-scoring player)
2. Amount of playing time of substitutes above minimum time
3. Type of play selection inside the 20-yard line