



SHORELINE
YOUTH
FOOTBALL &
CHEERLEADING

March

2021

Rules and Regulations

*SHORELINE YOUTH FOOTBALL CONFERENCE
RULES AND REGULATIONS
Revised: March 2021*

Article I. Name

The name of the organization shall be the Shoreline Youth Football Conference

Article II. Purpose

- (a) To provide the largest number of pre-high school aged youth with a positive experience in the game of football.
- (b) To provide a FUN experience for the participants
- (c) To teach participants the values of team sports and discipline
- (d) To teach participants the fundamentals of the game of football
- (e) To promote the importance of sports in the Shoreline Youth Football Conference
- (f) 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.

Article III. 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.

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 affecting 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.

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Article IV. Code of Conduct

Section 4.01 Participant's Responsibility to the Conference

All League participants: Conference Officials, Coaches, Players, and Volunteers must:

- (a) Notify the insurance representative or the delegated officer within 24 hours of occurrence if injuries requiring medical attention are sustained by player, cheerleader or other personnel.
- (b) Properly protect all Conference equipment and promptly return same when requested.
- (c) Speedily comply with all rulings and regulations of the Conference.
- (d) Under possible penalty of Conference 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 manner that may discredit the Conference

Section 4.02 Conference Officials and Coaches

All conference officials and coaches must:

- (a) Be alert to the physical safety of all participants and spectators.
- (b) Be consistent in handling players and problems so that standards of conduct may be established.
- (c) Be willing to encourage rather than humiliate players in front of their teammates.
- (d) Properly condition the players to the extent that they can safely and adequately meet the physical demands of the sport.
- (e) 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.
- (f) Be conscious that they set a personal example for youth, both on and off the field.
- (g) Insist that sportsmanship be a major emphasis of the game.
- (h) Create an atmosphere of respect for authority, rules, game officials, etc.
- (i) Be dependable to the youth and the Conference.
- (j) Become familiar with and adhere to Conference rules, as well as the rules of the game of football.

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Section 4.03 Players

- (a) Players should display good sportsmanship at all times
- (b) If an official ejects a player from a game, that player is suspended for the next game.
- (c) A player ejected from more than one game in a season will be suspended for the remainder of the season.
 - 1) If said player's coach does not enforce this discipline, that coach will be suspended for the remainder of the season.

Section 4.04 Expulsion of an Individual from the Conference

- (a) If any coach or other representative of the Shoreline Youth Football Conference is ejected from a ball game from the officiating crew, or is named in a written report by the officiating crew or the SYFC EBoard, regarding behavior unfitting to a member during the current season, he/she shall automatically be suspended until said party has a hearing before the Executive Board.
 - 1) This hearing will be called between the time of the suspension and the next game.
- (b) Any coach or other representative of the Shoreline Youth Football Conference willfully striking another person or persons during any Conference function shall be automatically expelled from the Shoreline Youth Football Conference, pending a hearing before the Executive Board.
 - 1) This hearing will be called between the time of the suspension and the next game.
- (c) The Executive Board shall determine the format of the hearing and decide on the participants. The SYFC Eboard will determine the extent of the infraction and take appropriate action which could include the following:
 - 1) Exonerate the individual
 - 2) Warn the individual and extend provisional reinstatement
 - 3) Expel the person from further Conference participation
- (d) A 4/5 majority is required to expel a person from participation

Article V. Governing Structure:

Section 5.01 Executive Board

- (a) The Executive Board shall facilitate and coordinate all official and administrative functions of the SYFC
- (b) The Executive Board shall have no voting privileges on rules or By-Laws changes except to break a tie.

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- (c) Executive Board members may be the President or SYFC Representative from a local member board and may hold other local board or coaching positions.
 - 1) If the Executive Board is required to vote on a disciplinary issue, or any other league matter, involving a specific town and the specific town in question is represented on the board, that board member must recuse themselves from any vote on said matter. They are allowed to represent their town in any Executive Board discussion but must recuse themselves for any vote related to the matter at hand.
 - 2) Beginning in 2021, the Executive Board cannot include more than one member from each town.
 - 3) Vacancy Exception: If no other member town representative is willing to fill a vacancy, the Executive Board position will be open to any representative, regardless of town, to fill the role for the one-year term.
- (d) Shall assist Member Towns in any way possible to encourage the proper operation of a local League or Board
- (e) May investigate allegations or situations that call into question the proper operation of a Member Town
 - 1) The local board is expected to work cooperatively with the SYFC Executive Board to resolve such issues in a timely manner.
- (f) The Executive Board has the sole responsibility to adjudicate SYFC disciplinary matters
 - 1) Executive Board members only will cast votes in disciplinary matters
 - 2) The Executive Board may impose punishment as it deems appropriate including, but not limited to, forfeiture of a game and suspending eligibility of a team or individual from the post-season play.
- (g) If the Executive Board of the SYFC determines that the "spirit" of any rule has been violated, it may impose punishment as it deems appropriate.
- (h) Each Executive Board member shall act as point of contact for specific member towns. All initial inquiries, complaints, communications to the Executive Board from member towns should be directed only to their specific Executive Board representative as defined below:
 - 1) The Executive Board members will divide the point of contact responsibilities at their own discretion each year.
 - 2) No Executive Board member will act as point of contact for their own town
- (i) The Executive Board will consist of seven (7) voting members to facilitate the operation of the Conference
 - 1) President
 - a) Presides at Conference meetings and is responsible to facilitate and coordinate all official and administrative functions of the Conference.
 - b) Ensures Executive Board and General Board members are properly briefed on all phases of rules, regulations, and policies.

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- c) Ensures Executive Board members are properly briefed on all Conference and/or individual member town communications
 - d) Shall appoint interim Executive Board members as necessary to fill vacancies until a vote by the General Board can be held
 - e) Form committees and appoint members as needed
 - f) Shall vote only to settle or create a tie
 - g) Shall act as advisor to the By-Law Committee
- 2) Vice President
 - a) Should the President become unable to fulfill the responsibilities of the office, shall act as interim President until a vote of the General Board can be held to fill the vacant position
 - b) Presides over Conference affairs in the absence of the President
 - c) Carries out duties as assigned or delegated by the President
 - d) Investigate SYFC development and growth including communicating with other football programs and conferences for possible expansion.
 - e) Shall form and chair the nominating committee
 - f) Shall ensure appropriate man-power requirements are met at all league functions
 - g) Shall act as advisor to the Safety and Competition Committees
- 3) Secretary
 - a) Carries out duties as assigned or delegated by the President
 - b) Shall ensure and promote the public brand of SYFC
 - c) Shall coordinate and facilitate all SYFC publicity.
 - d) Shall manage and update the Conference website
 - e) Shall arrange and secure facilities for Conference functions such as regular meetings, book reviews, training sessions, et cetera.
- 4) Treasurer
 - a) Carries out duties as assigned or delegated by the President
 - b) Shall collect and disburse Conference funds as approved by the Executive Board
 - c) May make Expenditures of not more than \$150 without prior approval from the Executive Board
 - d) Shall maintain financial records of the Conference and present monthly reports to the General Board
 - e) Shall prepare an annual budget for approval by the General Board
 - f) Shall ensure completion of all required tax returns and arrange for an

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- unaffiliated third-party audit of the financial records prior to March 31 each year
- g) Ensures Tax Exempt status for the Conference is maintained as necessary
- h) Ensures compliance with appropriate government agencies to maintain Conference incorporation status and updates the status of the Conference Officers as necessary
- i) Shall maintain a record of Executive and General Board meetings to be published and distributed prior to each General Board meeting
- j) Shall handle all correspondence and documentation of the SYFC
- k) Ensures liability insurance needs for the Conference are maintained as necessary
- l) Shall act as advisor to the Cheer Committee
- 5) Director, Competition Committee
 - a) Shall coordinate and act as the liaison to Referees ensuring regular and post season games are properly and adequately officiated
 - b) Shall coordinate and facilitate the scheduling process and ensure schedule compliance with the directives of the Scheduling Committee
 - c) Shall work to set playing rules, playoff format, roster sizes, and all equipment related issues
 - d) Shall work to develop policies that promote healthy competition and ensure safe play
 - e) Shall ensure member town compliance with registration policies and procedures
- 6) Director, By-Laws Committee
 - a) Shall conduct annual review of the League's by-laws and formulate recommendations to the Board to process amendment and/or changes to the by-laws
 - b) Coordinate and schedule annual review of by-laws with committee members in order to bring any recommended changes to SYFC members for discussion and vote
 - c) Ensures all member towns adhere to submitting required documents to SYFC as specified in Section 6.03 of the by-laws

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- d) Committee membership is open to all member towns to be represented on the committee
- 7) Director, Safety Committee
 - a) Review safety related issues and make necessary recommendations to the SYFC membership.

Section 5.02 General Board

- (a) Member towns will be represented on the General Board by a League Representative, each being afforded one vote in Conference business
 - 1) A town President or other alternate representative may represent a town with proper notification to the Executive Board
 - 2) Should any vote by the General Board end in a tie, the Executive Board shall cast a single, unified deciding vote.

Section 5.03 Committees

- (a) The Executive Board will convene committees as needed to address specific needs. The following standing committees shall be appointed each year.
- (b) Each Executive Board member will act as advisor to one of the standing committees as defined above
 - 1) Advisor responsibilities may be reassigned by collective agreement of the Executive Board should the specific talents or interests of an Executive Board member better suit a particular committee
- (c) Cheerleading Committee
 - 1) Promote cheerleading within the league
 - 2) Investigate and promote competitive cheerleading

Section 5.04 Fiscal Year

- (a) The fiscal accounting year begins January 1 and ends December 31.

Section 5.05 Election of Officers

- (a) The term of all Executive Board positions shall be limited to not more than one year
 - 1) There is no limit to the number of terms that an individual can serve
- (b) Each year the Vice President – Operations shall prepare a slate of officers to be elected by the General Board
 - 1) Nominations will be accepted up to the close of the regular January meeting
 - 2) Each town will cast one vote for each Executive Board position at the regular

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February meeting.

Section 5.06 Voting Procedure

(a) Quorum

- 1) A 2/3 majority of the member towns is necessary for an official meeting to take place (a simple majority is needed to adopt policy once a quorum is established).
- (b) Any vote passed by a simple majority can only be overturned by a super-majority of 2/3
- (c) When necessary, voting on regular league business may be logged via e-mail submission
- (d) Failure to attend any Board meeting will result in loss of vote at the next meeting.
- (e) Missing two meetings in one fiscal year will result in the suspension of voting rights for the offending town, pending appeal and vote by the general, voting eligible, board members. In addition, the offending town will incur fees as follows;
 - 1) Second Meeting Missed: \$150
 - 2) Third Meeting Missed: \$300
 - 3) Fourth Meeting Missed and subsequent: \$500/miss.
- (f) The Fees for missed meetings will be added to the town's annual league dues.

Section 5.07 Changes to Rules & Regulations

- (a) SYFC Rules & Regulations shall be reviewed by the By-Law Committee each year.
- (b) The Rules & Regulations will be opened for review and amendment at the beginning of each year.
- (c) If a rule or regulation change is proposed, said change will be presented at a regular meeting and tabled for the next meeting to allow the member towns adequate time to review and consider the proposal before casting a vote.
- (d) Any change to a Rule or Regulation must be approved by a 2/3 majority of all member towns.

Article VI. Minimum Requirements for Membership

Section 6.01 Conference Dues

- (a) A fee will be determined each year by the membership, payable by the February meeting.
- (b) Payments received after June 1 may be subject to fine as determined by the Executive Board

Section 6.02 Local By-Laws

All member towns must have By-Laws which are voted in by their local Board and reviewed and revised periodically. They will clearly define the following components:

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- (a) Governing Structure
 - 1) A Board consisting of a minimum equivalent of a President, Vice President, Treasurer, and Recording Secretary with responsibilities delineated for each position.
- (b) Financial Requirements
 - 1) Local Boards should keep clear and organized financial records and follow appropriate State and Federal guidelines and laws regarding financial requirements and reporting for the classification of organization they fall under.
 - 2) It is suggested that local leagues obtain 501(c) (3) Non-Profit organization status.
- (c) Schedule of Board Meetings
 - 1) A schedule of regular Board meetings shall be established and documented which will include one Year End Open Meeting.
- (d) Open Meeting
 - 1) A year end Open Meeting will be held annually to discuss the state of the league, report on financial information, and hold elections. All Local League Members must be made aware of and be invited to this meeting.
- (e) Election Procedure
 - 1) An Election Procedure shall be established and documented which identifies the voting procedure for Board Positions.
 - 2) It is suggested that elections be designed to include voting rights to league members (coaches, volunteers, etc.)
 - 3) A nomination process should also be established to identify viable candidates.
- (f) Health and Safety Procedures
 - 1) A section in the By-Laws must be devoted to Health and Safety issues and procedures for players that meet the guidelines as written in the USA football Rulebook. These will include, but not be limited to:
 - a) Procedure for practicing in extreme weather (heat, cold, lightning, et cetera)
 - b) Player Injury Protocol
 - c) Equipment reconditioning and recertification procedures
 - d) Equipment Fitting Procedure
 - e) Completing background check on all coaches, volunteers, or any individual who interacts with players on the practice or game field.

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- 2) Towns will be required to have a Player Safety Coach (PSC). The PSC will be required to hold trainings for their coaches. Anyone wishing to be a coach, assistant, or be on the sidelines in the player's box or at practices must hold a level one coaching certificate from USA Football.
A. Heads-up Certifications are valid for 5 years and do NOT require annual renewals as per SYFC.
- 3) Towns are required to follow the CIAC Concussion Management and Return To Play Requirements in accordance with Connecticut Law.
- 4) All head coaches must complete the CIAC Concussion Education Component Certification.

Section 6.03 Submission of Documents to SYFC

Member towns are required to submit the following documentation to the SYFC by July 1st each year:

- (a) Updated By-Laws
- (b) Proof of adequate Medical and Liability Insurance
- (c) Proof of Director's and Officer's Insurance
- (d) Submission of certified rosters by August 15th

Article VII. Town Responsibilities

Section 7.01 Facilities and Support

- (a) Each member town must provide adequate facilities to host games including:
 - 1) Regulation field with goal posts
 - 2) Visiting teams must be afforded access to facilities equal to those used by the home team
 - 3) All fans must be kept 10 yards from sidelines, use of ropes, fences; must have a barrier. Any field that cannot guarantee 10 yards must GIVE THE VISITING team choice of sidelines.
- (b) The designated Home Team is responsible to pay officials regardless of where the game is played.
 - 1) SYFC will pay officials for all Championship games
- (c) The designated Home Team is responsible to provide chains and chain crews to work each game from the home side of field.
- (d) Each member town must provide on-site medical aid.
 - 1) Medical personnel at each game should be Certified Athletic Trainer, EMT or RN status AND properly equipped.
 - 2) They must be introduced to officials and head coaches prior to the start of the game.

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- 3) If medical coverage is not provided within one half hour after scheduled start time, the home team will forfeit.
- 4) No game is to be played without medical coverage.
- (e) Home team shall report scores to the League at syfceboard@gmail.com no later than 9 p.m. the day of the game.
- (f) Each member town must ensure that parents are not on the sideline or within defined physical boundaries of the field and sidelines.
- (g) Only certified coaches and administrative league personnel are to be allowed inside the coaching box.

Section 7.02 On-Site Commissioner:

- (a) The home team shall designate an On-Site Commissioner for each game. This person will be responsible to ensure compliance with all SYFC specific rules and to resolve any disputes.
- (b) The On-Site Commissioner must have a meeting with both head coaches and officials prior to the start of the game. The On-Site Commissioner will have a copy of written instructions from the SYFC Executive Board to review with both head coaches and officials during the pre-game meeting.
- (c) The On-Site Commissioner shall be provided with a copy of the SYFC Rules & Regulations
- (d) The ruling of the On-site Commissioner will be final.
- (e) A ruling by an On-Site Commissioner may be appealed for review by the Executive Board only after the conclusion of the game.
 - 1) The Executive Board will review the facts of the appeal and determine on a case-by-case basis what action to take, if any, up to and including forfeiture of the game.
 - 2) The On-site Commissioner is required to be present at any review by the Executive Board. Failure to attend a review will result in the Commissioner's ruling being reversed and possible forfeiture of the game.

Article VIII. Membership

Section 8.01 Obligation to the Conference

- (a) Towns will be obligated to the Conference on an annual basis.

Section 8.02 Member Towns

- (a) Member towns may only recruit players from their defined geographical area.
 - 1) Waivers may be considered for players from adjoining towns that do not have an option to play in their town of primary residence.
 - 2) Players with multiple residency (e.g. divorce) will play in the town they attend school, unless their town of primary residency does not have an option to play.

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- 3) Players attending public school in a town other than their place of primary residence can play in that town with adequate verification presented to the Board.
 - 4) Players attending a magnet, charter or private school outside of their town of primary residency are allowed to play for the team in their town of primary residency.
- (b) Member towns are defined geographically as follows:

| | Team | Geographic Area |
|----|-------------|---|
| 1 | Branford | Branford |
| 2 | Bristol | Bristol |
| 3 | Cheshire | Cheshire |
| 4 | East Haven | East Haven; Morris Cove and the Annex in New Haven; South of I-95 and east of the Quinnipiac River in New Haven |
| 5 | Glastonbury | Glastonbury |
| 6 | Guilford | Guilford |
| 7 | Madison | Madison |
| 8 | Monroe | Monroe |
| 9 | Newington | Newington |
| 10 | Newtown | Newtown |
| 11 | North Haven | North Haven |
| 12 | Pomperaug | Southbury and Middlebury (Region 15 SD) |
| 13 | Shelton | Shelton |
| 14 | Southington | Southington |
| 15 | Torrington | Torrington |
| 16 | Wallingford | Wallingford |

Section 8.03 Team Colors

- (a) Each town is assigned an official color combination for their jersey to be worn by all divisions from their town.
- (b) Home team has priority regarding jersey color to be worn. Head coaches must coordinate to avoid conflicts. Visiting team's responsibility to wear contrasting color jersey.

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| | Town | Jersey | Helmet | Pants |
|----|-------------|----------------------|---------------|--------------|
| 1 | Branford | Red/White (A) | White | Black |
| 2 | Bristol | Red/White (A) | Red | Black |
| 3 | Cheshire | Red/White (A) | Red | Black |
| 4 | East Haven | Yellow/White (A) | Navy | Blue |
| 5 | Glastonbury | Navy/White (A) | Blue | Blue |
| 6 | Guilford | Green | Green | Black |
| 7 | Madison | Black/White (A) | Gold | Black |
| 8 | Monroe | Red/White (A) | Red | Black |
| 9 | Newington | Blue/White (A) | Blue | Blue |
| 10 | Newtown | Navy/White (A) | Gold | Navy |
| 11 | North Haven | Maroon/White (A) | Maroon | Maroon |
| 12 | Pomperaug | Black/White (A) | Red | Black |
| 13 | Shelton | Black/White (A) | Orange | Black |
| 14 | Southington | Royal Blue/White (A) | Royal Blue | Royal Blue |
| 15 | Torrington | Maroon | Maroon | Black |
| 16 | Wallingford | Purple | Purple | Black |

Section 8.04 Expansion

New Towns may be voted into the Conference by a 2/3 majority of the current membership

- (a) A prospective Town must submit a written petition to join SYFC by the April meeting.
- (b) A verbal presentation may be made at the meeting immediately following receipt of written request for entry into the Conference.
- (c) Voting will take place at the meeting immediately following receipt of written request for entry into the Conference.
- (d) Newly approved towns will be placed on a probationary period for their initial season. At the December SYFC meeting, a vote will be held to determine regular membership of any/all towns on probation. A 2/3 majority vote of current membership is needed to secure regular membership.
- (e) Any town on probation will have NO voting rights. Voting rights will commence once approved or regular membership at December SYFC meeting.

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Section 8.05 Contraction

A member town may be voted out of the Conference by 3/4 majority vote by the SYFC General Board.

- (a) Petition to remove a member town must be submitted to the Executive Board in written form, citing the SYFC rule broken, or reason(s) the proposed expellee should be removed.
- (b) Any petition to remove a member town must be seconded in written form.
- (c) Upon receipt of a properly submitted petition to remove a member town, along with the necessary seconding proposal, the SYFC Executive Board shall take the following actions:
 - 1) Notify all the member towns of the petition to remove a member town
 - 2) Schedule a "hearing" to be held at a regularly scheduled monthly meeting to be held within two months of the receipt of the seconded petition.
 - 3) Conduct an open hearing where all concerned parties can present their case regarding the merits of the petition.
 - a) SYFC Executive Board members will recuse themselves from any hearing which involves their own Town.
 - 4) Conduct a final vote at the next regularly scheduled SYFC meeting.
- (d) Should an expulsion vote be successful, the potential expellee has one month to file a written appeal to SYFC Executive Board.
- (e) The Executive Board will vote on the appeal within one month of receipt.
 - 1) SYFC Executive Board must vote unanimously to overturn a General Board vote to remove a member town.
- (f) If the Executive Board overturns an expulsion vote, it may impose specific sanctions as a condition of reinstatement (including, but not limited to, Playoff suspensions, fines, etc.).
 - 1) Such sanctions are not subject to appeal
- (g) If a vote to remove a current member town is taken after the April meeting then it will apply to the following season.

Article IX. Conference Organization

Section 9.01 Affiliations

- (a) Shoreline Youth Football Conference adheres to the following Grade based age protected format.
 - 1) This is a grade based / age protected division with no weight limits.

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Section 9.02 Grade Based/Age Protected

| Grade Based / Age Protected | | | |
|---|-----------|---------------|---|
| Grade Max. | Age Range | Protected Age | Protected Age Explanation |
| 4 th | 8/9/10 | 10 | 10 in 4 th grade cannot turn 11 on or before 12/31 |
| 5 th | 9/10/11 | 11 | 11 in 5 th grade cannot turn 12 on or before 12/31 |
| 6 th | 10/11/12 | 12 | 12 in 6 th grade cannot turn 13 on or before 12/31 |
| 7 th | 11/12/13 | 13 | 13 in 7 th grade cannot turn 14 on or before 12/31 |
| 8 th | 12/13/14 | 14 | 14 in 8 th grade cannot turn 15 on or before 12/31 |
| Grades can be combined, with younger grade moving up to older grade only. | | | |

Section 9.03 Registration

- (a) Only standardized forms will be permitted, as approved annually.
- (b) The forms shall confirm the basic Conference requirements including, but not limited to:
 - 1) Age – copy of a certified birth certificate
 - 2) Grade – copy of the latest report card
 - 3) Picture with jersey number displayed (does not have to be actual jersey)
 - 4) Medical Release Form – each child must submit proof of a physical examination or a medical release by August 1 of the current year or the first day of practice, whichever occurs first
 - 5) Parent/Guardian Release Form
 - 6) Image Release Form
 - 7) Concussion Form

Section 9.04 Rosters:

- (a) No town shall deny a roster spot to a potential player for any reason with the following exception:
 - (1) Towns may deny registration after June 15th only if league registration has been open for at least 90 days prior AND said registration increases the maximum squad size set forth in section 9.05 (b).
 - (2) Registration dates, sites and participant fees are to be set by each town.
 - (3) No additions to rosters will be permitted after the Roster Certification unless sanctioned by the Executive Board.
 - (4) Every member town shall submit team declarations by July 15th; any member town may request a waiver to make amendments of changes to previously submitted declarations.
 - (5) Initial team declarations must be submitted to the Executive Board by June 15th each year.

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- ii) Book Certification
 - (1) Deadline is 11:59pm, Sunday PRIOR to week 1 of League regular season.
 - (2) This is NOT individual team's first games (in case of week 1 bye), but the official week 1 for the League.
 - (3) No Certification results in forfeit for the offending team.
 - (a) No Game is to be played and the final score reflects 6-0.
 - (b) Coaches must be prepared for roster certification on game-day. Rosters must be certified before kickoff, once all players have arrived. Any player arriving after certification must report to the opposing coach to be certified.
 - (4) Players not certified will not be permitted to participate in practices or games.
- (b) Rosters will be submitted to the town representative by the Conference.
 - 1) The representative will be responsible to distribute rosters to his coaches.
 - 2) Rosters must contain: jersey number, name, age, and school grade (in that order and numerically).
- (c) 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.
 - 1) Disciplinary action during a game must be reported to the On-site Commissioner.

Section 9.05 Squad Size

- (a) Maximum squad size is 36 (Teams must split with 37+ Players).
- (b) Minimum initial squad size is 16 however the Board may be petitioned to start the season with as few as 13.
 - 1) This rule does not apply to 3rd Grade
- (c) Towns failing to adhere to this section by the roster certification date or the first game of the season (whichever is first) will be subject to penalties set by the executive board. These may include but not limited to: forfeiture of first game, suspension of head coach, denial of playoffs.

Section 9.06 Co-Op Teams

- (a) Towns that can't field a team at a particular level may petition the board to co-op with another town
- (b) Co-Op teams must have the approval of the full membership and must adhere to the standard squad size restrictions as stated above.
- (c) The town that accepts co-op players also accepts liability for those players. Any registration fees should therefore go to the town hosting the team.
 - 1) Registration fees for the Co-Op players should be set at the same level as their town of

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Section 9.07 Stacking Rule

- (a) Each town is responsible to ensure that all teams are split as evenly as possible with regard to player ability.
- (b) If the SYFC executive board receives two or more complaints in writing from member towns regarding another town “Stacking”, then the SYFC executive board shall investigate and render a decision as to the complaints merit.
- (c) The SYFC Executive Board may, in its sole discretion, sanction a town as deemed appropriate.
 - 1) If the SYFC executive board deems there is merit to a “Stacking” complaint, in addition to any other sanction imposed, the team found in violation shall be precluded from participating in any post-season play.

Section 9.08 Mandatory Play Rule

- (a) MANDATORY PLAY RULES.
 - a) 31 – 36 Players = 7 Plays
 - b) 26 – 30 Players = 9 Plays
 - c) 16 – 25 Players = 11Plays
- (b) Minimum plays must be completed by end of 3rd Quarter.
 - 1) If a player has not participated in the requisite number of plays, that player must be inserted at the start of 4th quarter until the requisite number of plays has been met.
 - 2) Failure to insert players at the start of 4th quarter will result in coach being suspended the following week, 2nd offense results in yearlong suspension from time of event.
- (c) All Minimum plays must be “Active” plays from the line of scrimmage (LOS).
 - 1) Punt and punt return are Active plays from the LOS and do count for the purposes of determining minimum play
 - 2) All special team plays (Kick-Off and Kick Return) DO count for the purposes of determining minimum play
 - 3) Any Penalties resulting in the replay of the down do not count as plays.
 - 4) Plays that result in a quarterback dropping to a knee or spiking of the ball will not count as a play.
- (d) Each team must have at least one adult, 18 years of age or older, to monitor the Mandatory Play Rule using the official MPR count sheet.
 - 1) Any team that fails to provide a play counter for a regular season game shall forfeit their right to protest that game on the grounds of any player not meeting the minimum requirements – there shall be no appeal to the Executive Board for recourse.
 - 2) The SYFC Executive Board will arrange for neutral play counters for both teams

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during post-season play however each team must supply at least one play counter for post-season play; no exceptions.

Section 9.09 Waiver

- (a) Any member town in the case of unusual circumstances may petition the Executive Board for a waiver of a provision of the Shoreline Youth Football Rules and Regulations unless previously defined. The member town has the responsibility to demonstrate the unusual circumstance.
- (b) The Executive Board shall review and evaluate any waiver request submitted by a member town. The Executive Board shall have the discretion to establish guidelines and/or parameters for any waiver request.
- (c) The Executive Board shall bring any approved waiver request as well as the guidelines and/or parameters of the waiver to the full board for a final vote. The full board shall vote on the waiver request and guidelines or parameters as established by Article V. The member town submitting the waiver request shall not have a vote in the process.
- (d) The Executive Board has the sole discretion to deny a waiver request.

Article X. SYFC Rules

Section 10.01 Governing Rules

- (a) SYFC follows CIAC Official Rules and Regulations (latest revision) as well as National Federation of State High School Associations (“Federation”) rules except as noted herein.

Section 10.02 Length of Season

- (a) Specific season dates such as first practice, first game, championships, et cetera are determined each year by the Scheduling Committee.
 - 1) Generally, the season will consist of eight (8) regular season games followed by post-season championship tournament play
 - 2) The full season schedule (dates only) is to be determined and distributed to each member town by August 1 each year.

Section 10.03 Practices

- (a) Weekly practices are not to exceed 10 hours during school breaks and 8 hours during normal school weeks.
- (b) A mandatory 10-minute water break will be allowed for every hour of practice time. Additional water breaks must be provided during hot or humid weather.
- (c) At least one adult coach will attend and remain at every practice.

Section 10.04 Scheduling Guidelines: (Reference Exhibits 1, 2, 3, 4 and 5)

- The following two special circumstances shall also apply:

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- Any team that splits into two separate teams the following season will be moved down 3 spots in the rankings. (Ex. A 4th rank team that splits will become #7 & #8)
- Any 2 teams that merge into one team the following season will be moved up one spot in the rankings from the highest ranked team capped at 3rd highest rank in division.
- Towns fielding two or more teams in any one division will not normally be scheduled against one another.
Towns must be prepared for the possibility of playing intra-town games when no other options are available.
- No fourth-grade games shall be scheduled after 3P.M.
- Any field restraints beyond 1 weekend [where a field cannot be used the whole Sunday] can and will result in the loss of the guaranteed 4 home games.

Section 10.05 Game Length

- (a) Games at all levels shall have four (4) 10-minute Quarters
 - 1) Official time can only be kept by a paid official, scoreboard clocks may be used but are not official unless a paid neutral referee maintains the clock.
- (b) Each team shall have three (3) timeouts per half.
 - 1) Timeouts are not charged against a team for injuries or game officials' timeout.
- (c) Maximum Half Time allowed is 15 minutes.

Section 10.06 Makeup Game Rule

- (a) Any Conference game not played due to weather or any other reason must be rescheduled according to the following process, in order of priority:
 - 1) Home team goes to Visitor's home field, if available, on Sunday.
 - 2) Both teams go to Neutral site on Sunday, if available.
 - 3) Home team reschedules game for Monday, Tuesday or Wednesday of that week.
 - 4) Home team goes to Visitor's home field, if available, on Monday, Tuesday or Wednesday of that week.
 - 5) Both teams go to neutral site on Monday, Tuesday or Wednesday of that week.
 - 6) Home team reschedules game for Monday, Tuesday or Wednesday of the following week.
 - 7) Visitors reschedule game for Monday, Tuesday or Wednesday of the following week.
 - 8) Both teams go to neutral site on Monday, Tuesday or Wednesday of the following week.
- (b) If a game is still not played after steps 1-8, both teams must send a representative to an Executive Board hearing for dispensation which may include appropriate disciplinary action at the Executive Board's sole discretion.

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Section 10.07 Game Scoring

- (a) As defined in the CIAC Official Rules and Regulations
 - a) Touchdown = 6 Points
 - b) Point after Touchdown (Running or Passing) = 1 Point
 - c) Point after Touchdown (Kicking) = 2 Points
 - d) Safety (Awarded to Opponent) = 2 Points
 - e) Field Goal = 3 Points
 - f) Forfeit = (6 – 0)
 - g) Ties – declared at the end of regulation during regular season

Section 10.08 Point Spread Rule

- (a) Official Rules and Regulations
 - 1) If the final score has a point differential of more than 35 points, the winning head coach will receive an automatic one (1) game suspension to be served the next scheduled game – such suspension is not subject to appeal.
For example,
 - A final score of 35-0 or 41-6 is acceptable according to the rule.
 - A final score of 36-0 or 42-6 violates the point spread rule.
 - 2) In addition to being suspended from the game, that coach will not be permitted to participate in any practices the week preceding the game for which they are suspended.
 - 3) If the same winning head coach violates this rule twice, the offending head coach will be suspended for the remainder of the season.
 - 4) If the head coach is serving a suspension for violating this rule and the rule is violated again during his suspension, the acting head coach will be suspended for the remainder of the season.
- (b) 2nd Half Only:
 - 1) If the score differential is greater than 24 points, the clock becomes a running clock.
 - 2) Once the clock becomes a running clock it can only be stopped for injuries, official or team time outs including any scoring play, PAT, or otherwise normally untimed play as well as change of possession and Kick-Off.
 - 3) When the point differential is greater than 24 points after the losing team scores, the losing team will receive the ball again.
 - 4) When the point differential is greater than 24 points after a score, the losing team will have the choice to receive a normal kickoff or take the ball on their own 40-yard line.
 - 5) The winning team is prohibited from running any misdirection, counter, reverses or “trick plays” of any kind.
 - 6) Skill position starters must be replaced whenever possible.

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- (c) Mandatory plays must be completed regardless of the score or game clock.
- (d) The SYFC Executive Board reserves the right to review all games regardless of the point spread, and assess disciplinary action if necessary.

Section 10.09 Communication Devices

- (a) There will be no electronic devices from the press box, coaching box, sidelines, or any other position on the field that may be used to relay messages to the coaches or players at any time.

Section 10.10 Officials

- (a) The SYFC will adapt a charter for its officials.
- (b) The minimum number of officials needed to work a game shall be two (2).
 - 1) If there are fewer than two (2) officials, the game will be postponed.
- (c) Playoff games will be covered by four (4) officials.

Section 10.11 Fourth Grade Rules

- (a) The 4th Grade Division will be allowed two coaches per team on the field during offensive plays for that team's first four weeks and one coach on the field during offensive plays for the remainder of the regular season. One coach will be permitted on the field during defensive plays for the entire regular season.
 - 1) A team can elect not to have coaches on the field.
 - 2) This does not preclude the opposing team from doing so.
 - 3) The on-field coaches must remain ten yards behind the deepest player.
 - 4) The on-field coaches on either side of the ball cannot speak to, gesture to, signal or reposition a player once the offensive huddle breaks.
 - a) The 1st violation will result in a 5-yard penalty to the offending team;
 - b) The 2nd violation will result in an unsportsmanlike 15yard penalty on the offending coach;
 - c) The 3rd violation will result in the removal of the on-field coaches for the offending team from the field of play.
 - d) The coaches may return to the sideline and continue to coach the game from there.
- (b) No on-field coaches will be allowed during the post-season for the top tier playoffs. Coaches should plan accordingly as the end of the regular season nears.

Section 10.12 Third Grade Rules

- (a) NO THIRD YEAR PLAYERS
- (b) KICK-OFF: NO Free kick (Kick-off). The ball will be taken at the receiving team's 40yd line, first & ten

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- (c) PUNTING: There will be no punts; the ball will be advanced 15 yards on fourth down, unless the offense wants to run a play. The offensive coach must tell the official that they would like to punt. Then the ball will be moved.
- (d) OFFENSE
 - 1) The offense has 40 seconds from the time the ball is ready for play to align itself at the line of scrimmage and snap the ball between plays.
 - 2) There will be NO unbalanced lines.
 - 3) The QB cannot run between the tackles.
 - 4) The offensive line can have a maximum of 3-foot splits between the center, guards and tackles, however the ends can split wide.
- (e) DEFENSE
 - 1) There must be no more than 6 defensive linemen on the line of scrimmage; defensive line must be head up (No lining up in the gap. All other defensive players must be 3 yards off the line of scrimmage at the snap of the ball.
 - 2) No blitzing
 - 3) No noseguard. (Which means no player over the center).
 - 4) Linebackers must be coached to read the play first.
 - 5) Should an offense come out in a spread formation (4 wide) the defensive ends must drop to linebacker depth and play as linebackers.
- (f) EXTRA POINTS: The only extra point allowed would be an attempt to kick. Running or passing for extra points will not be allowed. The offense has forty (40) seconds to set up on the line of scrimmage, long snap the ball and attempt the kick. The ball will be placed on the 3-yard line for the snap and the tee placed on 5-yard line for the kick. The kick will be a free kick with no pressure. On a fumbled snap the holder can pick the ball up and put on the tee. A missed kick will kill the play. If goal posts are not available then there will be no extra point attempt.
- (g) COACHES: Only (1) coach from each team will be allowed on the field at any time during any play. All coaches must be a minimum of 15 yards from the line of scrimmage when the ball is snapped.
- (h) SCOREBOARD / GAMETIME: Scoreboards can be used to keep score until there is a 28-point difference. Scores must be shut off once a 28-point difference is achieved. Scoreboards can still be used for clock management (game time clock). Game time will consist of four 10-minute quarters of stop and go time. 3-time outs will be allowed per half.
- (i) 3rd grade is subject to minimum play parameters as per squad size.

Section 10.13 Equipment

- (a) Ball sizes to be used in SYFC games shall be as follows:

| | |
|--------------|------------|
| Grade 4 | K2/Pee Wee |
| Grades 5 & 6 | Junior |
| Grades 7 & 8 | Youth |

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- (b) Any NFHS or NCAA sanctioned composite or leather football may be used as an alternative,
- (c) Rubber footballs will NOT be allowed under any circumstance
- (d) The use of High School sized footballs will NOT be permitted
- (e) Home team is responsible for providing a minimum of two game balls.
- (f) Coaches are responsible to pre-check game footballs at the pre-game meeting with officials and field commissioner.
 - A. The use of unapproved footballs, whether due to size or material, shall result in 15-yard penalty for the offending team, per instance.

Article XI. Post Season Play

Section 11.01 Seeding

Section 11.02 Seeding Tie Breakers (Exhibit 1)

- (a) In the event there is a tie between two or more teams in points (wins, ties, and strength of schedule), the following Tie-Breakers (TBs) will be utilized in the order specified to determine seeds for playoffs.
 - Head to Head results
 - Intra-Division Strength of Schedule (within your division)
 - Total (inter and intra division) Strength of Schedule.
 - Common Opponent/s Results

Section 11.03 Playoff Format

- (a) Two single-elimination playoff series will be played after the regular season is completed
- (b) The Playoff Committee will determine pairings/seeding and schedule for each series according to the guidelines herein
- (c) Top 16 teams must participate.
 - 1) If a team does not participate in post season play, that grade is not eligible to participate in the playoffs the following year (i.e., if a 5th grade team decides not to participate, the following year 6th grade team is not eligible for post-season play).
- (d) Playoff games ending in a tie will be completed using the Kansas City Tie-Breaker rules (Starting at 10-yard line).
- (e) **SYFC Championship Series:**
 - 1) In all cases, the higher seed teams will host the games. If unable to host, the opponent will host the game. A neutral site will be used as a last resort.

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- 2) The winners of the “semis” will play for the SYFC Championship at a neutral site.
 - 3) The Championship game will be played on Sunday
- (f) **Sugar Bowl Playoff Series:**
- 1) In all cases, the higher seed teams will host the games. If unable to host, the opponent will host the game.
- (a) **Inter-League Play:** The playoff committee may investigate additional post-season play for each of the SYFC champions.

Section 11.04 Trophies

- (a) The Shoreline Youth Football Conference will provide a first and second place trophy for each Division.
- (b) Championship game DVD’s will be presented by the Conference to members of the first and second place teams in each Division.
- (c) No fourth-grade game shall be scheduled after 3 P.M.

Exhibit 1

SYFC Divisional Structure

Grade 3: Scheduling Committee will determine regular season schedule/matchups. NO playoffs.

Grade 4: Coaches meeting to be held to determine regular season rankings. Divisions will be determined based on Snake Ranking (**Exhibit 4**).

Championship Series playoffs and Bowl Series playoffs determined by point system along with grades 5-8.

Grades 5-8: Divisions based on end of season rankings using Snake Ranking.

Grades 4-8 Divisional Structure:

Divisions will be AFC and NFC. Divisions will be grade based, not town based.

Top 16 or less teams make the Playoffs. Teams beyond 16 play consolation game week one of playoffs.

Championship Series (Top 8-point totals in each grade).

Week One: 1 vs. 8

2 vs. 7

3 vs. 6

4 vs. 5

Rankings are based on Total Season Points, including tie-breakers.

Teams will NOT be re-ranked after first round of Playoffs.

Higher Playoff Ranking retains home field.

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Week Two: Winner of 1v8 plays winner of 4v5. Winner of 2v7 plays winner of 3v6.

Week Three: Two remaining teams play for Championship on Championship Sunday.

Bowl Series (Bottom 8-point totals in each grade).

Week One: 9 vs. 16

10 vs. 15

11 vs. 14

12 vs. 13

Rankings are based on Total Season Points, including tie-breakers

Teams will NOT be re-ranked after first round of Playoffs

Higher Playoff Ranking retains home field

Week Two: Winner of 9v16 plays winners of 12v13. Winner of 10v15 plays winner of 11v14.

Week Three: Two remaining teams play of Championship.

Points to determine playoffs are calculated based on the following formula

Each team earns **20** points for a regular season win.

Each team earns **10** points for a regular season tie.

Additional Point Allocation

Each team earns 10 strength of schedule points for each win throughout the season for teams they beat head to head and 5 points for opponent ties head to head.

For Teams that Tie Head to Head, Strength of schedule points will be 5 points for opponent's scheduled wins and 2.5 points for opponent's scheduled ties.

No strength of schedule points for losses of that opponent's schedule.

TOTAL points will be aggregated to determine POST-SEASON rankings.

If teams have the same total score for the regular season, the order of determination for post-season seeding is as follows;

1. Head to Head winner gets higher seed
2. Intra-Division Strength of Schedule (within your division)
3. Total (inter and intra) Strength of Schedule
4. Common Opponent/s Result

The Competition Committee is ALSO suggesting to the Scheduling Committee that grades of 14-16 teams play 6 Divisional games and 2 crossover games. 13 or less would play 5 Divisional games and 3 crossover games.

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Following Year Rankings

Rankings and Division would be determined by prior season Finish.

Championship Series Champion would be #1 rank and runner-up would be #2.

Bowl Series Champion would be #9 rank and runner-up would be #10.

- 1) All other rankings/Division would depend on finish of Total Regular Season points.

| | | |
|-------------------------|--|--|
| <u>Exhibit 4</u> | | |
| | | |

Snake Rankings for Divisions

| <u>AFC</u> | <u>NFC</u> |
|------------|------------|
| 1 | 2 |
| 4 | 3 |
| 5 | 6 |
| 8 | 7 |
| 9 | 10 |
| 12 | 11 |
| 13 | 14 |
| <u>16</u> | <u>15</u> |
| 68 | 68 |