

2016 TVYFL Game Day Rules
Handbook for Coaches/Referees

Divisions of Play

The following are the age divisions for football and cheerleading participation within the TVYFL:

Division	Ages	League Age (as of 31 Aug)	Weight Restrictions
Freshman	4-6	5-6 years old	Unlimited weight
Sophomore	7-8	7-8 years old	Unlimited weight
Junior	9-10	9-10 years old	Unlimited weight
Senior	11-12	11- 12 years old	Unlimited weight

NOTES: 1/ Player's certified weight is established at the weigh-in defined in Article V.B.
 2/ Weight restrictions on ball carriers are addressed in Article V.B.
 3/ Cheerleaders are eligible if 13 yrs old on or before August 31st.

Older/Lighter Rule

Division	Ages	Older Age Player	Weight Restrictions
Freshman	4-6	Older 7	55 lbs.
Sophomore	7-8	Older 9	75 lbs.
Junior	9-10	Older 11	90 lbs.
Senior*	11-12	Older 13	95 lbs.

Ball Size, Field, Length of Quarters and Half Time by Division

Division	Ball	Playing field (yards)	Length of Qtrs	Half Time
Freshman	Pee-Wee	80 x full width	8 minutes	8 minutes
Sophomore	Pee-Wee	100 x full width	8 minutes	8 minutes
Juniors	Junior/Youth	100 x full width	10 minutes	10 minutes
Seniors	Junior/Youth	100 x full width	10 minutes	10 minutes

Weight Restrictions on Ball Carriers, Player Numbering and Tight Ends by Division

Division	Linemen Max Weights	Jersey Nr.	Offensive Backs and Split Ends Max Weights	Jersey Nr.	Tight End Max Weights and Restrictions	Jersey Nr.
Freshman	4-6 year olds Unlimited	50-79	60 lbs max	1-49 or 80-89	5-6 year olds Unlimited	90-99
Sophomore	7-8 year olds unlimited	50-79	100 lbs max	1-49 or 80-89	Unlimited Can only run down field passes Cannot split > 1 yard from tackle	90-99
Junior	9-10 year olds unlimited	50-79	120 lbs max	1-49 or 80-89	Unlimited Can only run down field passes Cannot split > 1 yard from tackle	90-99
Senior	1112 year olds unlimited	50-79	135 lbs max	1-49 or 80-89	Unlimited Can only run down field passes Cannot split > 1 yard from tackle	90-99

NOTES: 1/ Certified weigh-ins, along with any make-up dates, will be set each season by the TVYFL, provided that the weigh-ins will occur no earlier than the first Saturday following the end of the preseason conditioning and no later than the Jamboree. It will be the goal of the TVYFL to have at least one weigh-in date at each park, to be overseen by an ELC representative from another member park in order to simplify the process. This representative will be assigned at the discretion of the league president to insure compliance with the bylaws.

2/ Weight limits on running the ball not applicable to front line of receiving team for kicks;

however, players ineligible by weight restrictions to run the ball may not “drop back” to receive kickoff. 3/ Ball Carrier is defined as anyone who runs or advances the ball on a designed offensive play, punt, or Kick-off return.

Kicking Game by Division

Division	Kickoffs	On Side Kicks	Punting	Field Goals	Extra Point Conversions
Freshman	5 yards from mid field	No	No-Spot ball 25 yards down field (not inside the 25 YL) <u>Following safety ball put at 25 YL</u>	No	1 point for rush 2 points for pass
Sophomore (See Note)	Kick from 45YL	Yes	No-Spot ball 25 yards down field (not inside the 25 YL)	Yes	1 point for rush or pass 2 points for kick
Juniors (See Note)	Kick from 45 YL	Yes	No-Spot ball 30 yards down field (not inside the 15 YL)	Yes	1 point for rush or pass 2 points for kick
Seniors (See Note)	Kick from 40 YL	Yes	<u>Coach Choice – Use H.S. Rules or Spot ball 35 yards down field (not inside the 10 YL)</u>	Yes	1 points for rush or pass 2 point for kick

NOTES: No fake kicks on field goals/conversions. Fumbles on a kick becomes automatic dead ball with a loss of the down.

Officials are to stop clock when punt is announced by coach. As the officials are walking off the punt, 10 seconds shall run off the clock and clock will not restart until the next snap.

Minimum Play Rule, Roster Exchange and Player Participation Chart

1. Without exception, in all divisions each eligible child must play 5 active plays per half. Players who are facing disciplinary action may be forced to sit out a game. These absent individuals and players, will be identified prior to the start of the game to the field manager and to the opposing head coach. Players who come late will not be governed by the minimum play rule.
2. For the purpose of establishing minimum plays, a play shall be an “active play” on offense or defense from the line of scrimmage, and in the divisions with a kicking game shall include plays on specialty teams, (e.g., kick off/receiving teams, punt/punt return teams). Automatic punts are not considered active plays.
3. It is the responsibility of each coach to act in good faith and comply with the minimum play rule. Two copies of the **TVYFL Roster and Starting Line-Up** must be available upon request (one between coaches and the second turned in to the field manager/announcer) 15 minutes before game time or there will be a delay of game penalty against that team on the first possession. Likewise, coaches should note the opposing team’s starting ball carriers at the beginning of the game to verify designations are correct.
4. Each team must maintain **TVYFL Player Participation play charts** during the game to ensure that each player has played the required number of plays.
5. The following special provisions regarding minimum plays are applicable each season:

- a. If a coach has reason to believe his opponent may not comply with the minimum play rule, he has the right before the game to declare that the team in question be charted. If this occurs each team shall produce one parent/volunteer and these two shall independently chart the plays of the team in question together.
- b. If it is suspected that a team is not complying with the minimum play rule, the following procedure must be followed:
 - (1) The opposing coach must point this out to the field manager at halftime.
 - (2) The participant play chart of the team shall be reviewed jointly by both coaches with the field manager to verify whether the player(s) in question had their plays in the first half. If they did not, or if the team in question did not maintain a written Play Chart, then the player(s) shall start the second half and remain in the game continuously until their minimum plays for the whole game have been played.
 - (3) The incident shall be reported to the ELC for review. If the play chart substantiates one or more players without their minimum plays, the offending coach is subject to disciplinary action by the ELC. The penalty for ignoring the minimum play rule shall range between a verbal warning (first offense) and game(s) or season suspension, depending on the frequency of the offense.

24-Point Rule

When a team reaches a (24) point or greater lead over the opposing team the following rules will be in effect:

1. Continuous clock (except for called time outs by teams or officials).
2. All players that have scored an offensive touchdown on a DESIGNED PLAY will have to don penny jerseys to be allowed back on the field and can ONLY play in the positions of Center, Guard, or Tackle.
3. Designed play is defined as any offensive play from the line of scrimmage and does not include advancing/recovering a fumble for a touchdown.
4. Fake punts that score are considered designed offensive plays.
5. Scores on defense or kick/punt returns are not counted against a player.
6. Extra Point/Field Goals are not counted against a player.

If, at any time during the game, the lead drops to less than (24) points, all regular rules, including standard time keeping, are resumed.

Penalties - If a team violates the (24) point rule by allowing a player that has scored a touchdown, under the above criteria, to participate in a play from any position except those listed above, the situation will be treated as a personal foul and the following penalties will be enforced:

1st Violation – 15 yard penalty and loss of down

2nd Violation – 15 yard penalty, loss of down, and Head coach of offending team ejected for the remainder of the game.

Scrimmage Vests

Scrimmage vests will be used for any player playing a position without the proper numbered jersey for that position. There will be no changing jerseys among players during a game.

Protests

A protest must be reported to any ELC board member before 6:00 pm of the following Friday night. Only the Head Coach can file a formal complaint. The complaint can initially be verbal, but must be followed up as a written protest for review by the ELC board. Protests will be taken very serious. Only written rules can be protested. NO JUDGMENT CALLS MAY BE PROTESTED.

Freshman Division

1. High School Rules will govern the Freshman Division with the exceptions as stated in the general provisions of Article V and other articles of these bylaws.
2. Tie games will be settled under regular High School Rules (Maximum 2 OT periods).
3. Blitzing - There will be no blitzing between the offensive tackles. (A player lining up in a normal LB position must be 3 yards off the ball and lined up directly behind a down lineman when the ball is snapped. Any player lining up on the line between the offensive tackles must be in a 3 or 4 point stance.) Blitzing carries a 15-yard penalty.
4. The following rules apply to coaches on the field. An offensive coach may be present in the huddle. No talking will be allowed from the coach once the huddle breaks until the ball is snapped. Defensive coach can be on the field until the offensive team breaks the huddle. Both offensive & defensive coaches must immediately move (10) ten yards back from the line of scrimmage & have no further communication with the players. The coaches can not interfere with the play or touch the players. A violation will carry a (15) fifteen yard penalty & automatic first down from the spot of the foul. If defensive coach, in referee's opinion, interferes with a scoring play, the touchdown may be awarded.

Sophomore Division

1. High School Rules will govern the Sophomore Division with the exceptions as stated in the general provisions of Article V and other articles of these bylaws.
2. Tie games will be settled under regular High School Rules (Maximum 2 OT periods).
3. Blitzing - There will be no blitzing between the offensive tackles. (A player lining up in a normal LB position must be 3 yards off the ball and lined up directly behind a down lineman. when the ball is snapped. Any player lining up on the line between the offensive tackles must be in a 3 or 4 point stance.). Blitzing carries a 15-yard penalty.
4. Coaches on the Field - Coaches are allowed on the field only for the Jamboree game and the first three weeks of the season. If a game is rained out, or if a team has a bye week during this period, the time period will not be extended. An offensive coach may be present in the huddle. No talking will be allowed from the coach once the huddle breaks until the ball is snapped. Defensive coach can be on the field until the offensive team breaks the huddle. Both offensive & defensive coaches must immediately move (10) ten yards back from the line of scrimmage & have no further communication with the players. The coaches cannot interfere with the play or touch the players. A violation will carry a (15) fifteen yard penalty & automatic first down from the spot of the foul. If defensive coach, in referee's opinion, interferes with a scoring play, the touchdown may be awarded.

Junior Division

1. High School Rules will govern the Junior Division with the exceptions as stated in the general provisions of Article V and other articles of these bylaws.
2. Tie games will be settled under regular High School Rules. (Maximum 2 OT periods).

Senior Division

High School Rules will govern the Senior Division with the exceptions as stated in the general provisions of Article V and other articles of these bylaws. (Maximum 2 OT periods).

TVYFL ROSTER AND STARTING LINE UP

Your Team		Opponent		Date	
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COMPLETE TEAM ROSTER

No.	NAME	No.	NAME

LINE-UP

Starters - Offense			Starters – Defense			Non-Starters	
Position	No	Name	Position	No	Name	No	Name
E			DE				
T			DT				
G			MG				
C			DT				
G			DE				
T			LB				
E			LB				
QB			LB				
RB			LB				
RB			S				
RB			S				
	*	Indicates Primary Backfield Player					

INELIGIBLE PLAYERS

No	REASON	No	REASON

A REASON MUST BE GIVEN (e.g. Hurt, Discipline, Late, Equipment)

TVYFL PLAYER PARTICIPANT PLAY CHART

MINIMUM PLAY REQUIREMENTS

ALL PLAYERS SHALL RECEIVE A MINIMUM OF 5 PLAYS EACH HALF. A PLAY SHALL BE AN "ACTIVE PLAY" ON OFFENSE OR DEFENSE FROM THE LINE OF SCRIMMAGE, AND IN THE DIVISIONS WITH A KICKING GAME SHALL INCLUDE PLAYS ON SPECIALTY TEAMS, (e.g., KICK OFF/RECEIVING TEAMS, PUNT/PUNT RETURN TEAMS).

DATE OF GAME _____ DIVISION/TEAM: _____

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MONITOR #1 – SIGNATURE

MONITOR #2 – SIGNATURE