

# Summerville Youth Athletics Football

## Official League Rules 2021

### “Summerville Youth Athletics”

#### 1. Organization:

The Youth Football program shall be known as the Summerville Youth Athletics Football League. The Summerville Youth Athletics LLC delegates the responsibility of the Summerville Youth Athletics Football League to the Summerville Youth Athletics Football Committee as defined hereto. The Football Committee will perform their responsibilities and duties in the best interest of The Summerville Youth Athletics LLC.

The Summerville Youth Athletics Football Committee shall consist of no less than one (1) League Commissioners from each of the respective leagues. League commissioners can appoint non-voting league assistants by approval of the full committee.

The general duties of the Football Committee are:

- To appropriate league rules and regulations that governs the program.
- Recommend expenditures of all available funds as needed to the Club.
- Rule on all league disputes.

#### 2. Purpose:

The purpose of the Summerville Youth Athletics Football League is to provide an opportunity for the youth in the Summerville and surrounding area to participate and enjoy an organized football program. This program will teach the fundamentals of football, sportsmanship, ensure a level of participation by all players, while keeping the safety of all participants in the forefront.

#### 3. Personnel:

1. Coaches desiring to become a Summerville Youth Athletics Football Coach must complete the following requirements:

1. Coaches MUST register to be a coach via our website.
2. Coaches MUST submit and pass a Summerville Youth Athletics criminal background check.

2. Upon accepting a position as Coach, each Coach agrees to the following:

1. All coaches MUST attend the coaching and league information meeting.
2. All coaches MUST complete Level I Certification through USA Football.
3. A Coach will be afforded the opportunity to coach for a period not to exceed one season.
4. A Coach will be evaluated on an annual basis and the opportunity to coach shall be granted at the sole discretion of the Summerville Youth Athletics Football Committee.

5. At anytime the Football Committee may remove a Coach from the Program, if said Coach has been deemed a risk to the safety and the liability of the players, fans and/or the Program. See Section 13 Discipline for additional information.

3. Coaches Duties:

1. Select assistant coaches and submit to League Commissioner for approval.
2. Participate in Skills Day as directed by League Commissioner.
3. Participate in the draft and notify selected players within 24 hours of the conclusion of the draft.
4. Determine a safe practice site and notify the league commissioner of location and practice times prior to the start of first practice.
5. Hold an orientation with the parents of the players. Notify the League Commissioner of the time and place of orientation.
6. Refrain from any criticism or confront any league or game officials, lay a hand upon, push, shove, strike, or threaten to strike a league or game officials. This also is to be addressed to parents by coaches at teams' orientation.
7. Promote good sportsmanship and the goals of the football program.
8. Encourage good classroom attendance and emphasize the importance of maintaining good grades.
9. Insure the safety of all participants.
10. Head coaches will be responsible for the actions and behaviors of their assistant coaching staff.
11. Coaches will refrain from the use of profanity and tobacco products during practices and games.
12. All complaints to a commissioner shall be in writing. Parents should be told this during their orientation, and they should attempt to settle indifferences with a coach prior to making any report to a commissioner.
13. Coaching staffs playing the last game of the day or night will assign individuals to retrieve their respective end zone markers, goalpost pads, chains and down markers and deliver them to the press box. The home team is responsible for the home end zone and the visiting team is responsible for the visitor's end zone equipment.
14. Visiting teams will assign three adults to man the chains and down marker of their respective games at game time
15. Coaches will teach "Heads Up Football" techniques as indicated in their USA Football certification course.

## 4. Registration

1. All players (new and returning) will register.
2. Only a parent or legal guardian may sign up a player.
3. Date of birth will be verified at registration. Copy of Birth Certificate, Picture School ID or Military ID will be accepted.
4. There will be no exceptions on the above regulations.
5. Only Summerville Youth Athletics members will verify registered participants.

6. Participant's age as of August 1st will determine which league that the player is eligible to participate in (Mighty Mites, Bantam, A, B Leagues).
7. Siblings in the same league will be on the same team. Siblings with different last names must provide proof that they reside in the same home.
8. If one is a returning player the other is automatically assigned to the team.
9. If both are in the draft, when one is drafted, the other becomes a roster member of that team.
10. Starting Fall 2021, there will be no ball carrying weight in any of the leagues.

## 5. Rules for Mighty Mites, Bantam, A and B Leagues:

1. The official rules for the league are designated by The Summerville Youth Athletics LLC. Any additional rules that are utilized will be drawn from The National Federation of State High School Rule Book and will be secondary to the official The Summerville Youth Athletics Football Rules. The time of the Clock is based on Semi High School time.
2. The game ball will be supplied through the press box.
3. All leagues will play off ties according to the 10-yard overtime procedure. Each team will have 4 downs to attempt to score from the 10-yard line. A maximum of 3 tries per overtime period. If no score after 2 tries, the ball will be placed on the 5-yard line for one final attempt to break the tie. If either team fails to score in the final attempt, the game will remain a tie.
4. All players must consistently participate in every game they attend unless it can be justified by the coaching staff and accepted by the commissioner in charge. Kickoff and kick receiving WILL count as play time (Except for Mighty Mites and Bantam where Kickoffs do not exist).
5. All disciplinary problems must be reported to the press box prior to the start of the game. Coaches playing time policies will be briefed to the players and parents prior to the first game.
6. The official clock will be controlled by the press box. The referee may adjust starting the clock to correct errors in lieu of resetting the clock.
7. All leagues have 3 time outs per half.
8. Summerville Youth Athletics officials and or game officials may suspend or cancel games if the weather conditions are hazardous. Cancelled games will be made up if the schedule allows. Suspended games will revert to The Summerville Youth Athletics rules in concurrence with high school rules and regulations. Lightning rule: 1<sup>st</sup> strike of lightning within 6 miles = 30 minute delay. Weather Bug App (Free). Common Sense is the main train of thought needed to make this decision!
9. When the score is 28 points or more in difference, the clock will go to a running clock until the difference goes below 28 points.
10. Team pictures are mandatory. The Summerville Youth Athletics LLC will advise all teams of date and time.
11. Coaches are no longer allowed to collect ANY additional funds from parents. Coaches and Teams are allowed to solicit donations or sponsorships, however the check MUST be made out to Summerville Youth Athletics LLC. A tax ID number will provided. Teams will be able to use up to 75% of the donated amount for equipment purchases only. The remaining 25% will be left in the Club general fund to cover sponsorship plaques and scholarships. Coaches not

following this rule will be relieved immediately. GoFundMe accounts and the like are prohibited.

12. All Teams in every league will be able to Protect up to 8 players (Returning Players to a team will not be considered Protected).
13. A Team can have up to 6 credentialed coaches that are allowed with a team during the game. A Team may have as many coaches as the Head Coach sees fit, provided they have all of the required coaching credentials. MPR monitors will not be required. It is the head coach's responsibility to maintain, fill out and turn in a MPR roster to press box at the close of each game. Failure to do so will result in a disciplinary action for each offense.
14. Prior to Skills Day a Parent Coach may change teams with approval from the League Commissioner. The team that receives the Parent Coach will relinquish their first round pick to the team losing the Parent Coach. The age of the player is irrelevant as to which age the team losing the Parent Coach has to pick. The team losing the Parent has choice, and must inform the League Commissioner prior to draft.
  - a. Example: A League Seahawks' Parent Coach leaves to coach with A League Steelers. The Parent Coach's player is 7 years old. The A League Seahawks have choice to choose either the A League Steelers' 7 year old first round pick, OR their 8 year old first round pick.
15. Full contact practices are limited to two practices per week 60 minutes per practice.
  - a. USA Football levels of contact "Air Bag and Control" are considered no or light contact, thus no limitations are placed on their use.
16. 28 Point Lead Rule:
  - i. Will discuss further with Committee and Coaches

## 6. General Conduct:

1. Any coach suspended from a game will leave the premises or be expelled from the program.
2. Any coach suspended from any game will not be allowed to participate on or at any team function until the next game.
3. Any player or coach ejected from a game will be suspended for the next game.
4. Any player or coach ejected a second time will may be expelled at the discretion of the committee without refunding any monies.
5. Coaches are forbidden to use cell phones, including hands free devices, during a game, unless it is an emergency. Emergencies must be reported to the Commissioner on duty.
6. Press boxes are for official business only. Coaches are not allowed in the press box during a game unless accompanied by a commissioner.

## 7. Team Practice:

1. A coach may hold four events per week. An event is a practice or a game. The opening day Jamboree will not count as an event.
2. All practices WILL END BY 8 PM AND NO LATER. All practices are LIMITED TO A MAXIMUM OF TWO HOURS. Any violation will result in disciplinary action against the Head Coach.
3. There will be a four day acclimatization period for all players, including players that start practicing after the 1<sup>st</sup> day of practice (i.e. late signups):

- a. 1<sup>st</sup> and 2<sup>nd</sup> practice: helmets only (no contact).
  - b. 3<sup>rd</sup> and 4<sup>th</sup> practice: helmets & shoulder pads only (no contact).
  - c. Three full days of practice required prior to any scrimmages.
  - d. A “practice” constitutes 60 minutes of physical activity.
  - e. A Coach found not following this procedure will be removed from the league.
4. No practices will be held at the Gahagan Game Fields without prior approval from the respective league commissioner. **This includes the Overflow area.**
  5. Each head coach is responsible for finding and making arrangements for his practice field. Coaches will be assisted by the league to set up practice fields if necessary.
  6. Absolutely no Sunday practices.
  7. No scrimmages with different leagues or teams without the written permission from the football committee.
  8. Participants must attend and actively participate in practices to receive playing time.
  9. No team practices can be held before the draft at beginning of season. Practices can be held the Monday after the draft. **Discuss further with committee and Coaches.**

## 8. Equipment:

1. Coaches should stress to parents to provide only equipment that will provide safe protection for the players. If the coach believes the equipment is unsafe it will not be allowed. Helmets should have the NOCSAE seal of approval. **NO HELMET PAINTING IS ALLOWED**, all helmets must be an original manufacture white color. Decals for team helmets will be provided by The Summerville Youth Athletics. **No helmets 10yrs or older allowed.**
2. All players must wear at a minimum a football helmet with an approved protective face mask, fitted shoulder pads, thigh pads, knee pads, hip pads, and a tailbone pad.
3. Players must wear athletic shoes with rubber soles, no metal cleats.
4. All players must use a fitted mouthpiece attached to the facemask and must be a dark solid color. No clear mouthpiece will be allowed.
5. Only clear eye shields will be allowed. No tinted shields.
6. Eye glasses must be physician approved to play contact sports.
7. Game jerseys must cover all areas of the torso. All shoulder pads must be covered with jersey. Knees have to be covered by pads of pants. No knots can be in jersey.

## 9. Injured players:

1. In the event of an injury to a player, the coach is responsible to get the player medical attention. All leagues injure requiring professional medical attention must be reported to the League Commissioner immediately and an incident form completed.
2. Any player injured and causing the “Ready to Play” signal to be delayed must be replaced for at least one play. Any player with 3 injuries in a single game will be removed for the rest of that game.
3. Playing with a cast will be in accordance with the High School Rule Book. In addition a written release from the doctor will be given to the League Commissioner prior to authorizing player participation.

4. Injured players requiring EMS attention during the game will not be allowed to return for the remainder of the game. Coaches will insure the player's condition is monitored to protect the safety of the player. Written medical authorization must be provided to the League Commissioner prior to that player being allowed to play in subsequent practices and games. Coaches call 911 or if around Gahagan Fields call Dorchester Dispatch at 843-873-5111.
5. Concussion Rule: When a player is considered to have a concussion the player has to bring a release from a specialist clearing them to play. The release has to be brought to Head Coach and commissioner for that league.
6. A player with a serious injury has to have a doctor's permission slip to return to practices or games.

## **10. Team Roster:**

1. A complete team roster will be submitted to the League Commissioner **prior to the Jamboree**. Rosters must be in numerical order by jersey number, legibly typed and large enough for the league to read.

## **11. Teams** (subject to change prior to the start of the season):

1. Players remaining in the same league from the previous year will return to the same team.
2. If a player decides to not go back to his team of previous year. The player will be put back in blind draft. Draft order is in reverse order from the previous year's final ranking.
3. Following the draft, player for player trades will be allowed if approved by both coaches and the League Commissioner.

## **12. Schedule:**

1. Final league standing will be determined by over all win/loss records. In case of identical records, standing will be determined by record against teams higher in the standings.
2. Procedure for playoff ties will be determined as follows:
  - a. League Standings.
  - b. Head to head win.
  - c. Winning percentage against a higher ranked opponent.
  - d. Final Tie Breaker
    - i. Coin toss for seeding
3. If a team forfeits a game during the regular season, they will be automatically disqualified for post-season play.

## **13. Coach Disciplinary Action:**

1. Disciplinary action is at the discretion of the League Commissioner and the Summerville Youth Athletics Football Committee.

## **14. Sexual Abuse:**

1. Coaches should never put themselves in a situation where they are alone with a player at any time. Always be accompanied by another adult in the presence of a player.
2. Coaches should never put their hands on a player under any circumstances.
3. The program has a zero tolerance policy for violating these guidelines.

## **Mighty Mites Official League Rules**

### **General Rules:**

1. 11 v 11 games in Mighty Mites.
2. League teams will follow a mandatory play requirement. ALL players must play a minimum of 5-plays per half for a minimum of 10 plays per game. Play consists of an offensive, defensive. Walk off punts do not count as a play.
3. Each team will be required maintain and submit a MPR roster to the press box at the close of each game. Each team will designate a coach to track minimum plays during the game.
4. MPR will be monitored by the respective league commissioner.
5. There will be no blitzing of any kind by the defense. The penalty for this will be 5 yards from the line of scrimmage.
6. A blitz is defined as starting from a standing position at the line of scrimmage or running up to the line of scrimmage just before the snap of the ball and rushing through the offensive line.
7. All defensive tackles and any player in between the tackles will start from a down or **two point stance**, and set position on the snap.
8. Linebackers will position themselves a minimum of 3 yards off the line of scrimmage. Linebackers may rush forward from this position on the snap of the ball. This would not be a blitz because they cannot move until the ball is snapped. 1<sup>st</sup> offense is a warning, thereafter penalties issued as 5 yards.
9. **Extra Points: Teams that successfully score the following way:**
  - a. **A team can have the ball placed at the 3-yard line. Run or Pass=2 Points**
10. In Mighty Mite League Only, two coaches may be positioned on the field to help call plays and get players into positions. However, once all players are set the coach must move to a position out of play, at least 10 yards away from the players. **THERE WILL BE NO COACHES RESETTING PLAYERS OR TALKING TO PLAYERS ONCE THE OFFENSE COMES TO THE LINE OF SCRIMMAGE AND PLAYERS ARE SET. COACHES CANNOT REPOSITION PLAYERS BASED ON ANOTHER TEAMS SETUP UNTIL THE PLAY IS OVER.** Violating this rule will result in a first time 5-yard penalty assessment. After the first penalty, this will be considered an unsportsmanlike conduct 10-yard penalty.
11. Games shall consist of 8 minute quarters, halftime will be 9 minutes which consists of a 7-minute halftime and a mandatory 2-minute warm-up period prior to the start of the 2<sup>nd</sup> half.
12. Punts: On 4<sup>th</sup> down offense team can choose a 25 yard punt. Once the decision is made to punt, the clock will be stopped prior to the referees marking off the 25 yard spot.
13. Kickoff: There will be no kickoffs in Mighty Mites, Each team will start on the 25 yard line.

14. All other NFHS rules apply.

## **BANTAM RULES**

1. League teams will follow a mandatory play requirement. ALL players must play a minimum of 5-plays per half for a minimum of 10 plays per game. Play consists of an offensive, defensive. Walk off punts do not count as a play.
2. Each team will be required maintain and submit a MPR roster to the press box at the close of each game. Each team will designate a coach to track minimum plays during the game.
3. MPR will be monitored by the respective league commissioner.
4. **There will be no blitzing of any kind by the defense inside the tackle box.** The penalty for this will be 5 yards from the line of scrimmage.
5. A blitz is defined as starting from a standing position at the line of scrimmage or running up to the line of scrimmage just before the snap of the ball and rushing through the offensive line.
6. No player can be over center. Cannot be head up. Nose guard can play gaps only. **Nose Guard cannot Shade or pinch.** 1<sup>st</sup> warning, thereafter penalties issued 5yds.



7. All defensive tackles and any player in between the tackles will start from a down or two point stance and set position on the snap.
8. Linebackers will position themselves a minimum of 2 ½ yards off the line of scrimmage. Linebackers may rush forward from this position on the snap of the ball. This would not be a blitz. 1<sup>st</sup> offense a warning, thereafter penalties issued 5yds
9. Extra Points: Teams that successfully score the following way:
  - a. A team can have the ball placed at the 3-yard line. Run or Pass = 2 Point
10. In Bantam League only, one coach may position themselves behind White hat or umpire on offense and behind deepest defense player. The coach cannot talk or move once the offense comes to the line of scrimmage. Violating this rule will result in a 5-yard penalty assessment. Further, unsportsmanlike conduct from coaches and players in the huddle will be penalized 10 yards. After 4<sup>th</sup> game of season coaches cannot be on field.
11. Games shall consist of 8 minute quarters, halftime will be 9 minutes which consists of a 7-minute halftime and a mandatory 2-minute warm-up period prior to the start of the 2<sup>nd</sup> half.
12. Punts: On 4<sup>th</sup> down offense team can choose a 25 yard punt. Once the decision is made to punt, the clock will be stopped prior to the referees marking off the 25 yard spot.

## A LEAGUE RULES

1. League teams will follow a mandatory play requirement. ALL players must play a minimum of 5-plays per half for a minimum of 10 plays per game. Play consists of an offensive, defensive, kick-off or kick-off return. Punts are not included.
2. Each team will be required maintain and submit a MPR roster to the press box at the close of each game. Each team will designate a coach to track minimum plays during the game.
3. This year we are starting in this League to play straight High School Football Rules.
4. Blitzing is allowed in this leagues.
5. Extra Points: Teams that successfully score the following way:
  - a. A team can have the ball placed at the 3-yard line. Run, Pass, or Kick = 2 Point
6. Games shall consist of 9 minute quarters, 7-minute halftime and a mandatory 2-minute warm-up period prior to the start of the 2<sup>nd</sup> half.

## B LEAGUE RULES

1. League teams will follow a mandatory play requirement. ALL players must play a minimum of 5-plays per half for a minimum of 10 plays per game. Play consists of an offensive, defensive, kick-off or kick-off return. Punts are not included.
  2. Each team will be required maintain and submit a MPR roster to the press box at the close of each game. Each team will designate a coach to track minimum plays during the game.
  3. This year we are starting in this League to play straight High School Football Rules.
  4. Blitzing is allowed in this leagues.
  5. Extra Points: Teams that successfully score the following way:
    - a. A team can have the ball placed at the 3-yard line. Run, Pass, or Kick = 2 Point
- Games shall consist of 9 minute quarters, 7-minute halftime and a mandatory 2-minute warm-up period prior to the start of the 2<sup>nd</sup> half

## **Mandatory Play Rosters (MPR's)**

Summerville Youth Athletics Football Committee will be monitoring the playing time of each player using the following method:

- A. Coaches must monitor their own MPR's on the sidelines during the game. A copy of the Coaches MPR will be turned into the commissioner or league representative prior to each game. A signed copy of the MPR must be turned in to the commissioner or league representative after each game.

These rules are in place to assist the coaches in making sure each player has adequate time on the field. This insures that we have satisfied parents and players; making the coaches experience less stressful. Summerville Youth Athletics greatly values the time and effort that each coach spends with these children and is here to help coaches with that effort. After all, we are all here to teach these kids the values of organized sport, teach them the fundamentals and let them have a lot of fun while they are at it.

Mandatory Play Rosters (MPR's) are available on our web site under the Coaches Corner link. They can be down loaded and filled out on your computer and printed to make it easier for you. If you don't have access to a computer, copies will be available in the press box prior to the games.

Coaches will maintain a current MPR on the sidelines throughout the game. Commissioners may audit the MPR list at any time. Failure to comply may result in disciplinary action.