

Southeast Louisiana Football League



Ver. 23.6.16

Constitution & League Bylaws

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SOUTHEAST LOUISIANA FOOTBALL LEAGUE

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1 SELFL Football Board of Directors Guidelines

The Southeast Louisiana Football League is an independent, non-profit organization dedicated to teaching the fundamentals of football and sportsmanship to young people. The League been in existing since 2008

The SELFL is governed by a Board of Directors. This Board is composed of one representative member from each participating organization/Team within the League.

The SELFL Board of Directors will be responsible for establishing and enforcing specific rules/ by-laws, and coordinating all football related activities for Southeast Louisiana Football League.

The Board of Directors will nominate and elect with majority vote each of the members of Executive Board.

The Next Meeting will be scheduled during the last meeting in progress. Be advised that a notice to a special meeting by email, text or phone call.

1.1 SELFL EXECUTIVE BOARD MAKE UP

The Executive Board of the league will be elected from Representatives of the SELFL Board of Directors. The Executive Team officers are (1) President, (2) Vice-Presidents and (1) Secretary/Treasurer.

Other Positions that the Executive Board will have is Technology Director, and Public Relations Director

Election of Officers will be held June 1st, These Officers will server for a period of to (2) years.

The Board of Directors will meets twice prior to each season and once after final game is over to discuss and resolve any upcoming issues in a timely manner.

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1.2 DUTIES OF EXECUTIVE BOARD

President will also hold title as Commissioner of the league. He will preside over all meetings, Arrange time and place, as well as keep order.

The (2) Vice Presidents will Preside in the absence of the President, The Vice-Pres will be responsible for the oversight with all SELFL By-Laws, General Principles of Operation, and sport specific rules. The Vice Presidents will locate and bring quality new teams to the league. Vice- Pres. will be part of the Infraction Investigation Committee and will report into the SELFL President-Commissioner for all issues that are presented to the Executive Board.

Secretary-Treasurer – Take minutes in league meetings, keep purchasing/ Receiving records in order to prepare Quarterly financial reports.

Technology Director – Is responsible for updating and managing league website (www.selfl.org) and player certification, also manage standing ranking and selections of All-star Players.

Public Relations Director – Is responsible for Providing a positive vision and marketing for SELFL for future growth. Public Relations Dir will be in charge of applying and obtaining federal, state or local Grants, Donations, or Sponsorships to future Expand our League growth.

A committee for Infraction Investigation will be formed that consist of the (2) two Vice Presidents and Two appointed Representatives.

The SELFL Executive Board and members can conduct a conference call to discuss and conduct league business.

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Once, the Board of Directors vote to ratify the Constitution, Bylaws and penalties for Violations, The executive Board will administer all league rulings.

1.3 PROPOSED SELFL FOOTBALL LEAGUE SEASON DATES

| | |
|------------------------------------------|---------------------------------------|
| | |
| June 18th – August 31st | First Day Off Season Conditioning |
| August 1nd | First Day of Contact Practices |
| August 20-21 (3 rd Sat.) | North and South Check-In Registration |
| August 27th (4 th Sat of Aug) | North and South Jamboree |
| September 3rd | First Regular Season Games |
| September 9th | Last Day to Add a Player |
| October 22nd-23rd | First Round of Playoffs |
| October 29 th | Semi-Final Playoffs |
| November 5th | Super Bowl |
| November 12 th | All-Star Practice |
| November 19 th | All Star Practice |

1.4 SEASON SCHEDULE REQUIREMENTS

- A. The Executive Board shall have the right to change the proposed dates.
- B. The 1st game may start as early as the one (1) Saturday before Labor Day.
- C. The season may be played on the last Saturday of November.
- D. First Mandatory Team Practice date is August 1st of each season.
- E. **Games are played on Saturdays. Sundays if agreed by both teams.**
- F. 1st Round of Playoffs will be played on Saturday and Sunday after the week of last season game.
- G. Semi-Final playoffs will be played the Saturday following the First round weekend.

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1.5 Member Club Information

One Coach per Organization or a certified medical personal must be certified in child and adult CPR and basic First –aid

The League is composed of several organizations with three age groups of teams in each organization these teams will be made up of

The Director of the Team Organization will become a member of the Board of Directors after one year of team probation period

A Team – Ages 11yr and 12yr

B Team – Ages 9yr and 10yr

C Team – Ages 7yr and 8yr

Developmental – 4-6 years old

1.6 Code of Conduct

The SELFL has incorporated the USA Football Coaches Code of Conduct into the playing rules.

All Players, Coaches, Parents, and Spectators are required to conduct themselves in accordance with the NFHS and CHSAA Code of Ethics at all times.

1.7 Sportsmanship & Ethics

SELFL requires that all Coaches uphold the principle and spirit of Good Sportsmanship at all times. Since the coaches are the most influential persons in teaching good sportsmanship, one of their fundamental responsibilities is to inspire players and spectators to conduct themselves in a manner which best represent those values. Coaches must stress respect for opposing players and tolerate no conduct from players or spectators, which demeans or embarrasses the opponent, the officials, or the sport itself. Taunting and baiting an opponent is contrary to the basic concept of fair play and honorable competition. Profane language, taunting, and unsportsmanlike

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behavior cannot be tolerated as part of a program and is exactly opposite of the type of conduct and behavior which participation is intended to teach. The Executive Board will act quickly in the investigation of any complaints of unsportsmanlike behavior by any Coach associated with our Football Program. Should a Coach be found to have acted in an unsportsmanlike manner, that Coach might face suspension or other penalties, up to and including expulsion from the SELFL.

SELFL Coaches will:

- Honor the game, by treating each player, official, coach, and parent with respect and dignity
- Emphasize that good athletes are good students, and are both physically and mentally alert
- Strive to make every football activity serve as a training ground for life
- Emphasize that winning a game is the result of teamwork
- Will learn the strengths and weakness of their players in order to place them into situations where each has an opportunity to achieve success
- Will protect the safety and health of their players
- Set an example in personal conduct at all times

All SELFL Organization Coaches are required to complete **USA Football certification** through the USA Football Heads Up football program certification, or the current Board recommended program, prior to the beginning of the current season. Any coach or Director not USA Certified will not be allow to enter into gate free or be on the game day sidelines. "No Exceptions"

1.8 Evaluation of Officials

Official Fee: Total cost for the day per officials will be \$ 180.00 each for 3 games or \$60.00 per game. Amount due at the end of games- \$540.00.

All 3 Officials must sign the sign-in sheet, to be paid at halftime of the 3rd game.

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1.9 Rule Changes

In order to amend the Constitution of the SELFL or create new rule, you must be a member in good standing and have 2/3 of all Board of Directors members vote in support of the amendment. A member in good standing being; a member that owes the League no monies for fines, penalties or other reason and having served it's one-playing season probation

2 Participation – Funding & Expenditures

The League is funded by a League fee assessed from each player in the league. Also, the gate receipts from the Jamboree, Play-offs, Semi-Finals and a League sponsored Super Bowl and All-Star games. From these funds the League supplies Individual player medals and super-bowl champions and runner-up trophies and Super-bowl T-shirts in each age group.

All-Star game day T-shirt to those who are nominated, also the fees for the Officials in the jamboree, Play-offs, Semi-Final and Super Bowl and All-Star games.

The admission fee for regular season games will be \$5.00 for adults and \$2.00 for students and for Special Events the fee will be \$7.00 for adults and \$2.00 for students.

Discipline

The SELFL reserves the right to remove anyone from its meeting place and to remove from office any Officer at any time during their term. To remove an Officer from a league position office will take 2/3 majority vote of all members of the League.

New Organization

New organizations will sign a contract with the SELFL upon entry, along with a \$ 500.00 Team Registration Fee, that will go to the SELFL

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No new organization will be allowed to join the SELFL after season has been scheduled. Any new organization joining the SELFL will have a voice in the meetings (as for voicing an opinion or idea), but will be on probation and will not have a vote for a period of one playing season ending June 1, of said year and subject to acceptance of the League-

All games will be played under LHSAA football rules and will be officiated by LHSAA officials. All rules will be applicable except as noted under playing rules section of this document.

The SELFL Football League is a straight football League in which player standards to participate requires Age verification as the Participation Standards, No exceptions:

A.) The SELFL has incorporated the USA Football Coaches Code of Conduct into the Playing Rules.

B) The SELFL will incorporate in the year "2010" the USA Football Youth Playing Rules Handbook

2.1 Special Events

The SELFL Special Events includes the Jamboree, Playoffs, Semi-Finals and the Super Bowl and All-Star game.

The Special Events will be held in a rotation with the League Teams.

No (1) team can host (2) two Special Events, back to back.

Host teams for the Jamboree, Playoffs, Semi-Finals and the Super Bowl games will receive a \$ 100.00 assistance toward their stadium clean-up from the League.

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2.2 Age Requirements

The SELFL Program is only for ages 4 to 12,
"A" Team- cannot be 13 on or before July 31, of the season;
"B" Team- cannot be 11 on or before July 31, of the season;
"C" Team- cannot be 9 on or before July 31, of the season
"D" Team- Developmental team ages 4-7

2.2.1 Age Determination

The League is composed of several organizations with three required teams in each organization. These teams will be made up of "A" [11 to 12yrs old], "B" [9 to 10yrs old] and "C" [7 to 8yrs old] age groups. Each Organization is allowed to have a "D" [5-6yr old] Developmental Team which is not mandatory to play under SELFL Game day rules.

| Division | Age Prior to July 31st |
|-----------------|------------------------------------------|
| A Team | 11-12 yr. old |
| B Team | 9-10 yr. old |
| C Team | 7-8 yr. old |

Players will be placed on rosters for their assigned age group for upcoming season. Divisions will be based on age verification. No play downs are allowed within the SELFL.

Any parent, player, relative or coach who alters or modifies official documents such as birth certification, report cards, etc., in an attempt to play out of the player’s true grade will be suspended for one (1) calendar year. Re-entry into the SELFL for those violations will require a majority vote of the Board

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2.2.2 Proof of Age / Grade

A. Before a member can play in any game, at league official check-in event acceptable proof of age document must be presented and checked by a member of the Football Board. The following documents will be accepted as proof of birth, provided there is a birth date and official signature.

1. Birth Certificate
2. Military Papers or ID
3. Adoption Papers
4. Passport
5. State ID

2.3 Weight Guidelines

The SELFL Program does not use any weight restrictions for its players, only age limitations. SELFL Coaches are encouraged to play all players at every position that the player wishes to try, assuming a basic skill level or physical size.

3 Conferences

All teams in the SELFL will be placed in a single conference, based on specific team age group. This conference will be defined as the SELFL conference. Depending on the number of teams the division may be separated to increase (North and South Division) to help with all-star selection picks. But currently with 8 teams participating. These 8 teams will be ranked in an 8 team standings.

4 Rosters

The SELFL must verify each player on each team. If a player is not certified at player check in event he/she will not be able to participate. If any player who is not eligible to

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play get into game for at least one play the organization will have to deal with penalties of violating league rules.

4.1 Official SELFL Rosters

Team Roster and League Fees- Team rosters are unlimited players. Each organization will furnish the League with a roster, birth certificate with current picture attached, or Baptismal record with a current picture attached and \$10.00 League fee for each player. The League Books will be at all special events for Certification and review purpose, also the ability to verify will be available using the league website or app. which will be checked by the Vice President to review for correct information. All players certification must be completed prior to any playing participating in scheduled games including the jamboree. These must be received before the player takes the field in a scheduled game, including the jamboree. The final day for add on to the roster is the Friday prior to the week 2 game. The President or Vice-President will constitute certified players in to the League- Southeast Louisiana Football League

Each Head Coach is to have a copy of all birth certificates with pictures on the sidelines during the respective games If a player information is not complete, he / she will be declared ineligible and all rules will apply and be enforced.

All Player certification information will be available for any head coach request to review Team Registration Books to on the sidelines at every game or the league website; The Head Coaches can request to be shown the team certified players only at the beginning of the game, halftime or at the end of the game. Any team that refuse to allow a player to be challenged or review will be fined \$ 75.00 per occurrence.

4.2 Rosters Standards – SELFL

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- A. Any team that does not meet this requirement must have their roster approved by the Executive Board prior to the first regular season game. An illegal roster can be protested.

4.3 Roster Changes

Generally, no roster moves will be allowed after official Check-in and last day to add to roster has past.

4.4 Roster Add Ons

- A. After player certification final date has pass and submitted to the Football Secretary for final Roster “New” players may not be added to any team
- B. The Team must file a Roster Add On form with the Football Secretary with a copy of the birth certificate (or birth certificate waiver) for any new player added to a roster after DOB validation. In the event that the final roster count is below allowed 15 players and meet requirements for team mercy to participate.

4.5 Roster Violations

4.5.1 Penalty for ineligible Players

If a player is found to be ineligible to play by age, this players has not been certified prior to playing in a game. He has no current picture or playing on another team in our league by Friday before the second league regular season game the player will be dropped from the team and the team will forfeit all games played with this player; That Team will be fined **\$1000.00** and the Team Head Coach will be suspended for the rest of the season and the next season, Also the organization will be placed on probation for the same season.

5 Practice Policy and Guidelines

Practice Guidelines: All teams will adhere to LHSAA Equipment Use Dates

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GUIDELINE 3

Coaches need to use a practice plan and assign a “level of contact”

USA Football defines contact using its Levels of Contact chart (see below) to help coaches assign a level of resistance for each drill period within their practice plan. Properly employing the levels of contact during a football practice is an important skill for youth coaches to learn. This is completed by adjusting the distance between players, the speed at which they conduct a drill and modifying the “winner” of a drill. In doing this, coaches can better accomplish specific teaching objectives during practices and decrease the chance for injury.

Planning when to teach, when to compete and when to adjust contact promotes a better experience for players and coaches. Proper usage of the Levels of Contact system will help players perform their contact skills at a high level while instilling confidence. Employing the Levels of Contact system also helps reduce player fatigue, which can advance player safety.

Explaining USA FOOTBALL Levels of Contact.

Levels of Contact focuses on varying intensity levels throughout practices to build player confidence, ensure their safety and prevent both physical and mental exhaustion. Five intensity levels are used to introduce players to practice drills which position them to master the fundamentals and increase skill development.

| <u>CONTACT</u> | <u>INTENSITY</u> | <u>DESCRIPTION</u> |
|----------------|------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Air | 0 | Players run a drill unopposed without contact. |
| Bags | 1 | Drill is run against a bag or another soft-contact surface. |
| Control | 2 | Drill is run at assigned speed until the moment of contact; one player is pre-determined |
| Live | 2.5 | the ‘winner’ by the coach. Contact remains above the waist and players stay on their feet. |
| Thud | 3 | Drill is run at assigned speed to competitive speed through the moment of contact; no pre-determined “winner.” Contact remains above the waist; players stay on their feet and a quick whistle ends the drill. |

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Live Action 4 Drill is run in game-like conditions and is the only time that players are taken to the ground.

SELFL Football recommends athletes be able to drink fluids at any time during a practice beyond designated breaks.

5.1 Offseason Conditioning

All SELFL teams may conduct voluntary workouts starting June 1st and continuing until the official practice start date. Teams will not be allowed to wear pads, only helmets and mouth pieces, and workout must be non-contact during this period. Also no age team activities will be held during the off season workouts.

6 Rules of Play

The SELFL League Rules of Play shall follow the Louisiana State High School Athletic Association LHSAA unless specifically stated in this document.

6.1.1 Official Schedule

The League's playing schedule will be draw-up by the President and approved by the Board of Directors on August 1, of each year. The only reason for a schedule change will be due to problems with officials or rain-outs. In case of a rain-out the SELFL President must be notified by 6:00 am the day of the game in order to can the Officials and notify the visiting team of change.

If Officials show up on a rain-out they will be paid one game scheduled, as outlined in the By-Laws. There is a one hour grace for light rain and playable field conditions before an official rain out game. If a rain-out occurs, all teams involved will reschedule the games.

6.1.2 Failure to Play Game

Any team which fails to play a scheduled game for any reason, with the exceptions of approval from the League President (in conjunction with the officials) will forfeit the

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missed game as well as each offending team will pay a fine of \$180.00, which will be given to the League. This rule applies to regular scheduled games. With the exception of playoffs and championship games. Any team has the option to opt out playing the game without fine reporting their intent of not playing the post season games(s) no later than Sunday 6 days before the next scheduled game.

6.1.3 Game Day Hardship Rules

Hardship Rules- The only way a game can be changed from said field is for High School purposes. Hardship to be determined by the President.

6.1.4 Team Roster Fees

Team Roster and League Fees- Team rosters are unlimited players. Each organization will furnish the League with a roster, birth certificate with current picture attached, or Baptismal record with a current picture attached and \$10.00 League fee for each player. The League Books must be brought to all special events for Certification and review purpose, which will be checked by the Vice President to review for correct information and giving back to the Organization to make FINAL CORRECTION BEFORE TURNING THE League Books in. All players certification must be completed prior to any playing participating in scheduled games including the jamboree. These must be received before the player takes the field in a scheduled game, including the jamboree. None will be accepted if postmarked after 12:00 midnight, on Friday before the second regular season game. In the hands of the President or Vice-President will constitute turned in to the League- Southeast Louisiana Football League

6.1.5 Player Eligibility Challenged

All Player certification and roster information will be available for any Head Coach request to reviews via League website www.selfl.org or league sideline app. The Head Coach can request to be shown the team roster of certified players, at the beginning of the game, halftime or the end of the game or anytime Head Coach chooses to use an available Timeout. Any team that refuse to allow a player to be challenged or reviewed will b fined \$500.00 per occurrence..

6.1.6 "B & C" Team Only— Defense

No player can line up directly over the center, but he can line up in the center- guard A gaps- also no QB sneaks are allow from under center. Quarterback sneak is not allowed only in shot gun or pistol

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6.1.7 Chain Staff/Crew

Chain Crew members are not allowed to coach players, while holding the chains. the home team on the 1st offense will be issue a warning by the officials, then on the 2nd time a 15-yard un-sportsman like penalty will be access on the home team

The chain crew must be high school age or adults at all times. No children playing should be allowed to hold the chains.

6.1.8 Ages- SELFL age groups

"A" Team- cannot be 13 on or before July 31, of the season;

"B" Team- cannot be 11 on or before July 31, of the season;

"C" Team- cannot be 9 on or before July 31, of the season.

6.1.9 Player Playing Up

Current team members can move up and play on the next team up to avoid having a forfeit game; Those B & C" team member can, still play in their own team schedule game, that day. If he plays up in another game, and it is not to prevent a forfeit them he, he become a member of the next-team up and not allowed to move back down to their original team.

6.1.10 Tie Breaker

In the case of a tie at of regulation play, the tie breaker by will be determine by overtime sudden death.

Placing the ball on the ten (10) yard line and each team having four (4) downs until tie is broken.

At the start of each overtime game, the coin toss will be alternated.

If a game goes into a 3rd overtime or beyond; All teams (A, B & C) if they score, must go for a (2) point conversion from the five (5) yard line.

6.1.11 Ineligible Player

A player is ineligible to play, if he or she dresses out with any other team other than a school based team after the SELFL cutoff date, which is the Friday before the 2nd - regular season game.

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A player who is accepted by a team in the SELFL cannot play for another team in the SELFL without a written release signed by the Head Coach and Team President or Director of the first team.

Team Rights on Players Listed on Current Roster: A team holds the rights to a player for the current playing season. The team has to release or not release a player during the season. For a team to release a player: (1) That Players head Coach must sign a release form; (2) Give the signed form to the Teams President to sign in agreement; (3) Give the signed release form to that players family, so they can give it to the new team in the League; (4) Inform the League President of a player being released. If the Head Coach or the team President decides not to release the player: Then that player will remain on his original team, for that season- if a player is released; Any other SELFL team will have until the Friday night before the 2nd regular season game, to add him/ her to their current roster,

6.1.12 Game Time Limits

All games will consist of eight (8) minute quarters with a ten (10) minute Half time break between the second and third quarter, when more than One set of teams are playing (such as the Jamboree, Play- Offs, Semi-Finals and Super Bowl) the teams will exit the field promptly upon completion official game. The next teams to play will be ready to play when the field is vacated. When there is a time schedule the time will be adhered to except when time changes are agreed to by both coaches.

Game times:

9:00am Developmental Period or immediately after final game

10:00am First Game

11:30am Second Game

1:00pm Third Game

6.1.13 Player playing for middle school

A player can play with their middle school and a member of the SELFL, as long as the player meets the league age rule.

They must be included on the official team roster book by Friday, before the 2nd regular season game or they will be declared ineligible.

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6.2 Equipment Requirements

All players are required to wear helmets with colored mouth guard at each practice/game.

6.2.1 Mouth Guards

- A. Mouth guards are mandatory, and if not used, player will be asked to be removed from field of play. No warning need be given.
- B. The mouth guard must be of any readily visible color, other than white or clear.

6.2.2 Helmets

All players must use a face mask that met NOCSAE test standard at the time of manufacture. Multiple bar type is recommended. The face mask shall be properly secured to a helmet which met the NOCSAE test standard at the time of manufacture and has a visible exterior warning label regarding the risk of injury. The helmet shall be secured by a properly fastened, four-snap chin strap.

6.2.3 Official Football

- A-Team - Official Jr. League Wilson TDY or TDJ Ball
- B Team - Official K2 jr. League Wilson Ball
- C Team - Official K2 jr. League Wilson Ball

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6.3 Field Requirements

The SELFL Football Field Requirements is mandatory in order to host games. All Fields must be 100yd fields.

6.3.1 Marking the Field

- A. The field must be properly marked with lines and yard markers for all games.
- B. Fields not in compliance with the proper marking may be deemed unplayable at the discretion of the referee prior to the start of the game.

6.3.2 Coaches and Players Box

Only Certified Coaches, Certified Assistant Coaches, players, play counters and minimum play monitors will be allowed INSIDE this area.

There will be a Twenty- Five Dollar (\$ 25.00) fine for any team having unauthorized person(s) on the field during any game being field doing a Special Event Games.

The only people to be on the field are the Six (6) coaches or four (5) coaches and one (1) Team mom, along with two water boys.

Coaches Certification tags are to worn at each game

6.4 Game Play Guidelines

6.4.1 Length of Games

All games will consist of eight (8) minute quarters with a ten (10) minute Half time break between the second and third quarter, when more than One set of teams are playing (such as the Jamboree, Play- Offs, Semi-Finals and Super Bowl) the teams will exit the field promptly upon completion official game. The next teams to play will be

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ready to play when the field is vacated. When there is a time schedule the time will be adhered to except when time changes are agreed to by both coaches.

Game times:

9:00am Developmental Period or immediately after final game

10:00am First Game

11:30am Second Game

1:00pm Third Game

All teams are required to be on the playing site, one (1) hour before game time.

6.4.2 Kick-Off/Special Teams

Kick-Offs or Special Teams of any kind, punts, safety kicks, kick returns, etc. are All Teams (A B and C) will kick off at the 40yd line.

6.4.2.1 “C” Team Only Punting

If a Coach informs the Official on 4th down, that he elects to punt:

There are two situations that can occur:

- a. If the offensive squad has not cross the 50- yard line, during their possession of the ball, the official will mark off 30yards. from the point of the last down, but, no further than the 20 yard line with the change of possession,
- b. If the offensive squad has crossed the 50- yard line, then offensive squad must execute a 4th down over actually punt.

6.4.2.2 “B” Team Only Punting

Field Goals and Kicking an Exira Point: No player may line up over the center
“B” team Can’t Rush (Free Punt)

6.4.2.3 “A” Team Only Punting

Field Goals and Kicking an Exira Point: No player may line up over the center
“A” team Players can Rush; “B” team Can’t Rush (Free Punt)

6.4.3 Points after Touchdown

Please ref to section **6.4.10 Scoring Rules** for Points after Touchdown

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6.4.4 Length of Penalties

For all of the RFL age/grade divisions, penalties will be 5 yards for minor infractions, 10 yards for intermediate infractions, and 15 yards for major infractions (See Table Below). All personal foul penalties include an immediate substitution from the field for a minimum of four plays to allow coaches to address misconduct and promote good sportsmanship. This is referred to as a cooling off period.

The following Table highlights some of the most significant penalties that can be charged during a game. While not totally complete this table covers the most common.

| PENALTY | YARDAGE |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| Delay of Game, Encroachment, False Start, Illegally handing ball forward, Illegal forward pass, Ineligible Receiver downfield, Incidental grasping face mask, Sideline interference, failure to be properly equipped (mouth piece), | 5 yards, |
| Illegal Blocking, Holding, Illegal use of hands, Illegal block in the back | 10 yards, |
| Unsportsmanlike Conduct, Illegal helmet contact, Pass Interference, Illegal block below the waist, Clipping, Chop Block, Tripping, Grasping of face mask or any helmet opening, Horse Collar, Targeting an opponent, Illegal blind side block, Roughing the passer, Roughing the snapper, Failure to follow RFL Rules of Play (unsportsmanlike) | 15 yards, |
| Fighting by any player, Intentionally contacting an official, Striking, Kicking, Kneeing an opponent, Any Flagrant act, | Automatic disqualification |

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| | |
|--------------------------------|--|
| Second Unsportsmanlike penalty | |
| | |

6.4.5 Delays

Teams must appear on the field promptly and any unnecessary or willful delay will result in the forfeiture of the game. Within 10 minutes of the scheduled game time, each team must have all eligible players on the field to start the game; otherwise the offending Organization will forfeit the game unless the game has been officially postponed.

6.4.6 Coaching

6.4.6.1 C Team only Coaches

"C" Team Coaches- Only Two (2) "C" Team coaches are allowed on the playing field, but must remain five (5) yards, pass the deepest offensive and defensive player; But, after the players break the huddle and get to the line of scrimmage, the two (2) coaches on the field can't do anymore talking or coaching or touching of the players, until the next down. If not obeyed, the officials will throw a flag and the team will be penalized 15 yards. The coaches on the sideline can still coach doing the ongoing play.

6.4.6.2 (A & B Team) only Coaches

"A & B" Team Coaches- are not allowed on the playing field, at any time

6.4.7 Play Clock

All Team shall have no more than 45 seconds from the time the ball is whistled ready for play by the official until the ball is snapped.

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6.4.8 Captains

Four captains per team will be allowed.

6.4.9 Mercy Rule

Anytime, a team goes up by a total of 20 points over the opposing team, the coach must pull all starting players from the game, until the score is under 20 points. If and only if, after, all substitutes have been played, can a starting player be used, but not in his/her original staffing position.

6.4.10 Scoring Rules

Touchdown - 6 points

Extra point running or passing from the 3- yard line - 1 point

Extra point running or passing from the 5- yard line - 2 point

Kicking from the 3- yard line - 2 points –A team only

Field Goal•• 3 points A team only

Safety —2 points

Scoring: "B" & "C" Teams Only

Two (2) point conversion- The ball will be placed on the five (5) yard line.

6.4.11 Game Time

The time for all SELFL Football League games will be determined by the Football Board and published on the schedules.

The schedule will be posted and provide in the preseason directors meeting

6.4.12 Game Officials

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Three paid officials will be supplied for all games; however, games may be played with only three officials. Game officials must be in full referee's uniform. Game Officials must make themselves known to both team's Head Coaches at the Game Field no later than 20 minutes before official game time.

The Referee shall make a complete report of any injuries incurred during the game as well as record the score of the game.

Failure to adhere to these guidelines will result in officials not being paid. If a sufficient number of officials fail to show up at a scheduled game, a person(s) mutually chosen by the coaches involved may officiate.

6.4.13 Roster of Players

- A.** All official team rosters as they appear on the SELFL website. Team, players and parents can search players info that are certified any time on the league website or app.
- B.** If requested by the opposing coach, before play is commenced, each team shall line up in numerical order on the sidelines allowing opposing coach to validate rosters.
- C.** Each team has an unlimited amount of players that can sign up on their team, however a \$10.00 league player fee must be collected prior to season play

6.4.14 Uniforms

- A.** A player cannot play in a game unless they are uniformed in conformity with the other members of the team, including:
 - 1.** Proper numbers on both front and back of his jersey. These numbers shall be at least 5" in size, and no duplication of numbers will be permitted. The SELFL does not require specific jersey numbers to play particular positions.

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2. Helmet color, jersey color and pant color.

- B.** Players of opposing teams shall wear jerseys of contrasting colors. Players of the Home team shall wear DARK jerseys and players of the visiting team shall wear LIGHT color Jerseys. The visiting team is responsible for avoidance of similarity of colors, but if there is doubt, the referee may require players of the home team to change jerseys. Or play with same color jerseys if helmet is different.

6.4.15 Postponed Games

- A.** Games may be postponed by the field coordinator not less than three (3) hours prior to the game, unless the fields are closed due to weather, in which event the game can be postponed any time before or during the game.
- B.** Games may not be postponed for reasons other than weather without approval of the Football Board.

6.4.16 Rescheduling of Games

- A.** Saturday games will be rescheduled for **Sunday** (8 days later) at a field and time to be decided by the Football Board.
- B.** All regular season and play-off games must be decided with one of the teams involved being declared the winner. No games will be defined as "Did Not Play". No coach or Delegate shall willfully manipulate the final standings of a particular team by refusing to either agree to a re-schedule of a game or declare the game a forfeit. The only exception will be due to problems that force the Football Board to eliminate games so as to complete the season as required by date.

6.4.17 Chain Crew

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The home team in each game shall provide personnel to operate the chains and down marker. These personnel shall remain on the home team side of the field. Note: Super Bowl games will have League designated personnel provide this function.

6.4.18 Sideline Safety

- A.** Spectators, Parents, children, cameras, chairs, tables, benches, coolers, or other hazardous items are not allowed within five (5) yards of the sidelines for the entire length of the playing field, including the end zones. The Head Coach is responsible to ensure that their sideline is compliant with this 5-yard "Spectators Boundary". Coaches failing to maintain this Spectators Boundary shall be given one warning by the Game Official, after which an unsportsmanlike penalty may be assessed for further offense of this rule.

- B.** While the SELFL encourages active, positive, sideline participation the use of many types of noise makers such as air horns, cow bells, and coin cans as well as the playing of loud music, or the use of electronic amplification of voice can be construed as an attempt to distract or confuse the opponent and thus represents unsportsmanlike behavior. The SELFL will not allow the use of air horns or amplified voice at any time during a regular season or playoff game. The use of other noisemakers and the playing of music of any type are limited only to timeout periods, the time between the quarters, or at halftime. If in the opinion of the Officials, the offending team's sideline noisemakers are being used in violation of this rule, the Game Official will provide one bench warning to the offending team's Head Coach. Subsequent violations of this rule will be charged as an unsportsmanlike penalty on the offending team's Head Coach.

- C.** No one will be permitted behind the end zone within fifteen (15) yards of the end line.

6.4.19 Home Team

The Home Team shall have the choice of which sideline they will occupy for that particular game.

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The home team must provide proper a fully mark football field, down markers, and chains.

6.4.20 Defensive Turnovers/Safeties

The SELFL will allow defensive turn overs as well as safeties. Should a defensive turnover occur, an interception or fumble recovery, High school rules applies

6.4.21 Tie Breaker Rules (Rev 03/10)

- A. Tie Breaker rules apply to the seeding of teams in the play-offs; they will not be used to eliminate a team from the play-offs. Teams that are tied for the last play-off position will play a mini play-off. Tie Breaker rules will apply for seeding the teams for play-off.

All games count toward playoffs, There are (2) different situations:

For Playoff Seeding

If a 3-way tie Occurs:

- 1st - Head to head
- 2nd - team with lowest total points allowed
- 3rd - Team with highest offensive points
- 4th -Name pulled out of the hat

If a 2- way tie occurs:

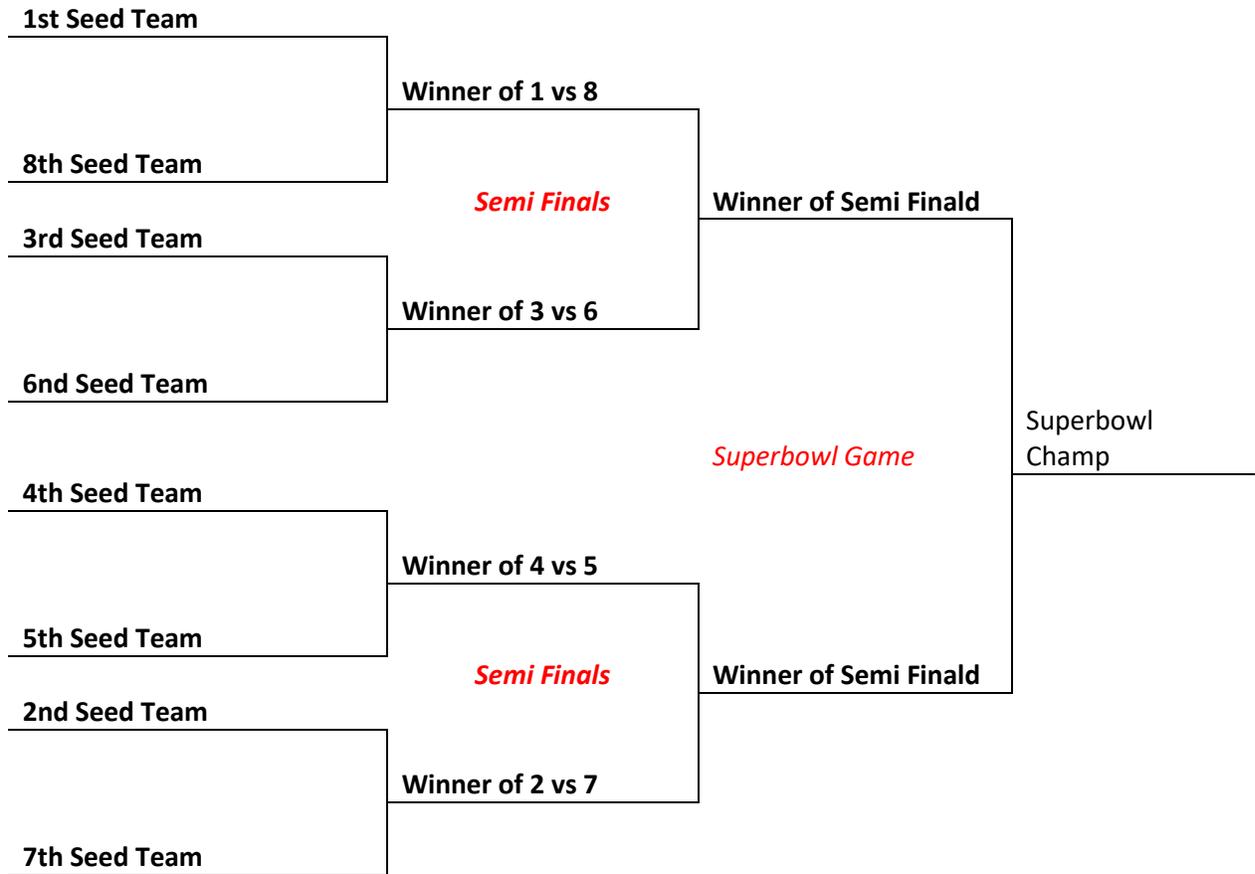
- 1st- Head to head
- 2nd- Team with lowest total points allowed
- 3rd - Team with highest offensive points
- 4th -Name out of the hat

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6.4.22 Playoffs

**Procedures for Ranking Teams for
Playoff Standings**

All 8 Teams will qualify for the play-offs regardless of record. Playoff will be determine by Record Standing and Ranking. (1 will play 8), (2 will play



6.5 Protest Process

The only protest that will be considered will be an infraction of the playing rules the By-Laws of the SELFL. Protest will be in the hands of the president, or in his absence, the vice President postmarked within 48 hours of the game (3 :00 pm Monday).

The protest will be heard by the Executive board and one Representative in the two parties involved in the protest at the meeting will be the coaches of the teams. The teams involved will not have a vote.

The protest will be heard within 72 hours of receipt by the President. All decisions of the Executive Board will be final, with no recourse.

Protest Representatives cannot be a coach. Protest fee is \$250.00, due with official filing of the protesting. Appeal

There is an Appeal procedure for any rule violation; within 72 hours, the offending organization does have the right to an appeal before the Executive Board, with ONLY new materials or evidence.

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6.6 Ejection Policy

Penalty for Ejection Violations

Coach 1st — (2) two game suspension and \$100.00 fine to be paid by the coach Or the organization; To be paid before team next game
2nd---- Dismiss from the team and organization for the rest of the season And the entire next season

Player 1st — (2) two game suspension and \$100.00 fine to be paid by the organization; To be paid before team next game
2nd ---Dismiss from the team and organization for the rest of the season

Parents 1st Will be asked by the League President, Vice President, Hosting Team or offending team President to leave the playing field.
(A) If be solicit the local law enforcement
2nd Wil be BAN from attending all SELFL playing fields and games with the assistance of the local law enforcement agencies.

6.7 Organization Insurance Requirement

Each Organization within the SELFL must turn in a copy of their team supplement insurance policy to the league, to be keep on file.

6.8 Consumption of Alcoholic Beverage

There is to be NO consumption of any alcoholic beverage on school or park premises during practices or games. It is, also, a league rule. if any person or persons are caught, you will be reported to the officer on duty or to the police. This behavior will not be tolerated, at all. Punishable to the Maximum of the law, NO EXCEPTIONS.

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There is a NO Smoking or Tobacco usage on the game playing field the coaches or chain crew;

1st offense- Warning with a report to the league office;

2nd offense- 15 yard penalty;

3rd offense-s- Head Coach is ejected from the game; with a one game suspension and a league hearing

6.9 Water Coolers

Teams and Cheerleaders water cooler are allowed to enter games on game day.

No Spectators/ Parent / can bring an ice chest or water cooler into any game.

All Spouses, Relatives, Water boys and anyone not on the Football Staff or Coaches not wearing their badges" MUST" pay.

THERE WILL BE NO EXCFPTIONS"

Southeast Louisiana Football League allow or permit 8 game day staff members free of gate charge and be advised that the league is not responsible for the people working in the concession stand, chain crews, during the special events games.

The league will provide 100.00 toward cleanup for all special events to host team.

Any violation of any of these Rules, Amendments, Constitution and By-Laws will result in the team being debarred from the Play-off, Semi-Final and Super Bowl Games

6.10 Concessions

Home hosting teams are allowed to serve any type of menu for their concession stand and with a reasonable pricing. Visiting team are ask to support the home

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team's concession stand, because when, your team has a home Game, the League ask that they support your concession in return. This is one BIG Family in which we ail trust that each organization will support each other in all we do for the SELFL.

Every away game, No organization will be allow to bring NO FOOD of any kind to the playing field,

NO person will be all to bring outside food into the stadium, as long as the home team is providing a concession stand.

7 Rule Modification Tracking

Old Bylaws Copy data below

SOUTHEAST LOUISIANA FOOTBALL LEAGUE

Acknowledgment of Receipt of Bylaws

I HEREBY STATE THAT I HAVE READ AND HAVE ACCESS TO THE SOUTHEAST LOUISIANA FOOTBALL LEAGUE CONSITUTION AND BYLAWS AND FULLY UNDERSTAND THE RULES AND PENALTIES. I WILL PROMOTE, UPHOLD AND ACT IN ACCORDANCE TO THE SELFL CONSITUTION AND BYLAWS WITH MY ORGANIZATION.

Signed and Agreed by:

Team/ Organization Name: _____

PRESIDENT- _____

CEO- _____

DIRECTOR- _____

Date: _____