



At Flatland Youth Football, we are passionate about fostering physical fitness, sportsmanship, and teamwork in a positive and safe environment. Our programs provide opportunities for athletes to develop their skills and abilities while forming lasting friendships and creating unforgettable memories.

MAKE SURE TEAM PAYMENT/S IS PAID IN FULL BY THE JAMBOREE

Flag: \$850.00 Tackle: \$1350.00 Cheer (Per Organization): \$200.00

Governing Authority

1. All final decisions concerning league rules, ages, rule interpretations, scheduling, practice sessions, officials, protests, and suspensions, will be made by the FYFL executive board.
2. The UIL current rules and regulations and the UIL Athletic Manual for the current year will be the official guides for all rules that are not covered in the FYFL local rules.
3. Any player or coach ejected from a game for unsportsmanlike conduct will be fined \$100 AND suspended for a minimum of one game in addition to the game from which ejected.

Coach, Player, Spectator, and Parent Behavior

Obnoxious Behavior: The FYFL encourages players and coaches to bring families and friends to be fans and spectators. This is a family-oriented program. Therefore, if a player, coach, or spectator becomes unruly or obnoxious in his or her behavior and harasses, intimidates or ridicules the coaches, players, or referees, he or she will be warned once by the referee or coach. If he or she persists in such offensive behavior, the offender will be removed from the game, or the referee may reward the game to the offended team by forfeiture. Any coaches involved in such un-sportsman behavior will be up for review by the executive board.

Threats and Physical Contact of Referees

Any physical/harmful contact or threat (verbal and/or non-verbal) to an official that is reported by the official will result in the immediate suspension of the coach for the remainder of the season.

Conduct Fines: If a coach is ejected from a league game, the member coach will be fined \$100. Each subsequent ejection of any coach from that team will be an additional \$100 (\$200 for the 2nd offense, \$300 for the third, etc.). After the 3rd coach ejection, the team will be referred to the executive board for further action. All fines will need to be received on or before the Friday prior to the upcoming game. If not paid, the team of the coach will forfeit the next game.

Social Media Conduct: All board members and coaches of each FYFL team are expected to uphold the principles of a good Social Media conduct while associated in activities of FYFL. Each board member, head coach, assistant coach, team mom, cheer coordinator is expected to follow these principles. No sharing proprietary or confidential FYFL information, posting defamatory, derogatory, or inflammatory content. Posting information or pictures that imply illegal conduct.

Good Sportsmanship: All coaches, players, and referees are expected to uphold the principles of good sportsmanship while associated in activities of FYFL. Each head coach is expected to follow these principles and to respect each team he/she plays by not running the score up on his opponent. No use of electronic devices by the coaches on the field and sideline during the game. We want all teams to respect each other and compete in a sportsman like manner. **No one may use profane language.** A player must not show disrespect for his coaches, other players, the officials, workers in the concession stand or the FYFL. A warning may or may not be issued first, depending on the nature of the offense.

Violations of this rule will be reported to the executive board who will take appropriate disciplinary action. This includes coaches, players, spectators, and parents. Actions may include suspension.

First time suspension will be for the remainder of that game and/or season, and/or play-off game, depending on severity of offense. Second time suspension will be for the rest of the current season and play-off season. The executive board will review the case of anyone under suspension.

Coaching Staff on Sidelines and Team Uniforms: Each team may **only have seven (7)** adults on the sidelines. One (1) head coach and six (6) assistant coaches (including trainers and team moms). These persons must be indicated on the Official Team Roster. No player associated with any team shall be on the field or bench unless wearing the team jersey. **ONLY THE COACHES THAT HAVE A GAME AT THE ASSIGNED TIME WILL BE ALLOWED ON THE SIDELINE.**

No other organization/team coaches should be on the sideline waiting for their expected game time.

7 coaches ONLY will be allowed at one time per game time. Coaches should have a hat or team shirt and **badge** on their outerwear to signify that they are on the coaching staff. Failure to limit the coaches to seven (7) will result in an un-sportsman like penalty of 15 yards. Two un-sportsman like penalties and the head coach will be kicked out of the game and will go before the executive board.

Games, Procedures, Protests, Time Limits:

IMPORTANT RULE - Tackling: Full contact with helmets and pads may NOT begin until August 1st
NO EXCEPTIONS. This rule is in place for the safety and proper progression of all players. Please ensure your teams are conditioning and practicing non-contact drills only until this date.
Violating this rule may result in disciplinary action.

If we do not have a specific rule covered we go based off of UIL Rules.

Forfeit Time: Forfeit time for all divisions will be fifteen (15) minutes after scheduled game time. A forfeit shall only be declared when there are less than the minimum of eleven (11) players of a team present to play. All 11 players must be present and available to play the whole game, start to finish. Officials shall not permit coaches to hold up the start of the game while waiting for additional players when at least eleven (11) are present for play.

- **Teams that forfeit will be held accountable for the officials pay** before being allowed to play the following scheduled game.
- Forfeits will **not** be made up and will count as a loss.

Warm up Period: The official may shorten or eliminate the warm-up by teams if such practice delays the game beyond its normal starting time. If the first game of the day extends beyond its normal time period, the official may proceed into the second game immediately upon completion of the first game with no warm-up or field practice.

*Protests: Officials decisions are **final in all judgment calls**.* You *cannot* protest a game on an official's call. Correct procedures for placing a game under protest for a non-judgment call consists of:

1. At the time of the infraction a "Time-Out" must be called to inform a board member that a protest is being requested, this will not overturn the official call.
2. Protest fee of \$100.00 is given to the President. Fee is refunded if protest is won and forfeited if protest is lost.
3. After a protest has been initiated with the officials and FYFL President, both head coaches will be brought to center of field and informed that the game is being played under protest.
4. **Protest must be written/typed/email and given to the President with (5) days of the infraction.**
5. Information such as an ineligible player *does not* require a protest.

Game Length

FLAG: 20 Minute halves with running clock

7U: 20 Minute halves with running clock

9U and 11U: 12 Minute quarters with running clock **except** the last two minutes of each half – with 2-time outs per half
(Under two minutes will be played under UIL football rules ex: if player runs out of bounds clock will stop etc.)

- If your team is ahead by 24 points, then clock will **not** stop

Change in the Order of Games

The order of games can be amended given that the President has time to change the time and location of the games. If you have any specific date or time request, they **must be turned in NO LATER than August 17th** to allow enough time for schedules to be made. If any request is made *after* the deadline your request will **NOT** be granted.

Ties: Regular season games can end in a tie, but a playoff game will not result in a tie. The ball will be placed on the 10-yard line and each team will be given 4 downs to score. If both teams remain tied after the first round, then each team must go for two points in the second round or further.

- o No coaches will be allowed past the 25-yard line.
- o Fans **must** be in the stands. They may **never** be on the track or in the endzones.
- o Badges **will be required** to enter the field and must be worn at all times and visible. **NO EXCEPTIONS!**
- o League will provide game balls for game times.

Twenty-Four (24) Point Rule: The clock will run if a team is down by 24 or more points. This includes during time-outs.

Punting for Flag and 7U:

- The punt is a walk-off of 25 yards.
- A punt can be declared from anywhere on the field.
- You can only pin your opponent to the one (1) yard line. However, after the ball is spotted anywhere inside the 25-yard line and a punt is declared, the ball will go back to the 25-yard line to begin play.

ONCE THE HEADCOACH DELCARES TO THE OFFICIAL TO PUNT - THAT DECISION CANNOT BE CHANGED

Punting for 9U and 11U:

- The team can punt from anywhere on the field.
- No rushing the punter and absolutely no contact with the center. If there is contact, there will be a 15-yard penalty and automatic 1st down.
- The kicking team will not be allowed to release down-field until the ball is kicked.
- There will be no fake punts at this level.
- It will be the responsibility of the President and Head Coaches to be sure that the officials are versed in the application of this rule before the game begins.
- There will be absolutely no quick kicks.
- There are no walk-offs in this age group.
- Once a punt has been declared the offensive team, the defending (punt return) team cannot rush the punt. In addition, the punt return team must have 9 players within 3-yards of the line of scrimmage until the ball is punted. They can have a maximum of 2 players deeper than the 3 yards beyond the line of scrimmage.
- When the center snaps the ball it cannot touch the ground, if it does then it is considered down where the ball hits. If the punter drops the ball it is down where the ball hits.
- If the punt return falls in front of the punt returner and the returner does not field the ball, then the play is still live until the ball stops moving. *If* the ball is kicked over the punt returner, then the ball is dead where the ball lands.

Field Goals and Extra Points

Field goals will be treated the same as a punt. There will be no rush.

Flag and 7U

- No extra points.

9U and 11U

- Run = 1 Point
- Pass = 2 Points
- Field Goal = 3 Points

Blitzing

Flag and 7U: No blitzing and no "A" Gap defenders (See Defensive Page for legal defenses).

9U: May have one defender in either "A" Gap.

11U: Full Go

Players and Practice

Roster Limits: Minimum of 18 players with maximum of 26 players.

Eligibility:

- A child on Flag must be the age of 4 or 5 by August 1st.
- A child on a 7U team must be the of age of 6 or 7 by August 1st.
- A child on a 9U team must be the age of 8 or 9 by August 1st.
- A child on 11U team must be the age of by 10 or 11 August 1st.
- 11U
 - Each 11U team may have **only three** 12-year-olds.
The player cannot turn 13 years old during the season
 - 12-year-olds who run the ball the weight limit is 115lbs
 - ******No 7th Grade players******

Attendance and Playing Time Policy

To ensure player safety and team preparedness, all athletes are expected to attend scheduled practices. If a player misses more than two-thirds of practices in a given week, the coach is not obligated to provide playing time during that weeks game. This rule is in place because players who are unfamiliar with their positions and plays may create a safety risk for themselves and others on the field.

Sign-Ups:

All teams **must** make sure that all players upload copies of the following to their player profile:

- Report card
- Birth Certificate
- Physical

All required documents must be uploaded to player profile or registration will not be complete – No Exceptions!

These copies will be available on our website and all coaches will have access to view all registered players.

August 17th will be the cutoff date for player/team sign ups. No child can be rostered after August 17th without the consent of the FYFL President.

Head Coach or Organization President is responsible for registering your teams official roster on our website **prior** to your assigned weigh in time.

Weight Limits:

Flag – No weight

7U – 75.9lbs

9U – 105.9lbs

11U – 135.9lb

12-Year-Olds – 115.9 lbs

*****Player will have ONE opportunity to step on the scales and will NOT receive a second opportunity*****

All players **must be present** at the official weigh-ins. A player that does not meet the above weight requirements may not line up in the backfield or in any position where they may run, catch, or throw the football. Players that do not weigh-in are prohibited from running the ball and will play with their hand in the dirt. No Exceptions... They may punt or kick

Record Ties:

All League ties will be determined by points against

Rule Changes

In case of emergencies, an alternate location may be used, and different times of games may be given.

Coaches on the Playing Field:

Flag and 7U: May have two (2) coaches on the field from each team. Coaches must be ten (10) yards from the ball. There will be no talking once the center touches the ball from the defensive or offensive coaches. There will be no talking once the center touches the ball from the defensive or offensive coaches.

9U and 11U: Coaches are not allowed on the field.

Officials

- 1 official for Flag
- 2 officials for 7U
- 3 officials for 9U and 11U

Special Rules

Flag and 7U:

1. Two coaches are allowed in the huddle of the offensive and defensive team. Once the huddles are broken, the coaches must back up at least 10 yards. No touching or adjusting of players at that point; no verbal adjustments are allowed. The penalty for this infraction is 15 yards.
2. Once the ball is in play, the offensive and defensive coaches cannot give his/her players instructions. The first time a coach does this the team will penalized 15 yards. On the second infraction, the coach will be replaced with another coach and restricted to the sideline the remainder of the game.
3. There will be no kickoff. After the coin toss, a touchdown, or halftime, the ball will be placed at the 20-yard line to begin play for 7U.

4. Flag plays on half of the field. Two games can be played at once. The ball will be spotted on the 40-yard line.
5. There will be no punts. If a team declares that it is punting, the referee will mark the ball 25 yards from the line of scrimmage.
6. 7U - A defensive player is not allowed to line up over the center. Because of this rule, **quarterback sneaks are not allowed**. The defensive line must be 1 yard off the football. Linebackers must be 3 yards from defensive line, and the secondary must be 3 yards away from the Linebackers. The penalty for this infraction is 15 yards. You can only run a 4-man defensive front. No blitzing at all.
7. Defensive lineman must be in a 3 or 4-point stance. Any player tackle to tackle is considered a lineman on the line of scrimmage.
8. No more than a 4-man line will be allowed on defense
9. The offense will have a 40 second play clock once the ball is spotted for play by the official.
10. *FUMBLES*: Quarterback and center exchange is exempt from a fumble. All other encounters will count as a fumble.

9U:

1. All coaches must remain in the coach's box.
2. The offense will have a 40 second play clock.
3. Any defensive player playing on the defensive line (tackle to tackle) must be in a 3 or 4-point stance at the time of the snap. If your defensive end is overweight, they must have their hand down. Unless your defensive end is underweight then he can be in a 2-point stance.
4. A goal line defense may be used inside the 10-yard line with no more than eight players on the line of scrimmage.

11U:

1. No coach will be allowed on the field to relay plays to the quarterback.
2. All coaches must remain in the coach's box.
3. No defensive coach will be allowed on the playing field.
4. The offense will have a 40 second play clock. If ref asks for a reset of the play clock it will be reset to 25 seconds.
5. All punts will be a regulation kick. The receiving team may not have more than two players back to receive the punt. Punts will start out as a dead ball. Once the punter is in control of the snapped football, as soon as the punter kicks the ball the play becomes live.
6. The defense must have eight or nine men on the line of scrimmage. This allows for two punt receivers for the punt return team.
7. No fake punts will be allowed.
8. Any defensive player playing on the defensive line (tackle to tackle) must be in a 3 or 4-point stance at the time of the snap. If your defensive end is overweight, they have to have their hand down. Unless your defensive end is underweight then he can be in a 2-point stance.

All Age Divisions:

In all age divisions, all fumbles will be treated as in regulation rules and may be advanced by any player. There are FUMBLES in all age divisions only the exception of Flag.

MOUTH PIECES MUST BE WORN AT ALL TIMES ON THE FIELD

Recruiting kids in FYFL

A team cannot recruit kids from any other team in the FYFL league. If a kid will want to play for another team, the parent or guardian **will have to** write *why* they want to leave the original team and give the letter to the president of the league. The president and board will give the approval for that kid to join another team, if approved.

IF YOU RECRUIT A PLAYER FROM ANY TEAM WITHOUT THE PRESIDENT AND BOARD APPROVAL. YOU WILL LOSE THAT GAME AND WILL HAVE TO MEET WITH THE BOARD TO DISCUSS FURTHER ACTION.

Thank you for your hard work and dedication and for spending hours of your own free time working with kids and never giving up on them. You are one of the many reasons our football league is a success. We look forward to a great season.