



Rules & Regulations

2016

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Article I League Membership

1. Current Membership

- a. All teams that are currently members of the RVYFL will be responsible for knowing and understanding all rules, regulations, and bylaws associated with the league.
- b. Permanent member organizations will select one (1) individual to represent their organization on the RVYFL Board.
 - i. Board members are required to attend all league meetings, in person or by proxy.
 - ii. Failure to attend league meetings will result in fines and/or penalties TBD by the RVYFL board.

2. Membership Deadlines

- a. Current members must register for the upcoming league season no later than April 1st of the current calendar year.
- b. Member organizations must declare the number of teams they intend to field during the season by July 1st of the current calendar year.

3. League Fees

- a. All member organizations will make a \$500 payment with the RVYFL Treasurer by April 1st of the current calendar year.
- b. Fees will go towards:
 - i. League Insurance Coverages
 - ii. Officials Fund
 - iii. USA Football Coaches Certification
 - iv. Website Maintenance
 - v. Other League Expenses
- c. Any excess funds will be returned to the member organizations at the end of the RVYFL fiscal year.

4. Heads Up Football Certification

- a. All member organizations will be Heads Up Football certified.
 - i. One (1) Player Safety Coach is required per organization.
 1. Player Safety Coaches must attend all USA Football required training courses in order to maintain their certification.
 2. Player Safety Coaches will conduct team and parent training sessions throughout the season.
 3. Player Safety Coaches will be certified by July 1st of the current calendar year.
 - ii. All coaches are required to complete the online Heads Up course through USA Football.

1. Each member organization will be given access codes to enroll coaches prior to the start of the season.
2. Coaches will not be authorized to participate in practices or coach in any way until:
 - a. They have completed their online certification course.
 - b. They have filed the completed certification with the RYVFL Secretary.

5. New Membership

- a. New members must be nominated by a current member organization.
- b. The current league board must approve new members by a 2/3 vote.
- c. New members will be placed on a 1 year probationary period and will have no voting authority within the league during that time.
- d. Once probationary period is complete a vote will be conducted for permanent membership.

Article II League Expectations

1. Mission

- a. The RYVFL's mission is to facilitate a respectful and cooperative environment to teach the area youth the game of football with a focus on player safety, skill development, and maximum participation. The RYVFL works closely with all member organizations to foster a sense of community, sportsmanship, and partnership throughout the league.

2. Codes of Conduct

- a. The RYVFL takes athletic, personal, and professional conduct very seriously and enforcement of the codes of conduct will reflect our firm belief in these areas.
- b. Anyone that is associated with the RYVFL will be required to sign a code of conduct that pertains to their role(s) within the league and/or RYVFL member organizations.
- c. Codes of conduct will be signed by all:
 - i. Coaches
 - ii. Players
 - iii. Parents
 - iv. Officials
- d. Violations of the codes of conduct will be punishable by fines and/or suspensions for individuals and/or teams, TBD by the RYVFL board in a timely manner.

3. Adherence to Rules

- a. Any coach, team representative, or player that willfully attempts to bend or break league rules will be disciplined by the RYVFL board.

- b. Any coach, team representative, fan, or player who:
 - i. Intimidates (as defined by the league) players, team representatives, fans, or officials or,
 - ii. Is ejected from a game by an official shall be subject to the following penalties:
 - 1. Written warning from the league.
 - 2. Suspension of one or more games.
 - 3. Relief of coaching/administrative duties.
 - 4. Banned from game attendance.

4. Scouting

- a. No coach, team representative, player, or anyone otherwise associated with any team in the league shall be permitted to scout or otherwise attend a practice of another team in the league unless agreed upon by all parties, in writing and submitted through the RVYFL Secretary.
- b. Violation of this rule will result in the suspension of the team representative.

5. Videotaping

- a. Organizations are prohibited from videotaping games in which they are not participating.

Article III Team Registration

1. Season Registration

- a. All teams must register for the current season on or before April 1st of the current calendar year.
- b. Registration forms will include:
 - i. Head Organization Representative
 - 1. One (1) per team
 - 2. Mailing Address
 - 3. Phone Number
 - 4. Email Address
 - ii. Alternative Representatives
 - 1. Two (2) per team
 - 2. Mailing Addresses
 - 3. Phone Numbers
 - 4. Email Addresses
 - iii. Team Colors
 - 1. Jerseys, pants, and helmets
 - 2. Home and away (if different)
 - 3. Must be approved by league board

- iv. Practice site(s)
- v. Game site(s)

Article IV Player Eligibility

1. Academics

- a. The RVYFL places the highest importance on the concept of the “Student Athlete”.
- b. It is strongly encouraged that each member organization develops, and adheres to, an academic eligibility plan for all players.

2. Ages & Grades

- a. Players are eligible to play in the RVYFL if:
 - i. The player is 10, 11, or 12 years of age at the beginning of the football season.
 - 1. Should the player turn 13 during the season that player will then be ineligible to play in league games.
 - 2. Member organizations are required to maintain copies of all players’ birth certificates.
 - a. Certificates will be made available to the RVYFL board upon request.
 - ii. The player will be, in the upcoming school year, enrolled in the 5th or 6th grades.
 - 1. Member organizations are required to verify each player’s enrollment meets criteria.
- b. Any coach, parent, or team representative that is found to have willfully allowed ineligible players to participate in any league activities will be permanently suspended from the league.

3. Organizational Boundaries

- a. All member organizations must, prior to acceptance into the league, establish organizational boundaries.
 - i. Boundaries will reflect an area that is associated with the member organization’s city, affiliated school district, and/or reasonable geographic area.
 - ii. These boundaries must be approved by the RVYFL board prior to the league season.
- b. Players must live within the organizational boundaries to be eligible to play on that member team.
- c. Players that are “open enrolled” in a school district that is not their home district will be granted an exception, after board review.

- d. Any coach, parent, or team representative that is found to have willfully allowed ineligible players to participate in any league activities will be permanently suspended from the league.

4. Recruiting

- a. Any player that is determined to have been improperly recruited to a member organization will be ineligible to play in the upcoming league season.
- b. Improper recruitment includes, but is not limited to:
 - i. Enabling, assisting, or encouraging a player to utilize an incorrect home address.
 - ii. Willfully allowing player's that do not meet eligibility requirements to participate in league and team activities.
 - iii. Offering monetary assistance, monetary relief, or gifts to a player, or player's family members, for the purpose of recruiting the player.
 - 1. Monetary assistance or relief may be given by member organizations to underprivileged families, of otherwise eligible players, to cover registration fees and/or equipment costs.
 - a. Any player that receives monetary assistance or relief from member organizations for fees or equipment must be approved by the RYVFL board prior to participation in any team activities.
- c. Any coach, player, parent, or team representative that is found to have improperly recruited a player will be permanently suspended from the league.

Article V Player Registration

1. Open Registration

- a. The RYVFL requires all member organizations to conduct open registrations.
- b. Member organizations will make public their registration schedules.
- c. Member organizations are prohibited from screening, profiling, discouraging interested players from registering, or otherwise rejecting some players while accepting others from the communities they serve.

2. Forms & Waivers

- a. All league forms and insurance waivers will be turned in to the RYVFL Secretary prior to the start of any team organized activity for the current league year.

3. Gear Issue

- a. All team equipment will be issued on the first day of the league preseason schedule.

4. Equipment

- a. Member organizations are responsible to issue players, at a minimum, the following equipment:
 - i. Approved football helmet
 - ii. Approved shoulder pads
 - iii. Jersey with numbers
- b. Member organizations are also responsible for either issuing or ensuring the use of:
 - i. Pants with all necessary pads and belt
 - ii. Cup supporter
 - iii. Plastic or rubber cleats
 - iv. Approved mouth guard attached to the helmet
- c. No jewelry or unauthorized equipment will be permitted during league games.

Article VI Team Rosters

1. Roster Turn In

- a. Member organizations are responsible to turn in team rosters to the RYVFL Secretary prior to that team's first regular season game.
- b. No additions to rosters will be allowed after roster turn in.

2. Required Information

- a. Rosters will include the following player information:
 - i. Jersey Number
 - ii. First name
 - iii. Last name
 - iv. Height
 - v. Weight
 - vi. Birthdate and Age

Article VII League Season

1. Camps

- a. Member organizations are authorized to conduct offseason camps to teach football skills to area players.
- b. All camps must be open to the public.
- c. All camps must be without pads.
- d. All camps must be dedicated to developing overall football skills and must refrain from teaching specific formations or plays.
- e. All current member organizations must be notified of, via email, the dates, times, location, and sign up information before the enrollment period of the camp.

2. Preseason Schedule

- a. Player Safety Coaches must have internal Heads Up/Player Safety meetings with coaching staffs completed by:
 - i. 8/8/2016
- b. Equipment Issue:
 - i. 8/15/2016
- c. Weigh Ins
 - i. Will be conducted during the first week of noncontact practice.
 - ii. Will be conducted by a RVYFL board member.
- d. Noncontact week:
 - i. 8/15/2016 – 8/21/2016
 - ii. Helmets and shoulder pads are authorized during noncontact week.
 - iii. "Thud" is authorized during noncontact week.
 - 1. Players may make contact but may not tackle to the ground.
 - iv. Regardless of when a player starts practice they must engage in one (1) full week of noncontact before engaging in full contact activities.
- e. Contact Dates:
 - i. 8/22/2016 – 9/9/2015
- f. Scrimmage
 - i. 8/27/2016
 - ii. The field will be split in half and 4 teams will scrimmage one another at a time on each end of the field.
 - iii. On Field supervision:
 - 1. 2 coaches from each team are allowed on the field at any given time, aligning themselves behind all plays/formations to observe, provide instruction, and call plays.
 - 2. 2 game officials and 1 coach from each team per scrimmage enforce rules and call penalties.
 - 3. On-field coaches can call out a penalty if they see one but final decisions on enforcement are left to the game officials.
 - 4. Officials and Coaches assist one another to ensure that the players are participating properly and safely.
 - a. Alignments are legal, per WIAA and RVYFL rulebooks.
 - b. Players are stopping at the whistle.
 - c. Players are following the code of conduct.
 - d. All league rules apply
 - iv. Scrimmage Rules:
 - 1. The ball is placed at the defense's 30 yard line.
 - 2. Each team has 2 sets of 8 plays on offense and 8 plays on defense versus their assigned opponent.

3. Should a team score a TD prior to the 8th play the ball is re-spotted at the 30 yard line and the offensive team continues running their 8 plays.
 - a. Teams may kick an extra point if they choose to do so, but this will count as one of their 8 plays.
4. Once both teams have had their 16 plays total on both offense and defense they:
 - a. Have a 5 minute break for rest, water, and instruction.
 - b. Rotate either off the field, if they have a break, or on to their next opponent.

3. Regular Season Schedule

- a. First games:
 - i. 9/10/2016
- b. Games will be held on Saturday's, unless rescheduled due to weather or other unforeseen circumstances.
- c. Game dates, times, and locations will be listed in the official league schedule.
 - i. Member teams may alter home game times with the prior approval of the opponent organization and the RYVFL board.
- d. Last regular season games:
 - i. 10/15/2016

4. Forfeits

- a. The score of a forfeited game will be 0-12.

5. Home Team Responsibilities

- a. Officials
 - i. To be paid prior to the game by the home team.
- b. Game Ball
 - i. Must provide an approved game ball for use throughout the game.
 - ii. Junior and youth sizes are currently approved for use.
 - iii. Opponent may use their own approved ball during the game, when they are on offense, but must provide a reliable ball boy to ensure no delays are experienced.
- c. Field Prep
 - i. Field must be painted and lined to regulation dimensions:
 1. 120 yards long
 - a. 100 yard playing field
 - b. Two – 10 yard end zones
 2. 53.3 yards wide
 3. Markers for yard lines must be in place and visible from both sidelines.

- 4. Markers must be placed at every yard line that denotes an increment of 10 yards.
 - ii. Pylons will be placed at all 4 corners of the end zones.
 - iii. A scoreboard and clock that are visible from both sidelines are required.
- d. Chain Gang
 - i. Home team will provide 3 responsible adults to function as the chain gang during the game.
 - ii. Chain gang will be placed on the visitor's sideline during game play.
 - iii. Chain gang will be considered an extension of the game officials and must remain impartial at all times while functioning in this role.
 - 1. No coaching or cheering will be permitted during the game.
- e. Restrooms
 - i. Reasonable male and female restroom accommodations must be provided.
- f. Concessions
 - i. Concession stands are encouraged when hosting league events.
- g. Emergency Medical Services
 - i. It is strongly recommended that EMS personnel be onsite during league games.
- h. Programs
 - i. Home teams are responsible for the printing of game programs to be distributed to fans.
- i. Reporting of Final Score
 - i. Final scores of all games will be reported by the home team, via website/email, by 3:00 pm on the Sunday following the conclusion of the hosted game.
 - ii. Scores will be reported either through the RVYFL website or to the RVYFL Secretary.
- j. Atmosphere
 - i. Home team will provide a welcoming and respectful environment for all players, coaches, and fans of both teams.

Article VIII Postseason Games

1. Dates

- a. 10/22/2016

2. Format

- a. Postseason games will be played on the Saturday following the last regular season games.

- b. The postseason format will be determined each year based on the number of member teams that will be participating in league play.
- c. It is the intent of the RVYFL to maintain a one (1) week postseason format, whenever possible.

3. Seeding

- a. Postseason seeds will be determined by overall records during regular season play.
- b. Tie Breakers
 - i. In the event of a tied record, the following will be used as a tiebreaker:
 - 1. Head to head record
 - 2. Points allowed
 - 3. Coin toss

4. Host Team Responsibilities

- a. Officials
 - i. To be paid prior to the game by the home team.
- b. Game Ball
 - i. Must provide an approved game ball for use throughout the game.
 - ii. Junior and youth sizes are currently approved for use.
 - iii. Opponent may use their own approved ball during the game, when they are on offense, but must provide a reliable ball boy to ensure no delays are experienced.
- c. Field Prep
 - i. Field must be painted and lined to regulation dimensions:
 - 1. 120 yards long
 - a. 100 yard playing field
 - b. Two – 10 yard end zones
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 - ii. Markers for yard lines must be in place and visible from both sidelines.
 - 1. Markers must be placed at every yard line that denotes an increment of 10 yards.
 - iii. Pylons will be placed at all 4 corners of the end zones.
- d. Chain Gang
 - i. Home team will provide 3 responsible adults to function as the chain gang during the game.
 - ii. Chain gang will be placed on the visitor's sideline during game play.
 - iii. Chain gang will be considered an extension of the game officials and must remain impartial at all times while functioning in this role.
 - 1. No coaching or cheering will be permitted during the game.

- e. Restrooms
 - i. Reasonable male and female restroom accommodations must be provided.
- f. Concessions
 - i. Concession stands are encouraged when hosting league events.
- g. Emergency Medical Services
 - i. EMS personnel will be onsite during league games.
- h. Programs
 - i. Home teams are responsible for the printing of game programs to be distributed to fans.
- i. Reporting of Final Score
 - i. Final scores of all games will be reported by the home team, via website/email, by 3:00 pm on the Sunday following the conclusion of the hosted game.
- j. Atmosphere
 - i. Home team will provide a welcoming and respectful environment for all players, coaches, and fans of both teams.

5. Awards

- a. The RYVFL encourages each member organization to recognize their players for their effort throughout the season with an end of season award.

Article IX General Rules

1. Standard Rules

- a. Current year WIAA/NFHS football rules will govern, with the exceptions stated within this document.

2. Pregame Courtesy

- a. Prior to all RYVFL games, the Head Coaches from the opposing teams will meet at midfield to exchange common courtesies.
- b. Assistant Coaches and Game Officials are encouraged to also participate in this exchange of courtesies.

3. Game Length

- a. All league games will consist of four (4) quarters and each quarter will be eight (8) minutes in length.
- b. Pregame length thirty (30) minutes.
- c. Halftime length eight (8) minutes.

4. Ties and Tiebreakers

- a. Regular season:
 - i. If a game is tied at the end of regulation time the game ends in a tie.

- b. Postseason:
 - i. If a game is tied at the end of regulation time the game will go to overtime.
 - ii. At the beginning of each offensive possession, the ball will be placed at the defense's 10-yard line.
 - iii. WIAA overtime rules will govern in all other situations.

5. Game Balls

- a. USA Football U12 (Junior and Youth) approved balls are authorized for game play.
- b. Home teams will provide an official game ball.
- c. Away teams may utilize their own game balls but must provide a ball boy to ensure the game is not impacted by any delays from switching balls.

6. Play Time

- a. Each eligible player will play in 20 plays minimum per game.
- b. If a team has 22 or more eligible players at the start of a game then each starting offensive and defensive position will be filled by a different player to start the 1st and 3rd quarters.

7. Mercy Rule

- a. If a team has a 3 touchdown lead (18 points) at any point during the game, the coaches from opposing teams will be granted an uncharged timeout to meet at midfield.
- b. During this timeout lineup changes will be made, with the input from both team's coaches, to allow players of lesser skill levels the opportunity to be substituted for players that are dominating the game.
- c. While the mercy rule is being enforced, offensive play callers are encouraged to run more basic/base plays in order to encourage player development.
- d. If the score differential drops back below 18 points then players may return to playing in their previous positions.

8. Ball Carrier Weight Limits

- a. Offense
 - i. Players that align in eligible receiver or ball carrier positions must not weigh more than 120 lbs.
 - ii. Any player that weighs over 120 lbs. must play on the Offensive Line when playing on Offense.
- b. Defense
 - i. Defensive players that weigh over 120 lbs. may align at any position.
 - ii. Only players that weigh 120 lbs. or less may return interceptions or fumble recoveries.

- iii. If a player that weighs over 120 lbs. intercepts a pass or recovers a fumble the play will be ruled dead and the ball will be spotted at the point of the change of possession.

c. **Markings**

- i. Helmets will be marked for all players that are ineligible to carry the ball.
- ii. Markings will be a 2 inch lime/neon green circle affixed to the back of the helmet.

9. On Field Coach

- a. One (1) coach per team will be allowed on the field during game play.
- b. On field coaches may call offensive or defensive plays from behind their respective huddles.
- c. The offense will still have a 35 second play clock from the time the ball is spotted at the end of the previous play to run a play.
 - i. If a play is not run within this timeframe a 5 yard delay of game penalty will be enforced.

10. Defensive Alignments

- a. Middle Linebackers must line up at least 3 yards away from the LOS.
- b. Interior Defensive Linemen must align head up on the Offensive Guards prior to the snap of the ball.
 - i. No players to be lined up over the Center.
- c. Inside the defense's own 5 yard line the defense may:
 - i. Line up a down Lineman over the Center.
 - 1. Must align over the Center and be set before the snap of the ball.
 - ii. Middle Linebackers are no longer required to be 3 yards off the LOS.

11. Blitzing

- a. No blitzes will be allowed in the "A" gaps between the Guards and the Center.

12. QB Sneaks

- a. Quarterbacks that align under Center may not "sneak" or "dive" immediately after receiving the snap from the Center.
 - i. Quarterbacks may run a "sneak" or "dive" from under Center inside the defense's 5-yard line.
- b. Quarterbacks that are aligned in a pistol or shotgun position may run into the line of scrimmage at any time.

13. Special Teams

- a. Kickoffs
 - i. Modified kickoffs will occur at the beginning of the 1st and 3rd quarters as well as after each offensive or defensive score.
 - 1. Both teams will line up for kickoffs in a legal formation.
 - a. WIAA Kickoff rules will apply to legal alignments.

- ii. Once the ball is kicked:
 - 1. The kicking team may elected to run toward the receiving team, up to 10 yards, to simulate kick coverage, however contact with the opposing team is prohibited.
 - 2. The receiving team:
 - a. May shift to simulate a legal return.
 - b. May allow the ball to roll and take possession at the spot where the ball comes to rest.
 - c. May attempt to fair catch the ball to save yardage from a roll.
 - i. A successful fair catch will result in a 10 yard advancement of the ball from the spot of the catch.
 - ii. If the ball is muffed during a fair catch attempt the receiving team will retain possession from the spot that the ball was touched by the player attempting the fair catch.
 - iii. Onside kicks are not allowed, at any time.
- b. Field Goals and Extra Points
 - i. Scoring:
 - 1. Field Goals – 3 Points
 - 2. Kicked Extra Point – 2 Points
 - 3. Run or Passed Extra Points- 1 Point
 - ii. FGs and Kicked Extra Points
 - 1. No fake FGs or Kicked Extra Points are allowed.
 - 2. Offensive Team must announce to the game officials if they intend to attempt a field goal or to kick an extra point.
 - a. This information will be passed by the game officials to the defensive team.
 - b. The defensive team will be given an opportunity to align properly if there is a delay or miscommunication in getting the appropriate information.
 - 3. No rush is allowed on a field goal or kicked extra point attempt.
 - 4. Once the ball is snapped the offense has a 3 second count to kick the ball.
 - a. The count will be maintained by a game official.
 - b. If the Offense fails to kick the ball within 3 seconds the try will be ruled “no good”.
- c. Punting
 - i. Offensive/Punting team must announce to the game officials their intention to punt the ball.
 - ii. Both teams will align in a standard punting/punt return formation.
 - iii. WIAA Punt rules will apply to legal alignments.

- iv. Neither the Defense/Receiving team nor the Offense/Punting team will be authorized to cross the line of scrimmage at any time during a punt.
- v. Should the center/punter exchange be wide, muffed, or snapped over the punter's head, the ball will be kicked from where the ball is recovered by the punter.
- vi. Defense/Receiving team may not return the ball.
 - 1. May allow the ball to roll and take possession at the spot where the ball comes to rest.
 - 2. May attempt to fair catch the ball to save yardage from a roll.
 - a. A successful fair catch will result in a 10 yard advancement of the ball from the spot of the catch.
 - b. If the ball is muffed during a fair catch attempt the receiving team will retain possession from the spot that the ball was touched by the player attempting the fair catch.
- vii. No fake punts are allowed.

14. Postgame Courtesy

- a. At the conclusion of all RYVFL games, players and coaches will walk the 50 yard line and exchange common courtesies.
 - i. Players will high five one another and coaches.
 - ii. Coaches will high five players and shake opposing coaches' hands.
- b. The only time a player is excused from this postgame activity is if an injury would prevent the player from doing so.

15. Rescheduled Games

- a. In the event that weather or other circumstances create unsafe or unplayable conditions then the RYVFL will work with all affected teams to reschedule games.
- b. In most cases, games will be rescheduled on the day following the weather event, except under special circumstances.