

# **Vigo Youth Football League Rules of Play**

This “Rules of Play” document is considered an attachment to the VYFL By-Laws. Any other written league rules, excluding the VYFL By-Laws, are replaced by this document and will not apply. At the end of every VYFL season, these rules will be reviewed by the Board of Directors to promote the safety, fundamentals, and participation of Vigo Youth Football Players.

## **Article I - General**

### **Section 1: Age**

- A. A player should be in the first (1<sup>st</sup>) grade through eighth (8<sup>th</sup>) grade and five (5) years old and not fifteen (15) years of age prior to June 1<sup>st</sup> of that year to be eligible to play tackle football. Any exceptions to these guidelines will be Board approved.
- B. All players are eligible to “play up” in the next grade or age division with the approval the Director of Player Personnel, Vice President, and President of the league. A player that is allowed to “play up” will adhere to the weight limits and any restrictions that the next grade or age level adheres to.

### **Section 2: Practices**

- A. Any player shall have a minimum of three (3) contact practices with their team at the beginning of the season before participation in a scheduled game. Pre-game warm-up or practice with another team does not constitute a practice.
- B. Any player that has missed six (6) consecutive activities (i.e., practices or games) for any reason must have a minimum of two (2) contact practices before participating in a game. Pre-game warm up does not constitute a practice.
- C. It is mandatory that all Head Coaches provide a minimum of ten (10) minutes of calisthenics prior to all contact practices, games, and tryouts. The Director of Player Personnel will provide and/or recommend types of calisthenics per age and grade levels.
- D. All practices will be at approved locations. The President of the League will have final decision if conflicts are reported.
- E. Practices will be terminated immediately upon the directive of the President or Vice President of the League. Practices will not continue after dusk or with threatening weather.
- F. Practices that have been terminated prior to 30 minutes will not be counted as an activity.

- G. There will be a 2 hour time limit for practice.
- H. Teams may not practice until one (1) hour prior to their scheduled game.
- I. No team can conduct a scrimmage with another team until they have completed four (4) practices and only scrimmage one (1) time during the week.

### **Section 3: Activities / Participation**

- A. Prior to the start of the fall term of school, four (4) VYFL activities will be allowed each week. After the start of the fall term of school, any combination in excess of three (3) practices and/or games per week will not be permitted unless approved by the League President.
  - 1. No practice will be permitted on Friday or Sunday. A committee of the President, the Director of Player Personnel, and Director of Coaches can make an exception this rule.
  - 2. Additional outside activities, (i.e., skill sessions, team meetings, etc) must be approved by the Director of Coaches and unless approved, will be grounds for disciplinary action.
  - 3. Parties may be allowed as long as attendance is not required.
  - 4. Each Seventh (7<sup>th</sup>) and Eighth (8<sup>th</sup>) grade team may be allowed to participate in extracurricular activities under the direct control of the respective High School Coach or High School Program. The President of the League will approve these activities.
- B. The Head Coach of each team shall have the right to remove a player from game participation for disciplinary reasons (i.e., failure to attend practices, games, character, etc.). If a player is removed from the game prior to the start of the game, notification to the Director of Player Personnel or on-duty League officer is required. Failure of notification from the Coach may result in disciplinary action.
- C. Any player whose actions may be hazardous to the safety to himself or others may be ruled on by the Board of Directors to determine whether or not he may continue participating.
- D. A player shall participate in only one (1) regularly scheduled VYFL activity per day.
- E. Coaches or anyone coming in contact with players during practices and/or games will be required to undergo a background investigation. No exceptions.

## **Article II – Equipment**

### **Section 1: Requirements**

- A. For any contact practice or game, each player must be equipped with the following:
  - 1. Helmet and facemask, which are N.O.C.S.A.E. approved.
  - 2. Shoulder pads that properly fit.
  - 3. Pants with at least thigh pads, hip pads, tailbone pad, and kneepads.
  - 4. Cleats or tennis shoes are required. No metal or metal-tipped cleats are allowed.
  - 5. Every player must have a plastic mouthpiece before physical contact can be made.
  - 6. Warning label must be left on helmet.
- B. The league must approve all equipment used by players.
- C. A mouthpiece must be in place before the ball is snapped or five (5) yard penalty will be assessed.
- D. Any player wearing a hard cast will not be allowed to participate in league activities. A splint or a medically approved wrap will be allowed with a physicians release form.

## **Article III – Coaches**

### **Section 1: Coaching Requirements**

- A. All Coaches and Assistant Coaches must have a current application on file and be approved by the Board of Directors.
- B. An individual may be a Head Coach on only one contact team.
- C. For first (1<sup>st</sup>) through second (2<sup>nd</sup>) grades, Head Coaches may have a maximum of three (3) Assistant Coaches after the draft is complete. All seventh (7<sup>th</sup>) and eighth (8<sup>th</sup>) grade Coaches will be under the discretion of the respective High School Coaches and Board approved.
- D. The conduct of all Coaches must be above reproach at all times. All grievances must be directed to either the League President or the Director of Coaches.
- E. The Director of Coaches will try to fairly solve any grievances from any Coach.

- F. The Director of Coaches may present said grievance at the next Board Meeting. The Coach or Coaches involved in the grievance should be present at such Board Meeting. If deemed necessary, either the President or Vice President may call an emergency Board meeting for action on said grievance.
- G. If for any reason the Director of Coaches does not satisfy any Coach concerning his/her grievance, the Coach has the right to present his grievance to the Board of Directors.
- H. Each Head Coach shall be responsible for the actions of players, assistants, and players parents.
- I. All Coaches will be expected to abide by the League Rule of Play and Code of Conduct.
- J. Field maintenance shall be shared responsibility of all Coaches and their assistants, including the cleaning of debris from the field and surrounding areas following all scheduled practices and games.
- K. All Coaches shall be responsible for his team's participation in all league activities.
- L. It is mandatory that one Coach from each team attend the Coaches meetings.
- M. Coaches are responsible for communicating league information to their teams.
- N. Any outburst of profanity, temper, name calling, abusive language of any sort, at any time, will not be tolerated and appropriate action will be taken by the Board of Directors.
- O. The physical violence by a Coach toward anyone will result in suspension for the remainder of the season in any capacity and that Coach will not be allowed to apply for Coaching duties the following year.
- P. The Coaches are responsible for the assigned players properly entering and leaving the game(s).
- Q. The use of tobacco or alcohol will not be allowed on the field.
- R. The Board will review Coach's misconduct and penalties.
- S. Coaches will stay and supervise all players until they have been picked up, this includes games, practices, and other team activities.
- T. Any Coach that represents him or herself in a manner that is unbecoming the League will be subject to immediate dismissal from coaching pending Board review. This includes on and off field activities, media communications, and overall conduct and behavior. Public displays or issues not related to VYFL will also be considered.
- U. Head coaches will be responsible for assigning volunteers, parents, or guardians to supply game announcers, game clock, and chain crew personnel. Failure to do so in a timely manner may result in an unsportsmanlike conduct penalty.

## **Article IV – Code of Conduct**

### **Section 1: Players**

- A. Each player will conduct themselves in a sportsmanlike manner at all times.
- B. Fighting on the field will cause the player or players to be expelled from the game and possible subsequent actions may be taken.
- C. Swearing or arguing by a participant will not be tolerated at any time. The Referee or Coach may request the individual to leave the field and a fifteen (15) yard penalty may be assessed. The Board of Directors for possible additional action will review a situation of a player or Coach being removed from the game.
- D. Throwing or kicking of any equipment including league equipment may cause suspension of the player and/or any Coach from the game.
- E. Players will wear clean uniforms to each game.
- F. Players will not be allowed to sit on their helmets.
- G. No air horns or noise makers that are disruptive to the offense play calling will be allowed.

### **Section 2: Parents and Guardians**

- A. Parents and/or guardians of both non-players and players are not permitted any field sideline unless they are a Board approved. The chain crew will be the only exception to this rule.
- B. Parents and/or guardians are required to furnish transportation to and from practice sessions and games for players.
- C. Parents and/or guardians are requested to attend all practices and games.
- D. Parents and/or guardians not attending practices and/or games are required to pick up player on time and without delay. Coaches will let you know when practice and game times end.
- E. Physical violence or verbal abuse by non-participants toward anyone will not be tolerated and the offender will be asked not to participate team activities or attend games. If a parent or guardian of a player is asked to leave the game facility, the player will be removed as well to ensure parent will be able to leave the game facility.
- F. No air horns or noise makers that are disruptive to the offense play calling will be allowed.

### **Section 3: Additional Penalties**

- A. Parents and/or guardians that become repeat offenders of Code of Conduct rules will be reviewed by the Board of Directors and additional penalties may apply.
- B. The Board has the right to penalize a Player(s), Coach(es), or team(s) in any manner which it considers appropriate. The types of penalties include but are not limited to the following:
  - 1. Player or Coach suspension for any or all of the activities (practices, games).
  - 2. Parent(s), guardians, or other spectators will be prohibited from attending games.
  - 3. Forfeit of games.
  - 4. Loss of practice sessions as directed and/or decided by the Board of Directors for failure to abide by and/or cooperate with League Rules or Code of By-Laws.
- C. Anyone, including Coaches and spectators, ejected from a game by a league official, Board member, or referee must leave the park premises immediately without further discussion, comments, or outbursts and will serve an automatic one (1) game suspension from participation while the matter of their conduct and the possible need for further sanctions is investigated.
- D. Anyone, including Coaches and spectators, ejected from a game by a league official, Board member, or referee a second time will be banned from league participation pending Board review.

### **Article V – Injuries**

#### **Section 1: Awareness and Release**

- A. Any player injured during a play causing an official's time-out must sit for at least the next play.
  - 1. If an injury requires medical treatment, a licensed medical doctor's release will be required and then forwarded to the Director of Administration before the player will be allowed to return to participation.
- B. Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) will be immediately removed from the contest and will not return to play until cleared by an appropriate medical care professional.
  - 1. if there is an appropriate medical care professional onsite and it is confirmed during a contest that the athlete did NOT sustain a concussion, the athlete can return to said contest pursuant to the contest rules.

2. In the event there is not an appropriate medical care professional onsite and the athlete is NOT cleared to return to the contest, the athlete is subject to the return to play protocol as listed below.
  - a. Only a licensed medical care professional may clear the individual to return to competition.
  - b. The clearance must be in writing.
  - c. The clearance may not be on the same date on which the athlete was removed from play.
  - d. A medical care professional is defined as a licensed medical doctor (MD), a licensed doctor of osteopathic medicine (DO), or a certified athletic trainer (ATC/L) licensed in the State of Indiana.
3. In the event that a possible concussion happens at a practice activity, the Head Coach will be responsible for evaluation, and/or removing the player from the remainder of practice and adhere to the above clearance process.

## **Article VI – Mandatory Participation**

### **Section 1: Guidelines**

- A. All Head Coaches will ensure that all VYFL players get playing time on scheduled games providing the players can:
  1. Protect themselves.
  2. Player has an understanding of general football plays and schemes.
  3. Attends and participates in scheduled practices.
- B. Mandatory participation will be based on the following roster size:
  - 16 to 25 players – 10 plays
  - 26 to 31 players – 8 plays
  - 32 players and up – 6 plays
- C. An Assistant Coach will be assigned to monitor playing time for each player and must notify the Head Coach of any player who has not met the mandatory participation guidelines. If the Coaching staff of any team does not adhere to the mandatory participation guidelines, disciplinary actions will take place in the following manner:
  1. 1<sup>st</sup> violation will result in a warning from the Director of Player Personnel.

- 2. 2<sup>nd</sup> violation will result in 1 game suspension of Head Coach and forfeiture of win (if applicable).
  - 3. 3<sup>rd</sup> violation will result in suspension of Head Coach for the remainder of the season.
- D. For a Coach who has reached the 3<sup>rd</sup> violation, that Coach will need Board approval to be allowed to apply for a Head Coaching position the following football season.
- E. All violations and case reviews of the mandatory player participation guidelines will be at the discretion of the Director of Player Personnel, Director of Coaches, and President. All decisions of the Director of Player Personnel, Director of Coaches, and the President will be final without further review.

## Article VII – Weight of Players

### Section 1: Weight Limits

- A. Any participant in the first grade (1<sup>st</sup>) grade through sixth (6<sup>th</sup>) grade weighing over 170 pounds is eligible to play on offense and defense only between the tackles and including the tackle positions. These players will be identified by two (2) helmet stripes visible from the front and back of their helmet.
- B. Weight limits do not apply at the seventh (7<sup>th</sup>) and eighth (8<sup>th</sup>) grade levels.
- C. Ball carrying weights are defined below. Any player that exceeds the ball carrying weight will receive a helmet stripe(s) according to weight.

Division / Grade	Weight W/O Equipment
<b>1st &amp; 2nd Grade</b>	<b>85 lbs.</b>
<b>3rd &amp; 4th Grade</b>	<b>100 lbs.</b>
<b>5th &amp; 6th Grade</b>	<b>125 lbs.</b>

- D. Players will be weighed on a designated VYFL date and place. Only one (1) weigh-in will be allowed per player per season – no exceptions.
- E. A total of two (2) independent Board members must be present during a weigh-in.
- F. Players without a helmet stripe may carry the ball.
- G. Players with a helmet stripe will be allowed to kick, punt, and hold for PAT's and field goals.



- H. For fifth (5<sup>th</sup>) and sixth (6<sup>th</sup>) grade teams, a defensive player with a helmet stripe may advance the ball on a turnover (i.e., interception or fumble) excluding special teams and kickoffs.
- I. All players exceeding the ball carrying weight at the official weigh-in shall have their helmets marked from front and back with a two (2) inch wide tape stripe four (4) inches long.
  - 1. Tape shall be distinctive in color and the same color used for all teams to be readily identifiable by the game official and to distinguish them as ineligible ball carriers.
  - 2. The Director of Player Personnel will check each team for compliance prior to the beginning of the first games.
  - 3. Removing a stripe from a helmet for the purpose of weight limit advantages will result in disciplinary actions for both the player and team. The Board of Directors will review each reported case and communicate any decisions back to Head Coach of the team in question.

## **Article VIII – Game Management**

### **Section 1: Field of Play**

- A. All rules not specifically defined in this document, will defer to the IHSA rules for interpretation by the game officials.
- B. Only players and Board approved Coaches will be allowed on the sidelines and must stay between the thirty (30) yard lines.
  - 1. Only the Head Coach and one (1) Board approved Assistant Coach may be allowed on the field at one time and only during timeouts and injury situations. The game official and/or the Officer of the Day will issue a single warning for violation of this rule. A fifteen (15) yard penalty may be assessed to the Head Coach of the violating team. Multiple penalties to the violating team for this same violation will apply.
- C. At every grade level, team moms, dads, and parents will not be permitted on sidelines or playing field during normal play. Exceptions to this rule may be Board approved but for special circumstances only. Violations of this rule will result in the following disciplinary actions:
  - 1. 1<sup>st</sup> violation will result in a warning from the Director of Player Personnel.
  - 2. 2<sup>nd</sup> violation will result in 1 game suspension of Head Coach and forfeiture of win (if applicable).
  - 3. 3<sup>rd</sup> violation will result in suspension of Head Coach for the remainder of the season.
- D. The home team shall provide two (2) volunteers for the chain crew and the visiting team shall

supply one (1) volunteer for the down marker. Failure to do so in a timely manner may result in a 15 yard unsportsmanlike penalty.

- E. The rescheduling of suspended games shall be the responsibility of the Vice President with Approval of the Board of Directors. The game shall be restarted according to IHSA rules.

## **Section 2: Protests**

- A. The Head Coach of either team may protest any violation of the rules of play. Notification that the game will be under protest must be:
  1. Verbally reported to the officials, opposing Coach, and Officer of the Day at the time of infraction.
  2. Formally presented to the Board of Directors in writing within a twenty-four (24) hour period after the infraction.
  3. the Board of Directors may request a report of said infraction from the game official.
  4. A judgment call by an official may not be protested although controversial calls can be brought to the attention of the Vice President for review with the Head Official.
  5. If protest is upheld, a protested game will be replayed, only if it affects the final standings in the division or tournament.

## **Article X – Intramural Play**

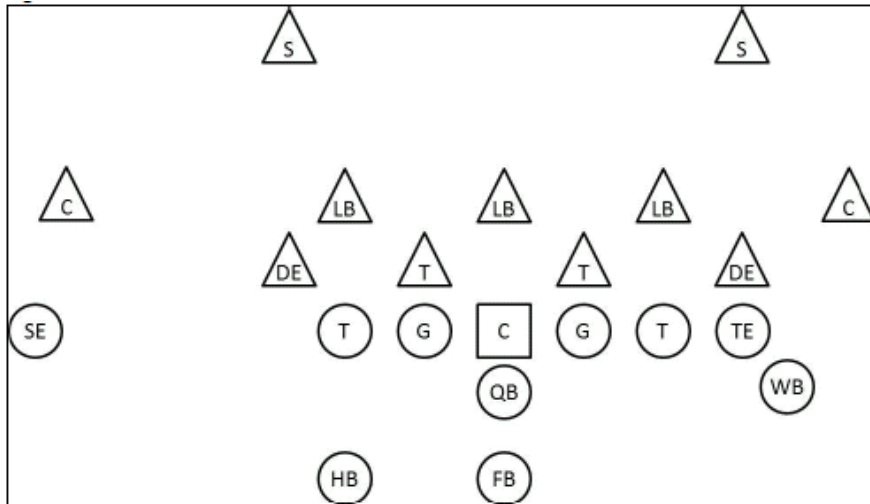
All league games will be played in accordance to NFHS and/or IHSA rules. Some rules have been adapted, changed, or added to meet the needs of competitive youth football. In addition to the aforementioned rules, the following rules will be applicable in all games specified by the grades below.

### **Section 1: Standard Formations**

- A. Seventh (7<sup>th</sup>) and Eighth (8<sup>th</sup>) grades will be governed by the respective High School Coach on offensive, defensive, special team lineups, and schemes.
- B. For all other grades, each team must employ a standard “4-3” defense, consisting of 2 (two) down lineman, 2 ends, 3 linebackers, 2 cornerbacks, and 2 safeties.
  1. This defense must be used on all plays unless an attempt to kick has been declared or the situation is such that the defensive team may lawfully invoke the goal line defense (see below).
  2. For first (1<sup>st</sup>) through fourth (4<sup>th</sup>) grades Coaches on the field, shall remain at least five (5) yards behind the deepest defensive player.

3. **Defensive Tackles (T)** may line up:
  - a. Head up (helmet directly across) from the offensive guard.
  - b. Shall be in a down position at all times.
4. **Defensive Ends (E)** may line up:
  - a. Head up (helmet directly across) or on the outside shoulder (helmet on the outside, but still within the framework) of the offensive end.
  - b. In the case where the Offensive End has lined up in a split formation, the defensive end shall line up on the line of scrimmage in the same position that would have been occupied by the offensive end had he lined up next to the tackle.
  - c. Shall be in a down position at all times.
5. **Linebackers (LB)** must:
  - a. Line up one (1) yard behind the Lineman.
  - b. Must lineup Head up on the Offensive Lineman directly across from them.
  - c. May not make a forward movement and must maintain their position until the ball is snapped.
6. **Defensive Cornerbacks (C)** must:
  - a. Line up within one (1) yard behind the line of scrimmage and within the framework of the designated receiver to be covered.
  - b. Maintain a minimum of one (1) yard of daylight between the Cornerbacks and the Lineman. The Cornerbacks should be in alignment with the Linebackers across the field.
  - c. May not make a forward movement until the ball is snapped, but may move parallel to the line of scrimmage to shadow the motion of eligible receivers.

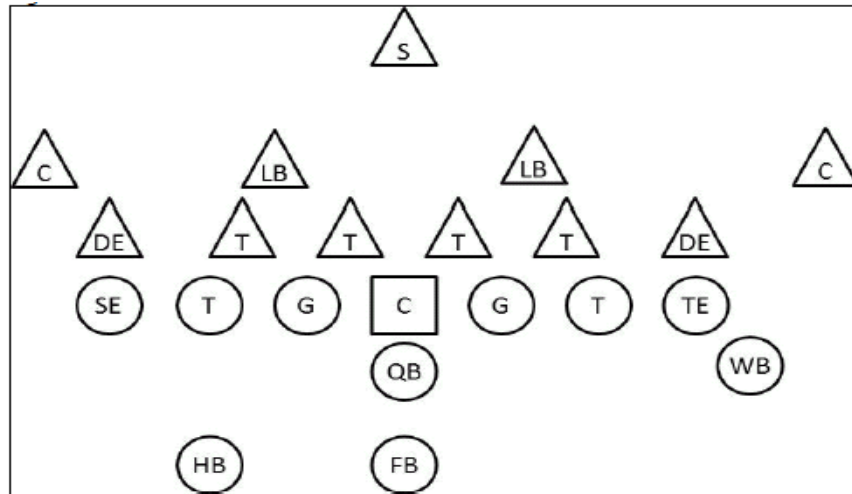
Standard "4-3" Defensive Formation.



D. Standard Goal Line Defense Alignment "6-2"

1. The Standard "6-2" goal line defense may be employed on 4<sup>th</sup> down anywhere on the field or when the offensive team is on or within the defensive team's ten (10) yard line.
2. Two (2) defensive ends will line up Head up (directly across) or on the outside shoulder (helmet on the outside, but still within the framework) of the offensive end.
3. All other defensive lineman must be between the defensive ends and must be in the down position.
4. One (1) safety position will be eliminated for this formation.

Standard "6-2" Defensive Formation



E. Standard Offensive Alignment:

1. Seventh (7<sup>th</sup>) and Eighth (8<sup>th</sup>) grades will be governed by the respective High School Coach on offensive, defensive, special team lineups, and schemes.
2. For all other grades, the backfield must have:
  - a. Two (2) backs within the outside shoulder of the tackle (including the Quarterback).
  - b. Lineman must have five (5) players in the set or down position with Lineman splits no less than two (2) feet and more than three (3) feet.
  - c. Ends may be split more than two (2) feet except for helmet striped Tight Ends which must be no less than two (2) feet splits. Split Ends must be split a minimum of seven yards.
  - d. The splits rule will not be in effect during situations in which a "6-2" defense can be played.
  - e. There may be no unbalanced offensive lines.

F. Violations of the standard offensive and defensive alignment will result in a five (5) yard delay of game penalty. Repeated violations of these rules may result in an unsportsmanlike conduct call.

**Section 2: 1<sup>st</sup> and 2<sup>nd</sup> Grade Practice and Game Rules**

- A. A peewee size football shall be used for game play. An example of this is the Wilson K2. Footballs may be of leather or composite materials.

- B Teams will not hold organized practices more than twice per week after the fall school period begins.
- C. Games will be played with a “noncompetitive” format.
- D. There will be no special teams play.
- E. A score will NOT be kept during the game.
- F. Two (2) Board approved Coaches will be allowed on the field for each team.
- G. Officials will be available for all games. All players are to be coached while in the game. There will be no penalties. **It is up to the Coaches to maintain order and sportsmanship during the games.**
- H. The Visiting team will begin the game on Offense.
  - 1. Games will consist of four (4) ten (10) minute quarters.
  - 2. A running clock will be utilized. The clock will stop only for injuries and timeouts.
  - 3. There will be a five minute half time.
  - 4. Each team will have two (2) timeouts per half.
  - 5. Each team will have possession of the ball for an entire quarter. After a quarter has concluded possession of the ball will be given to the opposing team.
- I. The offense will have four (4) plays to get a first down. If the offense fails to achieve a first down the ball will be moved back to midfield.
- J. The ball will be moved back to midfield after the offense has scored a touchdown.
- K. There will be a 60 minute time limit for each game. This does not include tournament games. After the time limit has been reached the game will be considered as final. In the case of a tie at the end of a tournament game standard overtime game play rules will be followed.
- L. A touchdown will be worth six (6) points. For tournament play only, a team may attempt a one (1) point conversion from the three (3) yard line or a two (2) point conversion from the five (5) yard line.

### Section 3: 3<sup>rd</sup> and 4<sup>th</sup> Grade Practice and Game Rules

- A. A peewee size football shall be used for game play. An example of this is the Wilson K2. Footballs may be of leather or composite materials.
- B. Ball carriers will not weigh more than 100 pounds at an official weigh-in.
  - 1. “Stripers”, players weighing more than 100 pounds, will NOT be allowed to return the ball while playing defense. Stripers gaining possession of the ball by means of interception or offensive fumble will be allowed to advance the ball.
- C. One (1) coach will be allowed on the field for each team.
- D. There will be a “dead ball” punt rule. The offensive team must notify the official and the defense that they will punt.
  - 1. The ball will be spotted seven (7) yards from the line of scrimmage.
  - 2. Once the official blows the whistle the ball becomes live.
  - 3. There will be no fake punts.
  - 4. The punter may move in any direction behind the line of scrimmage to punt the ball.
  - 5. The punter cannot move the ball beyond the line of scrimmage.
  - 6. Punts can be rushed and blocked.
- E. Once the offense reaches the line of scrimmage the coaches on the field will not be allowed to coach the players on the field. This includes arm/hand gestures, code words or sounds of any type, etc. One warning will be given for an infraction. A fifteen (15) yard penalty will be assessed for each occurrence thereafter.
- F. Games will consist of four (4) fifteen (15) minute quarters.
  - 1. A running clock will be utilized.
  - 2. The clock will stop only for injuries and timeouts.
  - 3. There will be a five minute half time.
  - 4. Normal clock rules will be used during the final two (2) minutes of the game if the winning team is ahead by less than 20 points.
- G. There will be a 90 minute time limit for each game. If the game has not ended within the 90 minute time limit the game will then be considered final and the score will stand.

- H. Each team will have three (3) timeouts per half.
- I. There will be no overtime period played unless ordered by the League President or League Vice-President.
- J. A touchdown will be worth six (6) points. A team may attempt a one (1) point conversion from the three (3) yard line or a two (2) point conversion from the six (6) yard line.
- K. Clock will stop after a touchdown or safety has been scored. Clock will restart once the ball has been touched by a player on the field.

#### **Section 4: 5<sup>th</sup> & 6th Grade Practice and Game Rules**

- A. A junior size football shall be used for game play. An example of this is the Wilson TDJ. Football may be of leather or composite materials.
- B. Ball carriers will not weigh more than 125 pounds at an official weigh-in.
- C. “Stripers”, players weighing more than 125 pounds, will be allowed to return the ball while playing defense. Stripers gaining possession of the ball by means of interception or offensive fumble will be allowed to advance the ball.
- D. Standard punt rules will be utilized. A long snap formation must be utilized and fake punts will be permitted.
- E. Games will consist of four (4) eight (8) minute quarters. Normal IHSAA clock rules will be used.
  - 1. There will be a 90 minute time limit for each game.
  - 2. After 90 minutes the game will end and the score will stand as final.
- F. Each team will have three (3) timeouts per half.
- G. There will be no overtime period played unless ordered by the League President or Vice-President.
- H. A touchdown will be worth six (6) points. A team may attempt a one (1) point conversion from the three (3) yard line or a two (2) point conversion from the six (6) yard line. A PAT kick will be worth two (2) points.

#### **Section 6: 7<sup>th</sup> and 8<sup>th</sup> Grade Practice and Game Rules**

- A. A youth size football shall be used for game play. An example of this is the Wilson TDY. Football may be of leather or composite materials.



- B. There is no overall weight limit for ball carriers.
- C. Normal IHSAA rules will be utilized.
- D. Games will consist of four (4) eight (8) minute quarters. Normal IHSAA clock rules will be used.
- E. There will be a 90 minute time limit for each game. After 90 minutes the game will end and the score will stand as final.
- F. Each team will have three (3) timeouts per half.
- G. There will be no overtime period played unless ordered by the League President or Vice-President.

## **Article XI – Post Season Playoffs**

### **Section 1: Intramural Playoff Format**

- A. At the conclusion of the regular season for the purpose of awards and recognition, the final win/loss records will determine playoff schedule and seeding.
- B. For the purpose of seeding teams for post season play, teams who are tied with the same win/loss record will be seeded according to their Head-to-Head competition during the regular season. If it cannot be determined by Head-to-Head play, seeding will be decided by a blind draw process.
- C. Normal playoff brackets, bye's for teams with certain win/loss records, etc, will apply.
- D. The Director of Player Personnel and the Director of Coaches will create and communicate the playoff schedule and notify each Head Coach.
- E. The Board of Directors will have final say on any tournament dates and team playoff schedules.
- F. The following will apply for playoff rules for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> grade divisions.
  - 1. Four (4) 15 minute quarters with a running clock will be utilized for game play. The clock will stop only for injuries and timeouts. Each team will have 3 timeouts per half.
  - 2. Two (2) Coaches will be allowed on the field for each team. Only one Coach on the field will be allowed to talk with the officials. Violations of this may result in a 15 yard penalty or being removed from the game. This will be at the discretion of the officiating crew.

3. An “ordinary” game play format will be utilized: change of possession, first downs, scoring, etc.
4. There will be no special teams play. The visiting team will begin the game with the ball on its own 20 yard line. The home team will begin the second half with the ball on its own 20 yard line.
5. On 4<sup>th</sup> down the offense may choose to punt the ball. The ball will be marked off 20 yards for the change of possession unless the offense has advanced the ball to the opponent’s 25 yard line. In this case the offense must go for it on 4<sup>th</sup> down.
6. If the defense scores a safety their offense will take possession at their own 20 yard line.
7. All 3<sup>rd</sup> and 4<sup>th</sup> grade teams must strike 13 players from their roster that will not be utilized for the Developmental games. This list must be submitted to League President via email no later than October 1 of current year. When a developmental team is eliminated its players will continue participating with its varsity team until it has been beaten.

## **Article XII – Post Season All Star Teams**

### **Section 1: Coaches for All Star Teams**

- A. Coaches will consist of up to: One (1) Head Coach, and four (4) Assistant Coaches
- B. By the 2<sup>nd</sup> week of regular league play, in each division (except 2<sup>nd</sup> grade), all interested Coaches in a Head Coaching position must submit their All-Star Coaching Application for consideration by the Board of Directors. Late application submissions for coaching interest will be at the discretion of the Board for approval.
- C. Head Coaches and Assistant Coaches in regular league play are allowed to nominate themselves as an All-Star coach. If no All-Star Head Coach applications are received in specific grade division than one may be appointed by the Board of Directors.
- D. The majority vote by the Board of Directors will determine the head coaching position for each grade division. Head coaches will be selected and announced no later than the 4<sup>th</sup> week of the intramural regular season. Once the head coach is determined he will select the remainder of the coaching staff after the All Star team(s) have been selected and posted.
- E. All assistant coaches must submit an All-Star Coaching Application. Each head coach will present his staff to the Director of Coaches and the Coaches Committee. These selections, will be sent to the Board of Directors for final approval.
- F. In grade divisions that have more than one All-Star team, team and player selections will be subject to draft processes unless all Head Coaches within the same grade levels are in 100% agreement of players selected per team. The Director of Player Personnel and/or the Board

of Directors will have final approval in all matters regarding All-Star players, rosters, and Coaches.

- G. The head coaches will be selected and announced in as expeditious manner as possible.
- H. All other requirements listed for 3<sup>rd</sup> – 8<sup>th</sup> grade divisions shall apply.

## **Section 2: Submission of Players**

- A. Each intramural league coach will submit players from their team to be placed on the roster for each grade level All-Star team. These submissions to the Director of Player Personnel and Director of Coaches will be received no later than the 6<sup>th</sup> week of intramural regular season play.
- B. The Head Coach, Director of Player Personnel, and Director of Coaches, and other designated Board Members will review and determine the final list of submissions for consideration for each grade division.
- C. For those players that are “playing up” a grade division in the intramural league and are submitted for All-Star team consideration, they must announce at the time their intention to be considered for either grade division of their intramural team or the next lower grade division that they would have typically would have participated.
- D. The parents and/or guardians of all players selected will be responsible for all expenses related to playing on the All-Star Team(s) with the exception of helmets, pants, and shoulder pads. Parents and/or guardians will provide all transportation to and from games.

## **Article XIII – Travel**

### **Section 1: Travel and Travel Waiver**

- A. The VYFL provides buses for transportation to and from our opponents. All Coaches and Players are required to ride the buses to and from any away game location(s).
- B. If there are special circumstances that will prohibit any player from riding a bus, the parent and/or guardian of that player will be required to sign a bus waiver form. Waiver forms will be posted on the VYFL Website.
- C. It will be the sole responsibility of all Head Coaches to ensure that all of their players are accounted for, especially with a travel scenario and a team attendance policy needs to be created. If bus waivers are not utilized for travel players, the Head Coach of the team in question will be subject to suspension or team disciplinary actions.