



**Forsyth County Youth Football Association**

**Four Parks. One Goal.**

<http://fcyfa.com>

**FCYFA  
Rules & Bylaws  
2011**

**Executive Board**

**Commissioner– Phil Bourque  
South Football Director – Frank Boutwell  
North Football Director – Mark Rollman  
FCYFA Referee Director – Jim Brennan  
FCYFA Secretary – Lisa Humphries  
Treasurer – Phil Bourque  
FCYFA Cheerleading Co-Directors – Tammy Ridings/Lisa Humphries  
FCPRD County Liaison – Scott Wheeler**

**Board of Directors**

**Bennett Park –David Wagner, President  
Midway – Andrew Dickman, President  
Central Park – Steve Gonzales, President  
Sharon Springs – Mark Ross, President  
Roswell – Taylor Smith  
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# Forsyth County Youth Football Association

## 2011 RULES - Violations will not be tolerated!

### Resolution

It is solemnly resolved by the commissioner and the presidents of the Forsyth county youth football association (FCYFA) that our primary goal is to provide a safe and wholesome environment for our children to enjoy the wonderful world of youth football. All rules, policies, and actions of the FCYFA should be interpreted with this primary purpose in mind.

### Rule accountability

These by-laws will serve as the warning and anyone involved with the proven violation will be included in the punishment if deemed appropriate in the violation or violations. This can and will supersede any of the below punishments for specific rule violations if necessary. **NO EXCUSES**

- A. Any proven violation of these rules may result in the following:
- a. A written warning to remain as permanent record of the FCYFA, member association and FCPRD
  - b. A game suspension or multiple games suspension
  - c. Fines
  - d. Forfeiture of the game or game(s) and the team being disqualified from any post-season participation
  - e. Season suspensions and reported to the NYSCA

### Understanding of the rules

- A. Before being accepted as a member of a FCYFA team's coaching staff, each individual must have a thorough understanding of all FCYFA rules and philosophies. The coach must agree to abide by all provisions of these rules, and be willing to accept any penalties, which may be imposed because of violation of the rules. Ignorance of the rules is no excuse!
- B. A representative of the official's association, the FCYFA commissioner, and the FCYFA board of presidents will conduct a certification meeting for all coaches prior to the beginning of the season. It is mandatory that at least one coach from each team attend this meeting.
- C. An official copy of the playing rules will be available to all head coaches prior to the first practice of any FCYFA team. It is the responsibility of the league presidents to ensure each of their designated head coaches has a copy of the playing rules and agrees to abide by them.

### Forsyth Park and Recreation Department - Synthetic Turf field rules

- A. **\*\*\*Unauthorized use prohibited\*\*\*** Must have permit to use Synthetic turf fields
- B. To preserve the quality of the turf and provide a clean and Healthy environment, the following are not allowed on the Synthetic turf fields:
  - a. No pets of any kind
  - b. No food or beverages, including gum, seeds, nuts, Sports drinks or soft drinks. (only plain water Is allowed)
  - c. No smoking or tobacco products of any kind
  - d. No glass bottles or glass containers of any type
  - e. Playing golf
  - f. No folding chairs or any other type of outdoor furniture
  - g. No canopy/ tents of any kind (no staking anything into the Turf)
  - h. No metal spikes and/or cleats
  - i. Do not drag coolers, blocking dummies, or any other items on the field.
  - j. Do not pick or pull grass fibers or infill material on field.
  - k. Alert park staff if any clean up on field is needed
- C. If ANYONE is caught, violating the Turf field rule by a park representative there could be a \$100.00 imposed by the park representative. The decision to impose a fine is at the discretion of the park representative depending on the violation. If a fine is imposed to the head coach and Home Park of the person that fine is imposed against has until Wednesday the following week after the game to make payment to the FCYFA if the fine has not been paid then the Head Coach of that team will be suspended for the next game.

### Rule 1. Team responsibility

- A. All teams must clean up their sidelines after each game at every field. That team must clean up any materials used in celebration before leaving the park. FCPRD reserves the right to fine any park not complying with this clean-up effort after each game.

### Rule 2. Team composition

- A. Each FCYFA team shall be limited to a maximum of twenty-two (22) players. The minimum number of players any team shall carry is eighteen (18) unless approved by the FCYFA board of presidents. Each park will register players for one team of 22 and

begin a waiting list until at least 36 players are registered. As more players are registered, teams will be split according to the total number of players registered so that no team will fall above or below the max/min per team unless approved by the FCYFA Executive board. Each park will make every effort available to assure that all interested kids will be placed on a team.

- B. The staff of each FCYFA team shall be limited to one (1) head coach, one (1) assistant head coach, a maximum of three (3) assistant coaches, and one (1) team director (total of 6).
- C. The FCYFA association shall be comprised of teams from member associations of the Forsyth county youth football association (FCYFA) that are granted membership status per the by-laws of FCYFA.

**Rule 3. Ages and weights**

FCYFA will use a grade base system for football

- A. K & 1st Grade: associated age is 7 or younger on August 31st (must be 5 year old by August 31st to play) – A 5 year old not registered in Kindergarten can still participate in the K/1<sup>st</sup> Grade division.
- B. 2nd Grade: associated age is 8 or younger on August 31st
- C. 3rd Grade: associated age is 9 or younger on August 31st
- D. 4th Grade: associated age is 10 or younger on August 31st
- E. 5th Grade: associated age is 11 or younger on August 31st
- F. 6th Grade: associated age is 12 or younger on August 31st
- G. 7th & 8th Grade: associated age is 14 or younger on August 31st
- H. Note: If you are older than the age associated with your grade, you must play up to the next grade or to the grade that is associated with your age. You cannot play below your grade level.
- I. Note: Any child that has “skipped/advanced” a grade due to outstanding academic achievement will be allowed to play within their original grade division. The report card showing the advancement will have to be on record with the park that the child is playing at.
- J. The following age and weight schematic will govern the team make up for all FCYFA teams. Anyone that exceeds the allowable weight limit for each grade will be required to wear a restricted sticker on the back of the helmets.

Weight	Divisions
70#	K&1 <sup>st</sup> grade
85#	2 <sup>nd</sup> grade
95#	3 <sup>rd</sup> grade
105#	4 <sup>th</sup> grade
115#	5 <sup>th</sup> grade
125#	6 <sup>th</sup> grade
Unlimited	7 <sup>th</sup> and 8 <sup>th</sup> grade

- K. Unlimited weight is allowed to play if they follow restricted player guidelines listed in the rules that follow and wear the restricted decal on the back of the helmet.

**Rule 4. Team qualifications – age/equalization draft/addition of players**

- A. It is the responsibility of each association participating in FCYFA to assure that an equal balance of players representing each age group in a weight class exists when two or more teams from a weight class are registered from an individual association. Please refer the competition rules on drafting teams in the bylaws for further clarification.
- B. Each association will conduct an evaluation of the players to determine team and position placement prior to the draft. The evaluations will not be considered a practice and does not violate the practice policy detailed in rule 7c. Any association and/or age group may conduct an evaluation regardless of the number of players and/or teams.
- C. If during FCYFA book certification it is discovered that rule 3a above has been violated, the FCYFA commissioner will take appropriate action to adjust the team’s roster. This may include randomly selecting a player to be moved to another team’s roster.
- D. Each association shall conduct evaluations and drafts based on the competition section of FCYFA Rule book.
- E. Teams will be allowed to add to team rosters prior to the team certification with FCYFA Commissioner and their FCYFA director’s approval. No player who was playing school ball or travel ball can be added to a recreation team roster after official weigh-in.
- F. Any player added after the team certification must be approved by the FCYFA Executive board and will be restricted. No exceptions!
- G. After the first game, there can be no additions to any team unless the team loses players to season long injury and the team’s roster is below eighteen active players for the season.
- H. When the team falls below the 18-player minimum the coach has the option to request in writing to add players back to his roster. The coach cannot exceed his original roster number and must request the additions through his designated board. The president of the association will then petition the FCYFA commissioner for approval to add the players.
- I. In K/1st grade division, all upper aged players must be drafted first so each team gets an equal amount of each age players.

- J. There will be a mandatory executive board meeting as soon as all registrations are final to determine how many teams each association will have in each age group. This is to ensure that all associations are equal or close to the same number of players per team.

**Rule 5. Team certification**

- A. Team certifications will be conducted for all FCYFA teams. All of the following documents must be provided before any player is allowed to weigh in .documentation needed:
- B. Team roster in jersey number order. Players must line up this way for weigh in.
- C. Player information sheets in this order:
- a. Player form with picture in jersey with number visible (not in plastic sheet for weigh in).
  - b. Birth certificates
  - c. Proper physical form signed by a doctor. Physicals are valid for one year.
- D. Head coaches representing each FCYFA team will be required to provide team information books (picture books) and NYSCA or other FCYFA board approved certification to FCYFA representatives for review and certification.
- E. FCYFA team certification will be conducted at a time and location as provided by the FCYFA commissioner. The certification shall be conducted no later than the Wednesday prior to the first game of the season.
- F. Players will be required to attend the team certification. If a player is not officially weighed, this player is considered restricted.
- G. If a player is challenged, the coach must have the team book on the sidelines at all times and ready to present it in the event of such a challenge. If it is not produced, the game is considered a forfeit.

**Rule 6. How weigh-ins shall be conducted**

- A. There will be one official weigh in to be held at a scheduled time for each association at their park.
- B. Each park president will preside over the weigh in at his or her park. In addition, the VP or other board member from another park will attend the weigh in at another park for certification. All players must weigh in at the official weigh-in. Players who do not weigh-in at this time must: (a) make arrangements that is convenient for all other FCYFA officials and coaches to be weighed or (b) be designated as a restricted player for the entire season. Game jerseys with numbers should be worn at the weigh-in.
- C. Scales will be set at the prescribed weight limit and each player shall be weighed subject to that limit. No allowance shall be made for equipment or clothing. A player has the option to remove all clothing in order to make the weight limit.

**Rule 7. Practice**

- A. The purpose of this rule is to provide standard; fair and equal practice time for all FCYFA teams and to keep practice activity at a reasonable level during school days so as not to create a hardship on the players with regard to school studies and participation in school activities.
- B. Practice is defined as any gathering of players, prospective players, FCYFA team or individual players on a FCYFA team, to discuss the subject of football, to view films of football, to exercise, or to study football.
- C. FCYFA leagues are prohibited from engaging in any organized physical conditioning or other practice-type activity involving players, or prospective players, prior to the date set by the board of presidents. The only activity in which a player, or prospective player, may take part prior to the set date shall be registration, evaluations and a onetime equipment issue. Beginning date of practices will be set annually by the FCYFA board.
- D. All practices and games for FCYFA league teams must take place on a FCYFA field in Forsyth County. This means no practicing indoors in the event that practices are cancelled due to weather. A waiver to practice at a Forsyth County School can be obtained thru the Commissioner.
- E. In the event that a team has a bye week (no scheduled game on Saturday), that team may practice on that Friday or Saturday in place of not being scheduled to play a game.
- F. Practice
1. K/1<sup>st</sup> thru 3<sup>rd</sup> grade divisions can practice six (6) hours (3 meetings) per week until school begins.
  2. 4<sup>th</sup> grade through 7<sup>th</sup>/8<sup>th</sup> grade divisions can practice eight (8) hours (4 meetings) per week until school begins.
  3. After school begins and before season begins:
    - A. K/1<sup>st</sup> thru 3<sup>rd</sup> grade divisions can practice no more than four (4) hours (2 meetings) during the week and two (2) hours on Saturday
    - B. 4<sup>th</sup> grade through 7<sup>th</sup>/8<sup>th</sup> grade divisions can practice no more than six (6) hours (3 meetings) during the week and two (2) hours on Saturday.
  4. When season begins:
    - A. K/1<sup>st</sup> thru 3<sup>rd</sup> grade divisions can practice no more than four (4) hours (2 meetings) per week
    - B. 4<sup>th</sup> grade through 7<sup>th</sup>/8<sup>th</sup> grade divisions can practice no more than six (6) hours (3 meetings) per week.
  5. Curfews:
 

K/1<sup>st</sup> graders cannot practice past 8:00 pm.

2<sup>nd</sup> graders through 4<sup>th</sup> graders cannot practice past 8:30 pm.

5<sup>th</sup> graders through 7<sup>th</sup> and 8<sup>th</sup> graders cannot practice past 9:00 pm.

- G. The provisions of this rule are not intended to prohibit a FCYFA team, or its individual members, from viewing or listening to games on television or radio, provided such it is not used as a practice or training activity. FCYFA teams and their individual members may participate in non-practice social, civic, and church activities. Picnics, banquets, pep rallies, league carnivals, and work details...etc., are not in violation of the FCYFA rules pertaining to practices. This is provided such activity be not also used for FCYFA football instructions and practice.
- H. Violations of this rule, or any other rules pertaining to practice, or practice type activities, shall be considered a very serious offense. In the event any FCYFA team, or associated individual is deemed guilty by the FCYFA board of directors or violates any part of this rule or any other rule pertaining to practice or practice-type activity. They (the league, team, and/or individual) will be subject, collectively and separately, to a fine, suspension, probation, and/or any other action as the FCYFA disciplinary committee shall deem appropriate. This includes a recommendation for dismissal of the league involved.

**Rule 8. Game officials/chain crew**

- A. For all games, there will be three (3) officials on the field and one (1) official keeping the official game clock.
- B. It is up to each park president to notify all coaches, parents, spectators, and players that no one is to approach any official or chain crew member before a game, during the game, during half-time, nor after the game. All complaints should be directed to the park president. Any violation of this rule will result in penalties, fines, and/or suspensions at the executive board and commissioner's discretion.
- C. Chain crews must be posted on the side of the field opposite the press box and must refrain from any coaching. Any crew member who is found coaching, taunting the opposing team, or shows any such behavior will be replaced and a penalty will be called on the head coach of the team which he/she is affiliated.
- D. Referees will not wear microphones or headsets during any FCYFA event.

**Rule 9. "Running clock" rule**

- A. A "running clock" will be used when the point difference is twenty-eight (28) points or more anytime during the game and seventeen (17) points during the fourth quarter. The clock will stop only for an official's timeout. Anytime the point difference falls back to less than 28 points anytime during the game and/or less than 17 points during the fourth quarter, the clock will revert to a regular clock. This rule applies to all games, play-offs, and Lanier bowl. At any time during a running clock period of the game free substitution will be allowed by both teams and if the game goes back to a non-running clock a normal clock and normal substitution rules will apply.

**Rule 10. Free punt**

- A. On punt situations, the K/1<sup>st</sup> grade, 2<sup>nd</sup> grade, and 3<sup>rd</sup> grade divisions may move the ball forward 20 yards or half the distance to the goal inside the 40-yard line. When the on field coach of the offensive team informs the referee that they elect to punt, the clock will stop and restart when the ball is signaled ready for play after the change of possession.

**Rule 11. Scoreboard**

- A. All FCYFA fields have electric scoreboards with a clock and these are to be used if they are in working conditions. In the event that the electronic scoreboard malfunctions, the official that was in the score booth will keep the time on the field. This is not a protest able call and games will not be postponed or delayed to wait for the clock to be fixed.

**Rule 12. Game ball**

- A. Each park will provide the official game ball for each game at their park. No team will be allowed to use their own ball.
  - 1. Wilson mini model 1631 without stripes 5 & 6-year-old division.
  - 2. Spalding j5pw composite 7 & 8-year-old divisions.
  - 3. Spalding j5j composite– 9 and 10 year old divisions
  - 4. Spalding j5y composite – 11 and 12 year old divisions
- B. In all age groups, the position of the ball must be perpendicular to the field (long ways) for snaps and measurements. Players may not turn the ball sideways to snap.

**Rule 13. Player participation**

- A. All FCYFA teams will adhere to the player participation rule for their applicable age group. (exception: 7<sup>th</sup> / 8<sup>th</sup> grade division have free substitution)
- B. The Association and Head coach shall be responsible for ensuring compliance with the Minimum Play Rule. **NON-COMPLIANCE WITH MINIMUM PLAY RULE:** Each Association is responsible for disciplining violators. If a head coach is not complying with the minimum play rule, then that Association shall be responsible for investigating and punishing reported incidents of non-compliance
- C. The FCYFA has established the following guidelines for member associations to follow in dealing with instances of non-compliance:
- a. 1<sup>st</sup> offense – forfeiture of the game and coach is suspended for 1 week
  - b. 2<sup>nd</sup> offense – forfeit of the game and suspension of the coach for the season and possible not able to coach the following season as well.
  - c. Not with standing anything contained herein to the contrary, the FCYFA Executive Board is the final arbiter over team standings, records, and tiebreakers. While reluctant to do so, the FCYFA reserves the right to issue a forfeit to those teams whose coaches prove to be flagrant violators of its rules. A pattern of disregard for the Minimum Play Rule would constitute a flagrant violation of FCYFA rules.
- D. The game officials are not responsible for enforcement of this play rule. FCYFA commissioner should be notified of infractions of this rule within forty-eight (48) hours of the conclusion of the game.
- E. Any notice of infraction to this rule must be brought to the executive board’s attention within forty-eight (48) hours of the completion of the game. The league representative is required to meet the executive board with proof of the infraction.
- F. Coaches and directors have a shared responsibility to see that all children play as much as possible.
- a) K/1<sup>st</sup> grade - 50/50 entire game – no free substitution but the line-ups at half time can be changed to move players to different positions.
  - b) 2<sup>nd</sup> grade - 50/50 entire game – no free substitution but the line-ups at half time can be changed to move players to different positions.
  - c) 3<sup>rd</sup> grade – 10 plays per half
  - d) 4<sup>th</sup> grade – 10 plays per half
  - e) 5<sup>th</sup> grade – 8 plays per half
  - f) 6<sup>th</sup> grade – 5 plays per half - Players shall be assigned a starting position on the offensive or defensive roster. For every scrimmage play following all kickoffs and all change of possession, the starters from the roster need to be in the game. The minimum playtime shall not apply to special teams and PATs plays. If a team has more than 22 kids then they need to submit a roster listing 11 offensive and 11 defensive players and the remainder as subs. All starters and subs need to adhere to the 5 play per half rule. This is a clear the bench and minimum of 5 plays per half rule combined.
  - g) 7<sup>th</sup> and 8<sup>th</sup> grade – no restrictions on participation, however all coaches should ensure that all kids get adequate participation time.
  - h) A play is any offensive or defensive play.
- G. Disciplined player - If a player is required not to play or given limited playing time due to disciplinary action taken by his/her coaching staff, the opposing teams head coach will be notified of the action taken prior to the start of the game. The coach limiting the playing time must specify the reason for discipline, specify the amount of playing time, and prove parent notification and their board approval.
- H. Injured player – if a player is injured, he may be stationed on the sideline with his team. He cannot wear pads. Injured players must be listed on the roster as injured. It is the coach’s responsibility to review injured players stationed on the sidelines with the opposing coaches and directors before the game. Exceptions: for an injury occurring during the game and during periods requiring 50% playing time, the injured player will be announced “out” to the opposing team’s director and the new player announced “in.” The player does not have to be unsuited, and he may be able to come back into the game. In all cases, use good judgment.
- I. Game rosters are still to be filled out with listing the offensive and defensive starters and any suspended players, injuries and disciplinary issues for all games for K through 6<sup>th</sup> grade divisions. In games where you play out of county teams, you do not have to use an FCYFA roster form. However, you should provide the other team some type of roster.
- J. These rules are not to disadvantage coaches, but to ensure that every child on each respective team has as much playing time as possible. This rule is to help coaches put players in positions best suited for them and not intended to make sure any player gets **ONLY** the minimum plays per ½. If it is suspected that either team is illegally substituting during the game, the accusing director must go to the coach on the field and ask him to call time out. The director should discuss the issue with the opposing team’s director. If the issue is not resolved, the accusing director should make the head coach aware so that the head coach may inform the officials that the game is being played under protest.
- K. Any player and/or coach ejected from any game will not play/coach in the following game or the week of practice prior to the following game. It is up to the head coach to notify his board and the commissioner of any suspensions so the league can be notified prior to start of the following week.

**Rule 14. Game and Field rules**

The national federation of high school associations (NFHS) football rule book for the current year will be the basic set of rules. Where those rules are superseded by the Georgia high school association (GHSA) rules, the GHSA rules will apply. Any local FCYFA rules that are to supersede both the NFHS and GHSA will be explicitly covered in the FCYFA rules for the current year

- A. Regulation high school football field measurements shall be used in all games except the K/1<sup>st</sup> grade division, which will play on an 80-yard field. Goal posts shall be provided at each end zone.
- B. If playing conditions at game time are considered hazardous to the health and welfare of the participating teams, the game may be postponed by an agreement of both head coaches, or one head coach and the referee. The commissioner will set the rescheduling of this game after consultation with both head coaches. This will be without forfeit of the posted fee.
- C. As a safety precaution, the association shall be responsible for erecting a fence or safety barrier to separate the playing field from the parking area and spectator section. No cars will be allowed on or around the playing field, including end zones. The board member responsible for inspection of the field will determine the safety and sufficiency of such barrier and shall request the decision of the board of directors in cases where the safety and sufficiency are in question. No tents or spectators will be allowed inside the fence of the playing fields.

<b>K / 1<sup>st</sup> grade</b>	<b>2<sup>nd</sup> grade and 3<sup>rd</sup> grade</b>	<b>4<sup>th</sup> and 5<sup>th</sup> grade</b>	<b>6<sup>th</sup>, 7<sup>th</sup>/8<sup>th</sup> grades</b>
Four (4) seven min Qtrs.	Four (4) eight min Qtrs.	Four (4) eight min Qtrs.	Four (4) ten min Qtrs.
No kick off-ball spotted on the 30 yd line of an 80 yd field (actual 40 yd line)	Kickoff	Kickoff	Kickoff
<b>Free punt (rule 12)</b>	<b>Free punt (rule 12)</b>	Punt	Punt
80 yard field	100 yard field	100 yard field	100 yard field
The K/1 <sup>st</sup> grade division will play “4 – 7 minute quarters by a modified NFHS game clock rule. The clock will start on the ready for play signal by the official (except for the last 2 minutes of each half). During the last 2 minutes of each half, the clock will start and stop according to NFHS rules. All team time-outs will result in the clock starting on the snap of the football except when the game is under the running clock rule.	The 2 <sup>nd</sup> thru 5 <sup>th</sup> grade divisions will play “4 – 8 minute quarters and will play by a modified NFHS game clock rule. The clock will start on the ready for play signal by the official (except for the last 2 minutes of the 1 <sup>st</sup> half and the entire 2 <sup>nd</sup> half). During the last 2 minutes of the first half and the entire second half, the clock will start and stop according to NFHS rules. All team time-outs will result in the clock starting on the snap of the football except when the game is under the running clock rule.		The 6 <sup>th</sup> , 7 <sup>th</sup> /8 <sup>th</sup> grade division, which includes FCYFA, Alpharetta, and Roswell, will play “4 – 10 minute quarters” and use a standard high school clock and will start and stop according to NFHS rules. All team time-outs will result in the clock starting on the snap of the football except when the game is under the running clock rule.

- D. Extra points shall score two (2) points for kicking and one (1) point for passing and running. The ball will be put in play from the three (3) yard line. K/1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> grade divisions may score two (2) points by completing a forward pass and one (1) point by running. National high school federation rules, which apply to the point after touchdown, enforced accordingly.
- E. Two-color jersey numbers are permissible. Length of game jerseys must cover all protective gear.
- F. The national high school federation rule with regard to numbering interior linemen, eligible receivers, backs, etc. Will not apply.
- G. In all age group divisions, each team will be allowed three (3) time outs per half.
- H. K/1<sup>st</sup> and 2<sup>nd</sup> grade divisions – Defense is not be allowed to line up over the center or in the gaps between the center and guard positions. Offensive splits can be no more than 1 foot wide. Because of this rule, there will be no quarterback sneaks allowed. The quarterback must be led by a running back if running up the middle. The quarterback may run outside the guards. Penalty(s): same as illegal formation.
- I. K/1<sup>st</sup> and 2<sup>nd</sup> grade divisions - Defensive lineman must be in 3 or 4-point stance, any player tackle to tackle is considered a lineman on the line of scrimmage. Linebackers (tackle to tackle) must be off the line of scrimmage, depth must be 3 yards off the line of scrimmage, and penalty is same as a defense being offside.
- J. For 4<sup>th</sup> grade and up, unlimited weight for the tight end position can only advance the ball via a forward pass or fumble recovery beyond the line of scrimmage.
- K. Restricted players on defense may advance a fumble or interception.
- L. Restricted players on offense may advance a fumble only if the fumble recovery occurs past the line of scrimmage, if not the play is blown dead where the fumble is recovered.
- M. Fumbles recovered by restricted players on special teams will be marked down where the fumble recovery occurred.
- N. On offense in all age groups, the restricted player must play on the line of scrimmage and must be in a position that is no further out from the placement of the football than the tight end position.

- O. On defense, the restricted player must be within 7 yards of the ball and within 7 yards of the line of scrimmage. Prior to the play starting.
- P. Restricted players are not allowed to advance the ball on special teams.
- Q. Restricted players may only kick extra points and not act as a lead blocker on any muffed extra point attempt nor can they be a lead blocker on an attempted fake kick. He can act as a kicker and only a kicker and if he does not kick and attempts to lead, block the play is dead and no extra point attempt is awarded. If the ball is touched by the hands of the restricted kicker, the play is dead and no additional extra point attempt is awarded.
- R. No restricted player will be allowed to punt.
- S. 11-year-old 6<sup>th</sup> graders will be allowed to play up in the 7th/8th grade division with parents and park signed permission...
- T. Any restricted player violation will result in a dead ball play or no play and the penalty will be a 15-yard penalty and loss of down if the offense commits a player violation, a 15-yard penalty, and automatic first down if the defense commits a player violation. Any punt or extra point violation will be treated the same as an offensive and defensive violation. Any kickoff of kickoff receiving team player violation will result in a dead play, the violating team will be penalized 10 yards, and the kick will be played again.

**Rule 15. Coaches participation**

- A. In the K/1st grade division, each team may have two coaches on the field. In the 2<sup>nd</sup> and 3<sup>rd</sup> grade divisions, each team may have one coach on the field.
- B. If it is the opinion of the game official that is on the field a coach has interfered with the play the following will be used
- C. No-coaching rule (for coaches allowed on field during plays).
- D. Coaches participating on the field must be at least fifteen (15) yards behind the line of scrimmage and coaches are prohibited from coaching (talking to their players) on scrimmage plays from the time the snapper places his hands on the ball after the ball has been marked ready for play and until the play ends. Similarly, no coaching is allowed during free kick plays once the ball has been marked ready for play until the play ends.
- E. Enforcement of provisions of this rule is on a per team basis for each game.
  - A) Penalties:
  - B) First occurrence within a game:
    - I) This is a warning situation. The referee will give the “sideline warning” signal (signal 15), only. There is no yardage penalty for the first occurrence.
  - C) Second occurrence within a game:
    - I) This is a 5-yard penalty situation. The referee will give the “sideline interference” signal (signal 29) and assess a 5-yard penalty against the offending team.
  - D) Third occurrence within a game:
    - I) This is a 15-yard penalty situation. The referee will give the “sideline interference” signal (signal 29) followed by the “unsportsmanlike” signal (signal 27) and assesses a 15 yard penalty.
  - E) Fourth and subsequent occurrences within a game:
    - I) This is a 15-yard penalty and coach ejection situation. In addition to the “sideline interference” and “unsportsmanlike” signals, the “ejection” signal (signal 47) will be given by the referee and the offending coach will be ejected in addition to assessing a 15-yard penalty.
- F. Note 1: the enforcement spot for all such penalties will be the spot of the snap or free kick, regardless of whether the foul occurred during the dead ball interval preceding the snap / kick or during the live ball interval that occurs subsequent to the snap / kick.
- G. Note 2: the offended team has the option of accepting or declining the yardage portion of any such penalty. However, each occurrence of such penalties counts toward the cumulative number of occurrences in a game regardless of whether the yardage aspect is accepted.
- H. Note 3: these are by definition “non-player” fouls. Therefore, these fouls are not treated as player fouls for determining “double” or “multiple” fouls. Instead they will be treated similarly to live ball, player unsportsmanlike fouls except for spot determination as mentioned in note 1, above

**Rule 16. Uniforms and equipment**

- A. Each player must have a complete uniform and be legally equipped according to national federation of high school's football rulebook. If a player wears glasses, they must meet the standards of the NFHS federation rules. This is a safety issue and should not be waived. Coaches that have this situation on their team should ensure their director is aware of this and has the necessary release needed in section E below.
- B. In the 6<sup>th</sup> and 7<sup>th</sup>/8<sup>th</sup> grade division only: detachable cleats are permitted only when the shoe contains the receiver "female" and the cleat contains the insert "male" and exposes no metal. Other than, the type of cleat described above and a molded type cleat will be considered legal. Any other type of cleat will not be permitted. Any player in violation of this rule will be ineligible until permissible footwear is worn. Any player found to be wearing illegal footwear during a game will be penalized for illegal equipment and removed from the game until proper footwear is worn. It will be the head coach's responsibility to ensure that any player's detachable cleats are showing no metal before each game.
- C. All mouthpieces must be attached to the face guard and must follow GHSA guidelines.
- D. Facemask shields must be clear; they cannot be colored or tinted.
- E. Anyone with tinted eyeglasses or with eyeglasses that will turn tinted will need to have doctor's letter saying these are needed. This letter needs to be on the doctor's letter head and signed by the doctor stating the player needs to wear these. The parents must also write a letter stating they agree to release the parent football association, FCYFA and the referees from all liability resulting in any incident from the tinted eyeglasses. These letters from the parents and doctor need to be presented to the referee at each game for verification and kept in the team book. If they need these all season, the letters need to state they are needed for the entire 2011 season.

**Rule 17. Overtime regulations**

- A. All ties shall be broken using National Federation tie breaking rules, except as follows:
- B. There will be no maximum of overtime periods during regular season, playoff, and championship games.
- C. There will be a maximum of two overtime periods for pre-season games. If the score remains tied after the second OT session the game is considered completed and the score will be recorded as a tie.
- D. Initial possession will be decided by an official coin toss. There will be no additional coin tosses or intermissions during multiple overtime periods. Each succeeding overtime period shall alternate from first team on offense.
- E. The Head Official (white hat) may use discretion in determining end zone selection if conditions warrant or allow the team winning the coin toss to decide.
- F. The ball shall be placed the ball on the 10-yard line at the start of each team's possession.
- G. Each team will be allowed one time out per OT session.

**Rule 18. Sideline restrictions**

- A. Before, during and after any game, no one is to be allowed on the sidelines, outside the coaching box (25 yard line to 25 yard line), except the following:
  - 1. Cheerleaders have between the end zone and the 25 yard line;
  - 2. The official chain crew;
  - 3. Newspaper, magazine, and/or television photographic staffs, which have been authorized to take pictures of, or film, the game by FCYFA commissioner. Only FCYFA official personnel will be allowed inside the fence;
  - 4. A team director. This person may move from end zone to end zone. He/she must refrain from coaching in any way.
- B. Official league photographers (FCYFA commissioner approved) will be allowed to be on the sidelines as long as they are not interfering with the game.
- C. Parents are not allowed on the field at any time before, during, and after any game and or practice unless their child is injured and they are asked onto the field.
- D. Unless otherwise provided in these rules, before, during and after any game no one is to be allowed on the sidelines, inside the coaching box, except the following:
  - 1. The members of the participating team and the team's coaching staff who are listed as coaches on the team's official roster (refer to rule #1);
  - 2. The team's official league representative and/or league president.
  - 3. Two water boys per side.
- E. The president and/or other member of the board of presidents may be on the sideline at any FCYFA game, inside or outside the coaching box, when they feel such action is appropriate and in the best interest of the game or conference.

**Rule 19. Headsets**

Any team may use headsets during a game and the host association will be under no obligation to supply the same nor shall any team be prohibited from using headsets because the other participant does not have access to the same.

**Rule 20. Non-scheduled games and scrimmages**

- A. During the regular scheduled playing season, no team shall play more than one (1) game in any calendar week. Controlled scrimmages will be permitted with any team, but each such scrimmage shall be considered a practice.
- B. All night games preceding a school day will begin no later than 7:45 pm. (excluding playoff games)
- C. If an FCYFA team chooses to scrimmage or participate in a pre-season or post season tournament the teams' president needs to notify the FCYFA Commissioner and the FCYFA Secretary of the date, time, and location of said event. Teams are not allowed to participate in any other leagues except the FCYFA. FCYFA teams that want to scrimmage out of county teams need to have written approval from their association president and the FCYFA commissioner.

**Rule 21. Complete games**

All games must be played to completion, except under such conditions where the welfare of the players may be adversely affected. Both head coaches must agree to the shortening of any game. All unfinished games are to be reviewed by the president and the board of directors to determine if the game should be completed later. However, the president or the officer so designated for scheduling games shall have the authority to cancel, postpone, and/or reschedule any game, or part of a game, when such action will best serve the ideals, purpose or other interest of FCYFA.

**Rule 22. Postponing games / practices**

- A. Postponing games prior to the first game of the day
  - a. In the event of severe weather conditions, field conditions, or other unusual circumstances, this may present a health or safety hazard to the players, prior to games starting for the day. A game may be postponed for two (2) hours for hazardous circumstances. The FCPRD, FCYFA liaison, FCYFA commissioners, and head official will make the decision.
- B. Postponing/suspending games after the first game of the day
  - a. In the event of severe weather conditions after games have started follow these guidelines
    - i. If lightning is spotted, all fields are cleared and a 30-minute delay will occur. If conditions are safe after 30 minutes resume the game
    - ii. If after 45 minutes of waiting there is, still lightning in the area, we cancel the game we are delaying and record how it ended at the time of cancellation to include scores, possession and where and the time left in the game prior to the delay. If the weather has improved and parks and recreation allows us to continue, move to the next game if conditions are clear for the next game.
    - iii. FCPRD, FCYFA commissioners, FCYFA liaison and the head official will determine to postpone/suspend games for the remainder of the day.
  - b. Any determinations of a cancelled game being rescheduled will be made by the FCYFA executive board
- C. Postponing of games or practices due to heat related issues will follow the below rules
  - a. FCPRD will take wet-bulb readings from two areas of the county being Central Park and Sharon Springs Park well in advance of practices and games in the event of heat wave forecasts. The wet-bulb will give indications on what type of outside activity can be done.
  - b. FCPRD will notify presidents if any cancellations of postponements need to be done well in advance of the event being affected.

**Rule 23. Interval between games**

- A. In order to assure adequate time for proper player conditioning, warm-ups, officials' instructions, and introduction of team captains, etc., time permitting a fifteen (15) minute break shall elapse between the end of any one game and the beginning (kick-off) of the next following game. When the regular schedule starting time allows for fifteen (15) minutes or more between games, the game shall proceed as scheduled; however, if the previous game ran over a minimum of a (10) minute period between games will be allowed time permitting as to not start the game later than the regularly scheduled time.
- B. A game can be started early with agreement from both head coaches and the head referee.

**Rule 24. Playoff format**

In 2011 all teams will make the playoffs.

The playoff format will be as follows: Seeds will be determined by regular season record. Ties for seeds will be determined by head-to-head results. If a tie cannot be broken by head-to-head, then it will be a hat-pull or coin toss to decide the seeds at the FCYFA's discretion. Once the regular season is over a 4 round playoff bracket will be used and in some cases a play-in game might be needed.

**Rule 25. Videotaping**

A. No videotaping of other teams (scouting) will be allowed. Videotaping of another team is permitted only during actual play against that team. Game tape exchanging is allowed but the above rule must still be followed so no team is videoing a team without actually playing against them. If a coach and/or a member of an opposing team is caught videoing a team prior to playing them a mandatory suspension will be for the head coach to sit out the game where they play the opposing team they have videotaped.

**Rule 26. Home park responsibility**

- A. Preparing and marking the field.
- B. Providing all game balls, field markers and other necessary officiating equipment.
- C. Other necessary arrangements for the conduct of the game.
- D. The home team shall have their choice of sidelines. The team choosing the side of the field opposite of the press box shall provide chain crews. The chain crew shall remain on that side of the field opposite the press box. The chain crews shall consist of adults (no one under 18 years of age) whenever possible, the same crews should be maintained throughout the season, to assure performance that is more efficient. The chain crews shall take their posts at least five (5) minutes prior to time for the kick-off.
- E. To provide adequate safety equipment and to have emergency procedures conspicuously posted that includes the telephone numbers of an ambulance service, police department, and emergency rescue unit and to provide EMT/paramedic.
- F. All leagues must provide free admission to all FCYFA regular season games.
- G. All leagues must provide adequate seating for the home and visiting spectators.
- H. All leagues must provide a park representative with the primary responsibility being to assist game officials to a designated area before, during half time and immediately following each game. Regardless of the personal opinion of the host association, it is their professional responsibility to provide a safe environment for the officials.
- I. Each association is responsible for cleaning up their park after the games are over.

**Rule 27. Uniform colors**

Each FCYFA team must list the color of their jersey on the team's official roster. The FCYFA board must approve any change in uniform colors. Teams with home and away jerseys must bring both jerseys to every game. Any player, who does not have the appropriate jersey at game time, may be allowed to substitute jerseys of the same color as long as the player is properly certified in the certification book.

**Rule 28. Protests**

- A. Protests on matters of judgment as rendered by a game official will not be considered. Protests of eligibility must be in writing and submitted to the commissioner no later than seventy-two (72) hours after termination of the game so protested. A protest fee of \$100 must be paid at this time. The protests must be made known to one of the game officials handling the game during the game and that the game is being played under protest. The burden of proof is upon the team filing the protest to prove the allegations.
- B. Within twenty-four (24) hours after receipt of the written protest form and protest fee, the commissioner will determine if it is a legal protest then select a protest board. The protest board will consist of two (2) directors, one (1) recreation board member, one (1) official, and one (1) park staff member who has no stake in the outcome of the decision. The protest board shall render a decision on whether the protest shall be upheld within six (6) hours after the hearing is closed.
- C. If it is found that a team has permitted any coach or player who is ineligible under any rule, or by-law of the association, to participate in any game, the team shall be required to forfeit each and all games for the remainder of the season. Further, such violations may subject the player, coach, and association to disciplinary action, including suspension or dismissal from the association. Ineligible players and coaches shall not be permitted to be on the sidelines or to participate in any team functions during the suspension.
- D. No forfeit will be allowed due to the conduct or decision of any official, but inappropriate conduct of an official may be brought before the board of directors by written request and addressed by the board at a determined time.
- E. Any coach or player may appeal the protest committee's decision to the FCYFA executive board. Replaying of a game due to the misinterpretation of a FCYFA rule only pertains to nonjudgmental referee rulings and the replaying of a game decision will be determined by the protest committee at the time of the protest based on the merits of the protest and the rule that was broken and the impact on the outcome of the game it may have had.

**Rule 29. Administration, interpretation, and enforcement**

- A. The commissioner shall be responsible for issuing rulings on all questions of interpretation of the FCYFA rules and any other matters pertaining to the rules, which are not specifically covered. The president shall prepare a written report of all such rulings. A signed and dated copy of each such report shall be furnished to the secretary for filing and for future reference.

**Rule 30. Drafts**

- A. The draft rules are here to ensure each team has a fair opportunity to compete with equally talented players and create fair and balanced opportunities for all coaches and participants.
- B. The maximum number of players for each team by age group will be 22 unless otherwise approved by the Commissioner.
  - a. There will be a mandatory Executive Board meeting as soon as all registrations are final to determine how many teams each association will have in each age group. This is to ensure that all associations are equal or close to the same number of players per team.
- C. The draft shall be an open draft and conducted as follows:
  - a. Each association shall conduct an evaluation practice/session during which the head coaches and/or their designees will determine an assessment of the skill level of each registered participant. The Commissioner will set the dates for the week of evaluations
  - b. The draft will be conducted prior to the first week of practice in August. The FCYFA board shall oversee the draft. The procedure shall be as follows:
  - c. Drafts shall be open to essential officials ONLY, defined as:
    - i. Head Coaches of the drafting teams.
    - ii. Assistant Head Coaches (1 each) of the drafting teams.
    - iii. Board of Directors- Presidents from other associations who wish to observe.
    - iv. Commissioner or His/Her designee.
    - v. Representatives of Forsyth County Parks & Recreation Staff
- D. In K/1 division, all 1<sup>st</sup> graders/6 year olds must be drafted first. If a head coach or assistant coach's child does not attend evaluations, they must be drafted in the first round by that respective team.
- E. Each park will provide a spreadsheet with all the evaluation drills and scores on it per division sorted to establish a round per round draft sheet.
  - a. Note: The ratings will remain confidential to protect the children involved. All documentation will remain in the possession of the Commissioner as part of the official records of the FCYFA. If a child has not participated in the evaluations, they must be clearly noted on the evaluation/draft sheet to the official conducting the draft at the beginning of the draft and player will fall within one of the options below with input from the coaches/board of the division/association the player is in:
    - i. Option 1 - If the player is a returning player to the FCYFA – the player will be inserted in the draft based on past history of his skills
    - ii. Option 2 – If the player is a new player to the FCYFA – he will be entered as a “hat draw”
- F. Each team may “freeze” the Head Coach's child and 2 Assistant Coach's child and a Director's Child. The Head Coach will not choose a player in the round in which his child and the other coach's child is placed. In the event the Head Coach's child does not attend evaluations, that player will be the teams first round draft pick. In the event the designated Assistant Coach's child does not attend evaluations, that player will be the teams first round draft pick. If neither attends evaluations, those players will be the team's first and second round draft picks and so on for 3<sup>rd</sup> and 4<sup>th</sup> coaches
- G. A designated FCYFA official will then conduct a coin toss or hat pull to determine who will start the draft. The order of the draft will then follow the FCYFA draft order sheet.
- H. Each coach will chose one player per round of draft until all players are placed on a team.
- I. Coaches who do not have a child on their team will have no players “frozen” in any round.
- J. All draft selections are final no swapping or trading.
- K. The FCYFA Commissioner and FCPRD Liaison will be the final authority concerning the draft.

**Rule 31. Game Announcing**

- A. After the ready for play whistle is blown / and before the ball is snapped announcers need to be quiet until after the play is complete. There should be no music, no play by play announcing during the play. Violations can and will result in the referees asking the announcer be removed.

**FORSYTH COUNTY YOUTH FOOTBALL ASSOCIATION, INC. (BY-LAWS REVISED 2011)**

**Foundation**

- 1) Title – the name of the organization shall be called the “Forsyth County Youth Football Association, Inc.” Hereby known as FCYFA
  - a) General Purpose of Organization – The purpose of this association is to provide a recreational football and cheerleading program with major emphasis upon fun and enjoyment for youth interested in playing and participating and learning the skills of football and cheerleading. Major emphasis of this association is to:
    - i) Provide youth an opportunity for fun and enjoyment through a football and cheerleading program.
    - ii) Teach youth football and cheerleading skills and techniques.
    - iii) Practice good sportsmanship and physical fitness.
    - iv) This program will always promote Safety first by encouraging only programs with strict control over age, equipment, and proper behavior of participants, coaches, parents, and spectators
    - v) The FCYFA does not support the use of caffeine drinks, as Gatorade, PowerAde, Propel and Water are a healthier option for youth kids.

**FCYFA Competition Guidelines**

1. Coaches selection
  - a. We all hope that each year we get the best possible coaches that are willing to volunteer their time and effort; however, this always does not happen. Implementing the below items could create a standard across the FCYFA and the associations within it to eliminate and improve coaching issues
    - i. Design a standard coaching application and criteria that all parks use as a standard across the FCYFA
    - ii. The FCYFA would also implement a tracking database to track all coaches using a standard rating system from each parks board to complete. At the end of each year, we would update the database to keep track of the ratings.
    - iii. Create a standard coaches rating process for parents at the FCYFA level via the FCYFA website
    - iv. If a coach will not be allowed to return to, a park then that would be sent to the FCYFA Board.
    - v. Each parks president/VP would have access to this information along with all FCYFA coaches’ ratings each year from the FCYFA.
    - vi. Tracking the ratings could allow us to eliminate problems before they happen where applicable
2. Coaches Training
  - a. Establish a FCYFA countywide coach’s clinic involving all high school and middle school coaches with some players to go over live drills and techniques.
3. Coaches Mentoring
  - a. Each park will train new coaches or weaker coaches as deemed necessary by the Park board, with mentors of successful before and during the season. We would recommend getting together at least 4 times prior to season. 2 meetings to review drafting and game situations and a 3<sup>rd</sup>/4<sup>th</sup> meeting to review setting up a practice and drills. We recommend in the beginning of the season they practice on different nights where the mentor can attend mentee’s practice and Mentee attend mentor practice.
4. Evaluations
  - a. Establish an FCYFA evaluation process
  - b. The below are the standard combine drills
  - c. Full contact drills during evaluations are not recommended
  - d. All of the scoring methods below are time and distance based
    - i. Drills and columns for evaluation / draft
      1. 40 yard dash
      2. 5-10-5 shuttle run
      3. Block
      4. Tackle
      5. Overall column

5. Players per team
  - a. Our rules allow for teams of 18 to 22 or more which is applicable even how we split teams, however more teams to keep team sizes at 18-19 means more coaches hence the why the limitation on freezes is needed.
  - b. Each park needs to continue to take kids until the FCYFA officially announced sign-up is over.
    - i. Then we will meet and see where the numbers are at and decide how to handle this
6. Freezes Per Team
  - a. A hard limit of 4 freezes seems appropriate
    - i. A head coach and 2 assistants and allotting for the possibility of a coach having twin boys playing or a director.
    - ii. Therefore, you would have a head coach and Offensive Coordinator and Defensive Coordinator, which is the nucleus of coaching and a director similar to an Athletic Director that keeps the coaches and team paper work in line.
    - iii. However if one of the HC, OC, DC or Director has twins you would only be able to freeze 3 of them in the draft, but you get 4 players due to the twins.

### **Sponsorship**

- 1) Governing Body
  - a) This Association will operate as an independent body.

### **Officers**

- 1) Officers of this association will be an Executive Board, consisting of a Commissioner, Past Commissioner, FCPRD Liaison, Secretary, Treasurer, North Football Director, and South Football Director. The Executive Board will be elected by the Board of Directors, consisting of the Presidents of the four community associations, at a meeting attended by the current Presidents. If the Commissioner is standing for re-election, that meeting will be presided over by the FCPRD Liaison currently serving. A Commissioner whose term is expiring and who is not standing for re-election may preside over the election for the coming year as his/her final duty in office.

### **Financial**

- 1) This Association, being non-profit, shall remain self-supportive. All excess funds shall remain in the Association treasury for use during the following year, or be fairly distributed among the four community associations on a per player amount. The Executive Board of will make the decision to keep all or a portion of excess funds in the Association treasury or to fairly redistribute all or a portion of excess funds among the four community associations.

### **Duties of Officers**

- 1) **Commissioner** – The Commissioner shall be the Chief Executive Officer of the Association and, with the advice and consent of the Board of Directors, shall conduct the affairs of the Association. He/She shall preside over all meetings of the Board of Directors. He/She shall be responsible for working with the designated liaison from the Forsyth County Park and Recreation Department. He/She shall be responsible for providing game officials for all games. He/She shall direct the payment of all said officials. He/She shall oversee a check of all players' birth certificates prior to the first game of each season. He/She shall be responsible for and make necessary decisions on all matters relating to scheduling of games, both regular season and play-offs. He/She shall conduct periodic checks on the conduct of teams, players, and officials. He/She shall perform all such other acts as may be deemed necessary for the furtherance of the business of the Association or which the Board of Directors may direct. Once elected, the Commissioner cannot serve as an Executive Board member of a FCYFA association concurrently. If the Commissioner were unavailable to make decisions that need to be made for the FCYFA, the FCPRD Liaison would act on his behalf. The position of Commissioner is an elected position that requires majority vote of the current association Presidents. The position of Commissioner is a term of 2 years.
- 2) **Secretary** – He/She shall attend all meetings of the Board of Directors and shall record all votes and minutes of all proceedings in permanent books to be kept for that purpose. He/She shall perform like services for committees when requested. He/She shall give or cause to be given all notices necessary to the Board of Directors. The position of Secretary is an elected position that requires majority vote of the current association Presidents. The position of Secretary is a term of 2 years
- 3) **Treasurer** – He/She shall have charge of and be responsible for all funds, deposits, receipts, and reimbursements of the Association, and shall deposit or cause to be deposited in the name of the Association all monies in such banks or other such depositories as shall be elected by the Board of Directors. He/She shall prepare a statement of income, expense extractions, and cash balance on a yearly basis to be a part of the permanent records. He/She shall present such report orally to the Board of Directors on a quarterly basis. He/She shall present such a report in writing on an annual basis to the Executive Board, Board of Directors, and the four community associations within 45 days of the last scheduled games, as well as such other financial statements as the Board of Directors may require. He/She shall also be empowered to act in the absence of the Commissioner. The position of Treasurer is an elected position that requires majority vote of the current association Presidents. The position of Treasurer is a term of 2 years.
- 4) **North/South Football Directors** - Acts as liaison between parents, players, coaches, coordinators, and the Board on all matters that concern the FCYFA regarding the areas in which they represent being North and South Forsyth County. Each director will also

serve on a Committee within the FCYFA each year. The position of North/South Football Director is an elected position that requires majority vote of the current association Presidents. The position of North/South Football Director is a term of 2 years.

- 5) **Cheerleading Director:** Acts as liaison between parents, players, coaches and the Board. Oversees cheerleading issues within the FCYFA and can select a Cheerleading Assistant, to be approved by the Board. The Cheerleading Assistant shall act in the absence of the Cheerleading Director and will serve on a Committee within the FCYFA each year. The position of Cheerleading Director is an elected position that requires majority vote of the current association Presidents. The position of Cheerleading Director is a term of 2 years.
- 6) **FCPRD Liaison:** The Liaison is a Park and Recreation appointed person that assists the FCYFA in matters that require the attention of Park and Recreation of Forsyth County. Items such as field use for games and practices, game schedules and anything that falls under the contractual agreement with the FCYFA. In the event the Commissioner is unavailable to make decisions for the FCYFA or cast a tie-breaking vote the Liaison would assume that duty.
- 7) **Removal from Office** – Any of the elected officers of the Executive Board may be removed from office for failure to perform the duties of the office as outlined in the above sections. Removal from office shall be by a majority vote of the Board of Directors. A five-day notice of such vote shall be given to the Board of Directors. An election to fill the unexpected term shall be held as soon as possible.

### **Board of Directors**

Each community association referred to as the four associations, will have a President and other supporting officers as deemed necessary by that association. Their association's President will represent each association on the Board of Directors, and each association will cast one vote per motion. A motion will be approved and carried by any vote of 3 to 1 or more in favor. Associations not represented in each age group can only vote on matters pertaining to the age group in which they are represented. Any issues that require a vote by the Board of Directors cannot end in a tie. In the event of a tie, the commissioner will cast his / her vote to break the tie.

### **Committees**

1. Cheerleading Event/Award committee – This committee will consist of one representative from each association and a Chairperson who is not a member of any of the associations. The Commissioner will appoint the Chairperson. This committee will make decisions regarding cheerleading events and awards and present them to the FCYFA Board for approval.
2. By-laws and rules committee – This committee will consist of one representative from each association with one person being appointed by the Commissioner as Chairperson. This committee will be responsible for updating and distributing all rules and by-laws each year.
3. Football Event committee – This committee will consist of one representative from each association and a Chairperson. The Commissioner will appoint the Chairperson. This committee will make decisions regarding football event issues and present them to the FCYFA Board for approval.
4. Football Award committee – This committee will consist of one representative from each association and a Chairperson. The Commissioner will appoint the Chairperson. This committee will make decisions regarding football award issues and present them to the FCYFA Board for approval.

### **Meetings**

1. All meetings of the Forsyth County Youth Football Association will be closed meetings, open only to the Executive Board, the Board of Directors, and specific invited guests as approved by the Commissioner. There will be a General meeting open to the public held once each year. A quorum will be defined as three-fourths of the association Presidents present. Each association will be allowed one vote. In the event of a tie vote, the Commissioner shall cast the deciding vote and if the Commissioner is unavailable, the County Liaison will cast the deciding vote.
2. Cheerleading meetings, each association has designated or elected Director or President of Cheerleading will have the authority to vote on motions concerning cheerleading issues. Each association will cast one vote on any motion and motions will be approved and carried by any vote of 3 to 1 or more in favor. In the event of a tie vote, the FCYFA Cheerleading Director shall cast the deciding vote and if the FCYFA Cheerleading Director is unavailable, the County Liaison will cast the deciding vote.
3. Any motion made that does not need an immediate resolution there will be a 5-day grace period to allow associations time to discuss the effects of such motions with their own Association board. The motion will be written and voting can be done via email either after 5 days or at the next meeting in person.

### **Registration**

1. Registrations will be decided and posted in January in coordination with FCPRD and FCYFA. Football players can be registered until the first weight-in with approval of the Executive Board.
2. The associations Presidents will be responsible for recording each child's name, address, telephone number, and birth certificate. This information will then be forwarded to the FCYFA Association Secretary prior to the first game.
3. All football players and cheerleaders are required to have a physical completed by a doctor prior to practicing. Physicals are good for one year only.
4. Note: Any problem with certification of participants, i.e. adopted, orphaned, etc. This type of issue will be handled by the Board of Directors with the utmost of discretion and no embarrassment brought upon the child.

### **Membership Fee (Players)**

Each participant will pay an annual fixed county registration fee, the amount to be determined by the Executive Board prior to registration each year. The deadline for paying this fee shall be the date of the official participant certification and registration. The deadline for each association to pay for all players will be prior to the first weigh-in or sooner.

### **Insurance**

The FCYFA purchases a global insurance policy that covers all football players, cheerleaders in our program. This policy will also provide a liability policy to all coaches, board members, and executive board members.

### **Liability**

1. The association representatives, coaches, managers, referees, supervisory personnel, parents, and spectators will participate at their own risk. The association will not be responsible for injury to persons described above or damage to property.
  - a. Head Coach – It is mandatory that each head coach take the NYSCA or other FCYFA approved Certification Course and that the coach taking the course shall be at all games played by his team. If for some reason the Head Coach cannot take the course on the first offering, he should take the course at the next offering. It will be the responsibility for each association to make sure that the coaches attend the class, obtain a copy of the certification card, and perform background checks on all coaches. Each association will be responsible for paying registration fees.

### **Background Checks**

Each park must have a notarized consent form for a criminal background check for all directors, officials, and all coaches. These individuals must comply with Forsyth County's background check policy.

### **EMT**

Each park must provide an EMT, Paramedic, or certified sports trainer at every game. Each association will be responsible for paying that person.

### **Uniform and Equipment**

1. Each player must have a full uniform including a NOCSAE approved helmet with face guard, pants, shoulder pads, thigh pads, tennis shoes or rubber molded cleat shoes, mouth pieces (must be attached to face guard), and numbered jersey (each team member must wear an individual number.) The uniform must conform to the NFHS rulebook. The care and replacement of the uniform and equipment is the responsibility of the player and association.
2. Each association is also responsible for gathering and inventorying all equipment and locating proper storage for their uniforms and equipment at the end of the season.
3. Provisions for obtaining proper uniforms and playing equipment will be the responsibility of each association. Each association will provide a first aid kit and other necessary safety equipment. Each cheerleader will be provided with a uniform as well as other accessories provided at the association's discretion.

### **Scheduling of Games**

1. A schedule of regular-season games will be developed each year by the Commissioner to be published and distributed one week prior to the date of the first game. Depending on the number of teams in each age group, a two Division alignment utilizing pre-season and regular season games may be utilized. The timing of the development of this schedule is critical. It cannot be done until each association has a clear picture of its total enrollment, but must be established at least one week prior to the opening weekend. All regular scheduled games will be played at locations to be determined by the Executive Board.
2. At the conclusion of the regular season, the Executive Board will create a schedule of play-off games. The play-off process will result in two teams in each age group playing in the annual "Lanier Bowl" which will represent the season championship for the Association.

### **Unsportsmanlike Conduct**

1. All players, coaches, adult supervisors, officials, parents, and spectators are expected to conduct themselves in a sportsmanlike manner. Any violation of this principle shall be reported to the Commissioner by the opposing coaches, game officials, a team

director, or any other party. Should a violation be severe and/or a violator(s) be reported a second time, the matter will be brought before the Executive Board for disciplinary action. Penalties up to and including forfeit of the game may and can be imposed.

2. Any coach, director, player, or spectator who is ejected during a game shall be suspended for the week of practice leading up to and including the next game. Any coach who is ejected during a game will be fined \$150. Any coach, director, or spectator who is ejected from a second game will be ejected from all parks for the remainder of the season. Any player who is ejected from a second game will be required to present himself or herself before the FCYFA Board of Directors and Commissioner for a hearing to determine what matter of disciplinary action should be taken.
3. Unsportsmanlike conduct on the part of any participant, coach, parent, or spectator will not be tolerated at any time.

#### **Awards**

Awards/Trophies will be given to all players on teams participating in the annual Lanier Bowl. Players and Coaches on the "Runner-Up" team will receive awards, and players and coaches on the winning teams will receive "Lanier Bowl Champion" awards. There will be no awards given for 1<sup>st</sup> place finishes during the regular season and at no time will special awards for individual performance (i.e. Most Valuable Player) be considered or presented.

#### **Cheerleading**

Cheerleading will follow the FCYFA By-Laws, but has their own superseded by-laws and rulebook, which contains age requirements, practice times, registration information, and rules.

#### **FCYFRA**

The Forsyth County Youth Football Refereeing Association will follow the FCYFA By-Laws, but has their own superseded by-laws and rules, which outlines referee training, scheduling, and pay.

#### **Middle School/Travel Football**

No player shall be permitted to participate in FCYFA football while also playing for any Middle School/Travel team.

#### **New Associations**

No new association will be considered until all four existing parks have reached their full capacity for field space and the Forsyth County Parks and Recreation Department has available field space for a new association. The FCYFA Board of Directors reserves the right to expand with approval from FCPRD as needed once the capacity of FCYFA available field space is met.

#### **Changes to Regulations**

The Rules and By-Laws of the Association may be changed by a majority vote of the Board of Directors. When a meeting is called for proposing rule or by-law changes, a minimum 5-day notice will be given each association President. The Association Executive Board and Board of Directors must review all rules prior to August 1<sup>st</sup> each year. In the event of a tie vote, the Commissioner/Cheerleading Director shall cast the deciding vote based on a football / cheerleading rule or by-laws change and if the Commissioner is unavailable, the County Liaison will cast the deciding vote.

#### **Issues Not Covered in By-Laws**

During the conduct of this Association and the football and cheerleading programs, questions or issues may arise that are not specifically addressed or covered by these written by-laws or the FCYFA Rules. In such cases, said issues will be brought to the attention of the Commissioner and taken into consideration by the Executive Board and the Board of Directors for decision and resolution. In the event such decisions need to be incorporated into the by-laws, such will be done according to the procedures set forth in these by-laws regarding rule changes.