

# PYFA

## PANHANDLE YOUTH FOOTBALL ASSOCIATION



### ATTENTION:

The PYFA 2021 By Laws contain procedures and guideline to allow youth football to be conducted during the COVID-19 pandemic

# PYFA COVID 19 Procedures and Guidelines 2021

## GENERAL PYFA GUIDELINES

1. **Prior to every workout, practice or game, check for virus signs/symptoms.** Parents must not allow children to participate in any activity if they've shown virus signs or symptoms or have possibly been exposed to the virus in the **past 14 days.**
2. Maintain a six-foot distance between all players and coaches to the maximum extent possible.
3. Face coverings (masks) may be worn by coaches, officials, players, and other on-field personnel but are **optional.** However, masks and face covering may be required per **Area guidelines.**
4. Sanitize all equipment frequently and have an alcohol-based hand sanitizer available for players and coaches.
5. Have each participant bring and **clearly label their water bottle, towel, and other personal equipment** to help promote the prevention of the sharing of personal items.
6. Request all participants follow standard infection prevention measures (e.g., frequent handwashing, avoid touching of face, covering of mouth with inner elbow when coughing, avoid touching common surfaces, etc.).
7. Ensure that appropriate **infection prevention supplies are present** in multiple targeted areas (e.g., hand sanitizer, facial tissues, facial coverings, etc.)
8. Promote the rigorous, frequent sanitizing/disinfecting of any shared equipment (as appropriate within your phasing) before, during, and after all training sessions, practices, and games.
9. **Players and coaches who are high-risk should not participate in practices or games. High Risk individuals** are defined by CDC as people **age 65 years and older** and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

## COACHES REPOSIBILITIES

### **MODIFIED PRACTICES- Non-Contact**

- A. Maintain at least a six-foot distance between all players and coaches to the maximum extent possible.
- B. Run individual drills that are either unopposed **without contact or against bags or soft surfaces** with coaches remaining six feet from players.
- C. Passing, kicking, punting, and shotgun snaps between players are acceptable are acceptable activities. However, **hand-offs and snaps under center are discouraged** due to a lack of physical distancing. All equipment, including footballs, should be sanitized as frequently as possible during practice.

## **MODIFIED PRACTICES- Contact**

- A. Maintain a three-to-six-foot distance between all players and coaches when not directly participating in practices and games.
- B. Continue to encourage the use of drills at the “Air” and “Bags” levels of contact.
- C. Bags and sleds are to be sanitized before and after practice
- D. **Introduce contact, including blocking and tackling with partners or within small groups.** This may include limited 1-on-1 contact drills and 7-on-7 skeleton drills.
- E. Large group drills like 11 vs. 11 team should remain non-contact until approved by the Area President or Board of Directors.
- F. Encourage small-sided type games and activities, such as 3-on-3 or 4-on-4 situations.
- G. In contact drills, keep players in small groups of 5-to-10 teammates.

## **Parent’s Role**

The parent’s active participation is crucial to the overall success of the youth football program for each area and the PYFA. Each Head Coach will provide to the parents a list of activities which will assist in the health and safety of every participant. These can include:

1. Washing dummies after every practice
2. Rotating and recording temperature checks daily
3. Providing supplies including wipes, sanitizer, hand soaps and refills
4. Control of water stations during practice and games
5. Ensure each player changes the mouthpiece every 2 weeks
6. Cheer- Washing pom poms and hand sanitizer preparations

## **FURTHER CONSIDERATIONS**

### **Practices and games:**

1. Consider having coaches call plays from the sidelines rather than in a team huddle.
2. Provide **additional footballs**, if possible, to allow for more frequent equipment switches and disinfect footballs with disinfecting wipes or alcohol as often as possible.
3. Discourage players from removing and re-inserting mouth guards.

4. Players should adhere to and maintain physical distancing whenever possible and avoid handshakes, high fives, or other congratulatory contact with teammates.

**5. Avoid shared or team snacks after practice/games.**

6.. Instruct parents to keep helmet, pads, gloves, uniforms in a plastic bag during the ride home and until they can follow cleaning and/or sanitizing instructions.

7. Encourage parents to immediately wash all items upon returning home and to use sanitizing products and to wipe down any equipment that cannot be washed in a washing machine.

## **VI. KNOWN EXPOSURES**

A. In the case of a known COVID-19 exposure/illness/positive test:

1. Immediately notify everyone across your league that you had a player, coach, official and/or other category of individual test positive for COVID-19. Respecting Personal Health Information, you should not publicize that individual's name.

2. Immediately contact your local public health authorities to allow them to begin the process of contact tracing and other possible actions/steps.

3. Individuals who have had close contact to someone who tests positive are required to self-isolate for **at least 7 days but can be up to 14 days at the discretion of the PYFA.**

4. Individuals who test positive for COVID-19 infection will be required to self-isolate and avoid sports participation for a **variable duration of time**. Prior to returning to football, they need one negative test and a note from their health care provider releasing them to full participation

# 2021 Season

## PANHANDLE YOUTH FOOTBALL ASSOCIATION BY LAWS

### I. The Association

**A. Organization:** This organization shall be known as the **Panhandle Youth Football Association (PYFA)** and shall be governed by these By-laws.

1. Initial adoption of By-laws - These By-laws shall be deemed adopted when signed by the Representatives of all present Areas.

2. Amendment - These By-laws may be amended by vote of a majority of the Representatives of all participating areas.

**B. Purpose:** The purpose of this organization shall be to foster the sport of football and regulate activities among the youth of Northwest Florida, and to educate adults to be youth leaders through involvement in the Association of youth football program.

**C. Management:** The management and administration of the Association shall be conducted by the Board of Directors and one Area Representative from each area in the association. The Board of Directors shall be the President, Vice President, Treasurer, Secretary, Public Relations Director, and Football Director. Each participating Area may designate an alternate Area Representative who may cast that Areas vote at meetings and exercise all other powers on the absence of the regular Area Representative for that Area. The PYFA President shall not be an Area Representative or Alternate Representative.

1. The active participating areas in this organization are the following: **WALTON, NICEVILLE, PANAMA CITY BEACH, SOUTH WALTON, SHALIMAR, CRESTVIEW, FREEPORT, LYNN HAVEN STORM, LYNN HAVEN RAIDERS, FT. WALTON BEACH, VERNON, JACKSON COUNTY, HOLMES COUNTY, DESTIN, and CALLAWAY.** All organizations are resident in the Panhandle of Florida.

2. Participating Areas may remove an Area Representative or designate a new representative at their discretion and may establish their own individual procedures for doing so. If a participating Area fails to designate an Area Representative during the regular season then the Board of Directors may designate an acting representative for that area. No area will be deemed participating in the Association unless it is represented by a designated Area Representative prior to the meeting at which the regular schedule for that year is adopted. An Area Representative shall continue to serve in that capacity until he resigns, or until a new Area Representative is designated by the participating area, or until he is removed by the Association for violation of these By-laws.

### D. Meetings:

1. Annual Meetings: There shall be an Annual Meeting of the PYFA Board in January to review the results and issues of the previous season. At the February annual meeting, an election of officers will be held.

2. Scheduling Meeting: There shall be a meeting each year during the month of August at which meeting the Regular Season Schedule shall be adopted. Such meetings shall be referred to in all notices as the Scheduling Meeting. The Scheduling Meeting shall be held on 14 days' notice. Any other necessary business may be transacted during the Scheduling Meeting.

3. Regular Meetings: Regular Meetings for the transaction of necessary business shall be called on 7 days' notice.

4. Emergency Meetings: Emergency Meetings to transact only such emergency business as is set forth in the notice of the meeting must be conducted with a minimum 48 hour notice. Only, Board Members, Area Representatives, and the effected parties may attend this meeting. These meetings can be held by emails or conference calls if a face-to-face meeting is not possible.

5. Rules Infractions Meetings: Infractions of these By-laws may be determined to have occurred, and sanctions imposed for such infractions only at an Infraction Meeting conducted with a minimum 48 hour notice. Such Notice shall state that the meeting is an Infractions Meeting and shall state the date, times, place. The PYFA board will preside at the infraction meetings but other attendees will include the individuals involved in the suspected infraction as well as to the Area Representative of teams involved. All players and coaches of a team shall be deemed to have been given such notice if such notice is given to the Head Coach of the team. No sanctions may be imposed at any meeting on any person, team, or Area which was not given notice of the meeting as required by this paragraph. All infractions must be brought before the area representative prior to requesting an infraction meeting.

6. Complaint Process: Parents and Coaches that have complaints will direct those complaints to their Area Representative for consideration. In the event the Area Representative cannot properly address the complaint, the Parent/Coach can bring the complaint to their Area Board of Directors. **The PYFA will not be part of the area complaint process and will only provide assistance as requested from the Area Representative.**

7. Notices: Notices of the Annual Meeting, Scheduling Meeting, Emergency Meetings, and Infractions Meetings shall be by the secretary to each Area Representative in advance as required above. The Secretary shall also send additional notices of Infractions Meetings as required above. It is recommended that written notice of Regular Meetings be given, but an email notice is sufficient.

8. Calling Meetings: The President may call Board meetings with minimum notice as required and direct the secretary to send required notices to Board members.

#### **E. Quorum:**

At any meeting of the Association, a quorum shall consist of a minimum of 4 Board Members and four Area Representatives. An alternate Area Representative present in lieu of that Areas regular Representative shall count towards a quorum.

#### **F. Voting:**

At each Panhandle Football Meeting, each Board Member and Area Representative shall be entitled to cast one vote in the affairs of the Association; such vote to be cast by the Area Representative or, in his absence, the alternate Area Representative. The President may vote only to break a tie. However, the President shall not vote

on any resolutions to impose penalties for violation of these By-laws; nor shall the President vote in the election of a new President.

### **G. PYFA Monthly Meetings:**

1. All areas will be represented at the monthly PYFA board meetings. This may be the designated area representative or any person appointed by the area representative in their absence. An area can be represented by a PYFA Board of Directors member from that area with the exception of the PYFA President.

2. Any Area in the association may miss one meeting during the year. A \$50.00 fine will be collected for every meeting missed after the first missed meeting. This fine is payable when team fees are collected prior to the start of the season. If any area refuses to pay any fine, they will not participate in the post-season playoffs the current year.

### **H. Board of Directors:**

All board members shall be elected by a majority of Directors and Area Representative voting at the Annual Meeting, and shall serve until their successors are elected at the next annual meeting. The Association shall have the following Officers:

1. President - The chief executive officer shall be the President who shall call and preside at all meetings and have primary responsibility for the administration of the Association. The President is a voting position.

2. Vice - President- May be an Area Representative and shall preside at meetings in the absence of the President, but shall not be entitled to cast the President's tie breaking vote. The Vice President shall have such other duties as authorized by the Board of Directors. The Vice President is a voting position.

3. Secretary- Shall keep the minutes of all meetings, be the official custodian of Association position and may be occupied by an Area Representative. The Secretary is a voting position.

4. Treasurer - Shall be the custodian of the funds and bank accounts of the Association. The office of Treasurer is a voting position and may be occupied by an area Representative. The Treasurer is a voting position.

5. Public Relations Director- Appointed position each year. Shall coordinate all public relations activities including the maintenance of the PYFA website. Public relations Director is a voting position.

6. Football Director – Appointed position each year. Shall coordinate all player safety activities including USA Football “Heads Up” program and be the primary liaison with official associations. Football Director is a voting position.

7. Cheerleading Director - This individual shall coordinate all cheerleading activities within the PYFA with area cheerleading advisors including cheerleading competitions and fund-raising activities. The Cheerleading Director is a non-voting position and assigned by PYFA President.

### **II. Participating Areas:**

Any city or community which deems itself capable and interested in supporting a youth football program may apply to the Association at any time to become a participating Area. To qualify for admittance the Area must be able to field at least one team in three divisions of play. Approval will be by a majority vote of Area Representatives at a meeting conducted with a minimum ten day notice of such application. No newly admitted Area may include a geographical portion of an Existing Area without the expressed written consent of the Area Representative from the existing effected Area. A newly admitted Area shall be entitled to have an Area Representative in the Association and to the same privileges as are held by existing Areas.

1. Scope of Participation - An Area may participate by fielding one or more teams in three divisions of play under these By-laws. The Area must show proof of home field, insurance, equipment and roster of 16 or more players.

2. Maintaining Area Status - Once an Area is granted admission to the PYFA they will retain area status even if they drop below the three divisions of play participation requirement. Areas are considered "inactive" if they cannot fill a minimum one team roster for the year. Inactive areas will be removed from the PYFA after two years of inactivity.

3. Renewal of Area Status - Any Area that was previously a PYFA member in good standing can reapply for admission to the PYFA. The Area must be able to provide at least one team in three divisions of play by the Scheduling Meeting. Any Area may reapply for admission to the PYFA at any time.

4. New Areas: Any future areas that want to join the PYFA must be in place by the April PYFA Board Meeting.

### **III. Funding**

A. Each Area shall generate their own funding to operate their own teams.

B. Board of Directors shall require each area to pay an annual fee not to exceed **\$75.00** per team (Boomers included). In addition, all fines imposed on any area during the year must be paid when Area Team Fees are paid. Failure to pay the required fees by this date will result in penalties (additional fees, loss of play-off participation, etc.) as directed by the Board.

C. Matters of financial assistance must be addressed to the President and Board of Directors in writing. The board will thoroughly investigate upon request. The board will present its findings and recommendations, to include a repayment schedule to the Association for approval. Any loan exceeding 90 days shall bear interest at the current CD rate.

D. There will be NO SOLICITATION for the PYFA. The PYFA MAY NOT be used as a means for requesting funds.

E. PYFA Board will coordinate collecting the gate for all Playoff Games and Super Bowl. The PYFA will pay for the officials at these games. The gate fee not exceed \$5.00 per spectator over the age of 6 for the play-offs and \$7 Gate fee for Super Bowl.

**IV. Injury Policy and Procedures.** The PYFA, as an independent sanctioning authority, has established policies and procedures for injuries to players which are as follows:

A. General Policy and Procedures. The PYFA requires that all participating areas maintain equipment and facilities that meet standard safety requirements for all players and coaches. This requirement is monitored on a regular basis by the PYFA board members. General procedures for all injuries are as follows:

1. Any player sustaining an injury in practice or during a game will be immediately removed from that activity.

2. The parent or legal guardian will be contacted as soon as possible. However, player safety and first aid (if required) will be the priority before contact is attempted.

3. The head coach will ensure that an injury incident report form is filled out and returned to the area representative within 48 hours of the incident.

4. If the injured player visits an ER or physician, written permission from a physician is required before that player can return to any activity.

B. Head Injuries. Additional procedures for head injuries are as follows:

1. The PYFA will adopt guidelines to educate coaches, players, and their parents or guardians of the nature and risk of concussion and head injury.

2. Each area will require the parent or guardian of a player who participates in athletic practices or competitions of the PYFA, before the player participates in a competition, practice, or other activity, to sign and return a consent form that explains the nature and risk of concussion and head injury, including the risk of continuing to play after a concussion or head injury has occurred. This form should be available as part of the registration process for that area.

3. Each area will require youth athletes who are suspected of sustaining a concussion or head injury in a practice or competition to be immediately removed from the activity.

4. Each area will ensure a youth athlete who has been removed may not return to practice or competition until the youth receives written clearance to return from a licensed physician.

## **PANHANDLE YOUTH FOOTBALL ASSOCIATION RULES AND PROCEDURES**

### **I. Regular Season Schedules and Playoffs. –**

**A. Regular Season.** Each year the Association shall conduct a regular schedule of games for each division.

1. A Jamboree, if applicable will be played prior to the first game of the season.

2. The schedule shall provide for games by teams fielded by participating Areas only. **Non-sanctioned PYFA games are prohibited.**

3. Each age division schedule shall result in each team within that division playing the same number of games when at all possible. Each team shall be home team for one half of its scheduled games when at all possible.

a. Home games will also be limited to areas that cannot field teams in all age groups.

b. In the event of financial situations the PYFA can add or subtract home games as necessary.

4. Each team shall play one game per week unless approved by the PYFA Board. Games canceled due to weather will not normally be rescheduled unless approved by the PYFA Board. Games shall normally be scheduled for play on Saturday and shall not be played from Sunday through Friday unless approved by the Board. Two games may be played during the week including back-to-back games with Board approval. If two games are played back to back, each team participating will have a mandatory off day the following day.

5. Practice will not begin prior to **26 July** of the current year. The official start of the PYFA season is the first day of practice. If any team in any area starts practice prior to the official start day, that area will lose one weekend of home games for every day of practice. Games shall be scheduled for play during August, September, October and November; however, post-season play may be scheduled during December. Non-sanctioned PYFA games are prohibited. Games played with teams outside the PYFA during the season are prohibited. The season is considered over when your team is out of the Playoffs.

6. Open dates are permitted to balance the rotation of the schedule; however, no team shall have two consecutive open dates unless agreed to by the Area Representative.

7. Game sites or playing times may be changed only by mutual agreement of the Area Representatives of the two teams involved, with the approval of the President. Except for a true emergency, approval of the President must be obtained at least 72 hours prior to the earliest of either the originally scheduled game time or the revised game time. In case of emergency, such as power outage at a night game, severe weather, or other conditions, approval of the President may be obtained on the spot or on reasonable notice to both teams.

8. Area games may not be started before **8:30** am unless cleared by the PYFA Board.

9. A game is considered completed if the teams complete the first half.

10. Any area may field more than one team in each division. Final team rosters must be provided to PYFA by the designated date each year.

11. Players will sign up in the area which they reside to the maximum extent possible. A player's home park is determined first by the area of residence and second by the first park they register in. A player may sign up in another PYFA area if it is agreed to in writing by the area representative in which the player resides. The written agreement must be provided to the PYFA Board of Directors and maintained by the PYFA Secretary. That player may only play in the area that they sign up in for the current year and areas cannot be changed within the season. The player has the option to sign up in his home park the following season. If the area representative disagrees with the transfer and will not sign an agreement, both area representatives will present the issue before the PYFA Executive Board for final resolution. The PYFA Executive Board will determine paperwork requirements on a case-by-case basis.

12. No out of area recruiting will be allowed for any area. This applies to all representatives of the area including board members and coaches. Out of area Recruiting Violations will go to the Board of Directors for resolution. Penalties will include as a minimum, forfeiture of all games which the player or players participate. Other penalties will be determined by vote of the Board of Directors and Area Representatives and can include but are not limited to coaching suspensions, loss of playoffs for the team or area, or fines to the PYFA.

13. Forfeited Games- If a team declares a forfeited game after Thursday of game week, the Area will be charged a fine of \$250. If the same team forfeits a second game, an additional \$250 fine will be assessed and

that team will be removed from the schedule for that year. If a forfeit is declared during the course of a game due to coaches or sideline issues, both areas involved will be fined \$250 dollars.

**B. Playoffs: THE 2021 PLAY-OFF FORMAT, DATES, NUMBER OF TEAMS, LOCATIONS, ETC. MAY BE CHANGED OR MODIFIED AT ANYTIME BY THE PYFA DUE TO CIRCUMSTANCES ARISING FROM THE COVID-19 PANDEMIC.**

The eight teams with the best overall winning percentage will advance to the post-season playoffs for the Boomer, Pee Wee, Junior, and Senior Divisions.

1. If there is a tie for any of the play-off positions in either division, the tie will be broken first by using head-to-head record. If a tie still exists, winning percentage will be used second. Third option will be a coin toss and option four will be a draw out of the hat. Once the top eight teams from each age group have been determined, the playoff seeding will be established.

2. There will be one bracket per age group in which the teams will be seeded by record. Seeding will be 1 vs. 8, 2 vs. 7, 3 vs. 6, and 4 vs. 5. Ties for seeding position will compare both winning percentage and head-to-head record.

3. Awards for the Super Bowl champions and runner-ups will be determined by the PYFA. Super Bowl Awards will be purchased by the PYFA.

## **II. Area and Team**

### **Organization**

A. Subject only to the limitations and requirements expressly set forth in these By-laws; each Area may conduct its affairs, as it shall deem appropriate.

B. Area Representative is deemed by the Association to be fully authorized to act on behalf of, and to make decisions binding upon, the Area he represents. All coaches, parent directors, athletic directors, cheerleading sponsors and coordinators shall be familiar with and abide by all rules, regulations, and by-laws of the Association.

C. No team may participate in the Season Schedule, practice, or scrimmage unless that team has been registered with the Association as a participating Area. Individuals may participate in the Associations affairs or programs only as an officer, an Area Representative, Alternate Area Representative.

D. Team Coaching Requirements: Each team must have one registered Head Coach and registered assistant coaches. All coaches are encouraged to complete USA Football "Heads Up" Level 1 certification prior to the official league start date. One coach per team is required to be "Heads Up" certified by this date. **All coaches will have PYFA badges prior to the first game and can be purchased for \$10 from the PYFA.** Only coaches with identification cards may address the officials during the course of a game. **If a coach does not have a current ID card in his possession, he is considered an "active" coach but is limited to PYFA Respects (cannot address officials, PYFA playoff individual entry fee will apply).** All Head Coaches and assistants must have background checks for the current year completed and on file with their Area Board. A copy will be provided to the PYFA Secretary with the final team rosters. If a current background check is not provided, that coach will not be eligible to coach until it is provided to the Area Board. Each Area is responsible for determining how to fund background checks for their coaches.

1. HEAD COACH: The Head Coach has total authority over the preparation and discipline of his team players, and over the responsibilities and conduct of his team's Assistant Coaches, parents, and spectators. All details of practices, game preparation, travel arrangements, and similar procedure are under the authority of the Head Coach.

- a. No person may serve as Head Coach of two PYFA teams.
- b. In the absence of the Head Coach during a game, one Assistant Coach of the team shall serve as Acting Head Coach.
- c. No game shall be forfeited because of the absence of a Head Coach.
- d. A team may have 7 additional coaches, all of whom shall be Assistant Coaches.  
The names and addresses of all Assistant Coaches shall be registered as Assistant Coaches with their respective Area Board.
- e. The Head Coach or his designee must be at all weigh-ins.
- f. The Head Coach is responsible for the actions of the assistant coaches, players, parents and spectators. Failure to enforce good sportsmanship values during any game will result in an Unsportsmanlike Conduct penalty on the Head Coach.

2. The Head Coach may impose suspension or benching of a player as a disciplinary action for missing practice, failure to participate, refusal to follow instructions, or other breaches of the good order and discipline of the team. The Head Coach may allocate responsibility among Assistant Coaches as he deems fit. All coaches must have their PYFA photo identification card displayed or they will not be allowed to address the officials during the game.

3. ASSISTANT COACH: The Assistant Coaches shall carry out the instructions of the Head Coach, and shall have authority over practices and team discipline subject only to those instructions. An Assistant Coach may recommend benching or suspension of a player, but only the Head Coach may impose such measures.

4. No more than **eight** people on the field in the coaches box at a time including the Head Coach. This can be any combination of assistants and team help. Enforcement may be limited in City Parks but will be strictly enforced in stadium setting.

5. Coaches ejected before, during, or *after a* PYFA game must release their identification card to the Area Representative. The Head Official will report the circumstances of the ejection to the area representative prior to leaving the field. The Area representative is responsible for providing a written statement to the PYFA Board addressing who was ejected and the circumstances. Coaches ejected during a game will be **suspended for four consecutive complete quarters** but will be allowed to prepare his team during the week. Coaches ejected a second time in the same season will be suspended for the remainder of the season.

### III. PLAYER ELIGIBILITY:

A. A player may only move up one age group due to reasonable circumstances and must be first approved by area representative with the PYFA Board as the final approval authority. However, if a child moves up one age group there must be a written consent from the player's parents provided to the area rep and PYFA Board. That player must remain with the team he moved up to for the duration of the season.

B. Minimum Number: A team must have a minimum of 11 eligible players on the field for game play. If 11 players are not available, that game may be played with consent of both coaches but the team with less than 11 will receive a forfeit.

C. **Maximum Number:** Peewee, Junior, and Senior teams may not have more than **32** players on its roster with a minimum of **16** on the roster. Boomer teams will have a maximum of **26** players with a minimum of **13** on the roster.

D. Players will be placed on teams on a first come basis. Any area that has filled a team and does not have enough players to split into two teams **MUST** notify the additional players of other participating areas that may have space available for play. Registration forms must have a date and time of registration listed for verification.

E. **Restricted Players-** Any player over the set run weight but does not exceed the maximum weight restriction in that division will be considered "RESTRICTED." Restricted players can be identified by a large "R" on the back of the helmet. The Area representative and all Head Coaches will have in their possession additional restricted stickers in the event a player does not make weight at the scales. Restricted players are not eligible on a free kick which is defined as kick-off or kick-off return.

1. The traditional/balanced offensive alignment is LT- LG- C- RG- RT and all restricted players can play in these positions. In **UNBALANCED** formations (i.e., G-C-G-T-T) restricted players may also play in any of these positions. In either of these formations, the restricted players on the outside **do not** have to be covered by a TE. In **NON TRADITIONAL** sets with "swinging gate" formations, restricted players must still play in the box. Restricted players can PULL when ball is snapped. In all formations offensive linemen can start in a 2, 3, or 4 point stance. **ALL RESTRICTED PLAYERS MUST STAY IN THE 5 MAN BOX.**

2. On defense, the restricted players must also play in the **5 man box.** Against a balanced offensive set, defensive restricted players must be "head up" or inside the tackle. Restricted players can play outside shade of the OT if there is a TE present. If the offense shifts formations prior to the snap, restricted player **do not** have to readjust their line-up. **ALL DEFENSIVE RESTRICTED PLAYERS MUST BE IN A 3 OR 4 PT STANCE AT THE SNAP.** - Offensive spread offensives sometimes leave DT as the end man on the line of scrimmage. This is allowed as long as the DT is head up to the OT.

3. For teams that cannot field 11 non-restricted players on kick-off and kick-off return the ball will be spotted on the 25 yard. In this circumstance, a team wishing to attempt an on-side kick will be allowed to do so under these conditions:

- a. Two minutes or less remaining in the game.
- b. Ball will spotted on the 50 yard line.
- c. Kicking team must successfully complete a 4<sup>th</sup> down and 10 yards play to retain possession.
- d. The play will be untimed.

F. Player ejected before, during, or after a PYFA game must release their identification card to the Head Coach. The Head Coach will report the incident to the area representative prior to leaving the field. The area representative is responsible for providing a written statement to the PYFA Board addressing who was ejected and the circumstances. Players ejected during a game will be suspended **for four consecutive complete quarters** but will be allowed to practice during the week. Players ejected a second time in the same season will be suspended for the remainder of the season.

#### **IV. Common Playing Rules:**

**All Playing Rules will be those set under the current National Federation of State High School Associations (NFHS) and Florida High School Football Association rules. This applies to game play only and does not include administrative procedures or actions. Amended PYFA playing rules per age group are as follows:**

##### **A. BOOMERS:**

1. Age: 5 & 6- Must be 5 or 6 as of August 1st of calendar year
2. Weight/Player Cards: 75lbs. to run and unrestricted to play. **Restricted Player rules (pg.10, Section III, parag.e.) apply to players over the run weight.** All players will have ID cards and be weighed in prior to game start.
3. Field:
  - a. **80 yard field**
  - b. No field goals required
  - c. No kicking game
  - d. No first downs
4. **Only one Coach** from each team can be on the field during game play
5. Practice: 6 hrs a week until first game and 4 hrs a week after first game
6. Number of Players: **26 max per team with a minimum 13 players on the roster. – Standard play is 11 players on the field for both teams.** Teams can agree to play with less if an opposing team does not have 11 present.
7. Ball: **K-2 ball will be used which can be either leather or composite.**
8. **Game Day:**
  - a. Games are divided into four 7 minute quarters with one time out and a 5 minute half time. Water Breaks will be given at the end of each quarter. Each team will play 7 minutes of offense then 7 minutes of defense in a half. The amount of plays attempted are unlimited within that time period. Total game time will not exceed one hour.
  - b. A coin toss by the Head Official will determine which team selects offense or defense to start the game. Team winning the toss can choose either offense or defense to start the game and will play that option to start the second half. No team shall have possession in two consecutive quarters.
  - c. Scoring: A team is rewarded one point for each touchdown. No safeties. No extra points. No Field Goals.

- d. The ball will be spotted on the **30 yard line** to start play. The ball will be reset to the 30 yard line if a touch down occurs or if a player does not make forward progress pass the 30 yard mark. No safeties. Clock will stop after each touchdown until ball is reset at the 30 yard mark.
- e. Penalties: Obvious holds and block in the backs on any play will result in replay of the down. Two defensive penalties (off-sides, facemask, etc.) in a quarter will result in the player being removed from play for that quarter.
- f. No blitzing. (Defined: No movement towards the line of scrimmage inside the Free Blocking Zone (<3yd of LOS). The defensive player involved and Coach on the field will be removed from the field of play for one quarter after the first warning by the official.
- g. No defensive player will line up in the A or B gap prior to the snap. Inside defensive linemen will line up no closer to the ball than “head up” with the Guards. Any player taking a direct snap not under center cannot run through A or B gaps. If the player runs through the A or B gaps, the ball will be re-spotted to the original line of scrimmage. Running plays may go through the A or B gaps if the ball is handed off prior to entering the A or B gaps.
- h. Coaches cannot make adjustments after the QB engages with the Center. All coaches will be behind the play of scrimmage.
- i. Defensive coaches cannot talk when QB engages with the Center.
- j. A maximum of 6 players may be played on the defense line. The only exception to this rule will be in a goal line situation (inside the 20 yard line) and there should be man to man coverage on the line of scrimmage.
- k. All linemen must be in a down position in either a three or four point stance if they line up inside of the of the “free blocking zone” boundary. (<3yds of the Line of Scrimmage)
- l. Turnovers: If a player fumbles or throws an interception recovered by the defense, the ball is re-spotted to the 40 (Dual game) or 45 (Single game) yard line. No defensive points are rewarded for turnovers and the offense will continue.
- m. All overhand passes must be completed rather it is a lateral or a forward pass.  
i.e.; an incomplete lateral will be treated as an incomplete pass.
- n. Overtime:
- (1) Each team will get one possession. (Four downs from the 10 yard line).
  - (2) The winner goes to deepest penetration.
  - (3) If the offense scores; the ball goes back to the 10 yard line to continue their four downs.
  - (4) If a turnover occurs the ball will get re-spotted on the 10 yard line and the offense will continue until they get their four downs.
  - (5) If a player fumbles or throws an interception recovered by the defense, the ball is re-spotted to the 10 yard line. No defensive points are rewarded for turnovers and the offense will continue.

o. **Mercy Rule:** If a team which started the game on offense is down by five touchdowns or greater at the end of the third quarter then the fourth quarter will be split half offense and half defense for each team.

## 9. **BOOMER Play-Off Rules:**

- a. Boomer play-off games will be under the rules listed below. Boomer play-off teams will be determined and seeded by the procedures established under Section I, paragraph B, "Playoffs".
  - a. 80 yard field
  - b. (4) **8 min quarters** (Game cannot exceed 90 min)
  - c. K-2 ball will be used which can be either leather or composite
  - d. **No Live kick off.** Ball will be spotted on the 30 yard line.
  - e. **Only one Coach** from each team can be on the field during game play.
  - f. Punt- A team can declare a "punt" to the head official on fourth down if the ball is on or outside the opponent's 40 yard line. A 25 yard assessment will be marked off and 20 seconds will be taken off the clock.
  - g. Scoring: (6) Touchdown (1) EP run in (2) EP Forward Pass (2) EP Field Goal. If an Extra Point kick is attempted there will be "no rush" by the defense. If the ball hits the ground at any point during the kick attempt (other than the holder spotting the ball) the play will be ruled "dead".
  - h. 25 second play clock will be enforced by the officials.
  - i. **NO BLITZING (Referee Discretion) (Defined):** No movement towards the line of scrimmage prior to the snap inside the Free Blocking Zone. (< 3yds of LOS)
    - 1<sup>st</sup> INFRACTION: 5 YARD PENALTY "DELAY of GAME"
    - 2<sup>nd</sup> INFRACTION: If the officials deem that a team is using this penalty in order to run the clock out then that team can be charged with an unsportsmanlike conduct foul. That foul will be charged to the Head Coach.
  - j. Shotgun Formation- No defensive player will line up in the A or B gap prior to the snap. Inside defensive linemen will line up no closer to the ball than "head up" with the Guards. Any player taking a direct snap not under center cannot run through A or B gaps. If the player runs through the A or B gaps, the ball will be re-spotted to the original line of scrimmage. Running plays may go through the A or B gaps if the ball is handed off prior to entering the A or B gaps.

l. All linemen must be in a down position in either a three or four point stance if they line up inside of the offensive tackles in the “free blocking zone” boundary. Defense ends lining up outside the offensive tackles may be in any stance.

## **B. PEE WEES:**

1. Age: 7& 8, As of August 1st of calendar year
2. Weight: **Unlimited play weight. Max run weight is 100 lbs.** - Any player over the weight of 100 lbs. cannot advance the ball at any given time.
3. Common Playing Rules:
  - a. 80 yard field
  - b. (4) 8 min quarters (Game cannot exceed 90 min)
  - c. Leather Only- K-2 Wilson (Regulation Football)
  - d. Live kick off from the 40 yard line, (mid-field.)
  - e. Restricted players cannot participate in a “Free Kick”
  - f. Punt- A team can declare a “punt” to the head official on fourth down if the ball is on or outside the opponents 40 yard line. A 25 yard assessment will be marked off and 20 seconds will be taken off the clock.
  - g. Scoring: (6) Touchdown (1) EP run in (2) EP Forward Pass (2) EP Field Goal. If an Extra Point kick is attempted there will be “no rush” by the defense. If the ball hits the ground at any point during the kick attempt (other than the holder spotting the ball) the play will be ruled “dead”.
  - h. 25 second play clock will be enforced by the officials.
  - i. All pee-pee coaches will be on the sidelines during the regular season and playoffs.
  - j. NO BLITZING (Referee Discretion) (Defined): No movement towards the line of scrimmage prior to the snap inside the Free Blocking Zone. (< 3yds of LOS)
    - 1<sup>st</sup> INFRACTION: 5 YARD PENALTY “DELAY of GAME”
    - 2<sup>nd</sup> INFRACTION: If the officials deem that a team is using this penalty in order to run the clock out then that team can be charged with an unsportsmanlike conduct foul. That foul will be charged to the Head Coach.
  - k. Shotgun Formation- No defensive player will line up in the A or B gap prior to the snap. Inside defensive linemen will line up no closer to the ball than “head up” with the Guards. Any player taking a direct snap not under center cannot run through A or B gaps. If the player runs

through the A or B gaps, the ball will be re-spotted to the original line of scrimmage. Running plays may go through the A or B gaps if the ball is handed off prior to entering the A or B gaps.

l. All linemen must be in a down position in either a three or four point stance if they line up inside of the offensive tackles in the “free blocking zone” boundary. Defense ends lining up outside the offensive tackles may be in any stance.

m. No more than six players allowed on the defensive LOS outside the 20 yard line. No more than eight players inside the 20 yard line to the goal line. Players not on the defensive LOS will be  $\geq 3$  yards off the LOS.

## **B. JUNIORS:**

1. Ages: 9& 10- As of August 1 of calendar year
2. Weight: **Unlimited play weight. Max run weight is 125 lbs.** Any player over the weight of 125 cannot advance the ball at any given time.
3. Common Playing Rules:
  - a. 100 yard field
  - b. (4) 10 min quarters after a change of possession, the clock shall start with the ready-for-play signal, unless the action which ended the down also caused the clock to be stopped, i.e. out of bounds, incomplete pass, delay of game penalty.
  - c. Leather TDJ Wilson (Regulation Ball)
  - d. Kick-off is LIVE from the 40 yard line.
  - e. Punt- A team can declare a “punt” to the head official on fourth down if the ball is on or outside the opponents 40 yard line. A 25 yard assessment will be marked off and 20 seconds will be taken off the clock.
  - f. Restricted players cannot participate in a “Free Kick”
  - g. Scoring: (6) touchdown (2) EP field goal (1) EP conversion (run or pass)
  - h. 25 second play clock will be enforced.
4. Nose Guard over Center Rule;
  - a. Nose Guard cannot be over the center when QB is in shotgun formation, punt, field goal, or extra point.
  - b. Nose Guard must slide into gap in a pre-snap situation. If QB is under center then he cannot shift into shotgun formation.

### **C. SENIORS:**

1. Ages: 11& 12- Cannot obtain the age of 13 years old prior to August 1st.
2. Weight: **Unlimited play weight. Maximum run weight is 150 lbs.** Any player over the weight of 150 lbs. cannot advance the ball at any given time.
3. Common playing Rules:
  - a. 100 yard field
  - b. (4) 10 min quarters After a change of possession, the clock shall start with the ready-for-play signal, unless the action which ended the down also caused the clock to be stopped, i.e. out of bounds, incomplete pass, delay of game penalty.
  - c. Leather TDY Wilson (Regulation ball)
  - d. Punt- A team can declare a “punt” to the head official on fourth down if the ball is on or outside the opponents 40 yard line. A 25 yard assessment will be marked off and 20 seconds will be taken off the clock.
  - e. Restricted players cannot participate in a “Free Kick”
  - f. . Kick-off is LIVE from the 40 yard line.
  - g. Scoring: (6) touchdown (2) EP Field Goal (1) EP conversion (Run or Pass) (3) Field Goal
  - h. 25 second play clock will be enforced.
4. Middle School Player Participation: Players on a Middle School roster are allowed to register in areas that are active members of the PYFA. The guidelines are as follows:
  - a. If the Player has previously played in the PYFA, he will register in the area that is considered his home park. If the player residence has changed or he has never played in the PYFA, players will register in the area they currently reside in.
  - b. Player must meet the age and weight requirements, be on the final team roster, and have a valid player card as defined in these By Laws.
  - c. Practice and game participation for each middle school player will be at the discretion of the Head Coach.

5. Nose Guard over Center Rule;

a. Nose Guard cannot be over the center when QB is in shotgun formation, punt, field goal, or extra point.

b. Nose Guard must slide into gap in a pre-snap situation. If QB is under center then he cannot shift into shotgun formation.

**V. GAME DAY:**

A. The maximum gate fee that can be charged during the regular season is \$3.00 (Stadiums only)

B. The hosting area representative and both Head Coaches or their designees will be present and conduct weigh-in and verify player cards eligibility at all games.

1. Weigh-in will be conducted no later than 30 minutes before game time. All players will be weighed-in prior to each game and each player must physically stand on the scale. Any player not at original weigh-in can be weighed in prior to the coin toss with the concurrence of both coaches and the Area representative. If either of the coaches do not agree, the Area representative has the final authority to allow the player to weigh-in. No player may be in the bench area in uniform unless he is eligible to participate in that game. Over weight, players may sit on the bench with a jersey, but no shoulder pads or helmet. All age groups including Boomers are required to weigh-in. Digital scales will be standardized and will be available for purchase thru the PYFA. Areas may buy more than one scale.

2. Player may step on the scale one time for weigh-in. If the digital scale shows any amount over the maximum player weight, the player is over-weight and not allowed to play in the game for that day. However, players are allowed to strip down prior to stepping on the scale to make the maximum playing weight.

3. Each player that weighs-in must have his numerical game jersey in his possession.

4. A coach will not be allowed to change team members/ numbers after official weigh-in.

5. Seven and nine year old players exceeding the maximum weight limit will be allowed to play on a case-by-case basis with approval of the PYFA Board. These players will be identified during the pre-season card signing process. The player's identification card will be "red flagged" to validate his status at the weigh-in to opposing coaches and the Area representative.

6. ID cards must be presented to the opposing team at the time of the official weigh-in before the game. If player ID cards are not provided at the weigh-in, final roster can be used in place of ID cards. The area representative will have in his possession the final rosters of his teams during game day. If the ID cards and final roster are not available, the game can be played under protest. Teams ID cards or final roster will have to be provided to the PYFA President at a later date for verification. All PYFA players will have ID cards including Boomers.

C. Each area may introduce their football team and cheerleaders prior to game, but game start time will not be held up to allow this to occur. **All Half Time shows will be completed by the end of the official time allocated for half time. All other events may be conducted after game completion.**

- D. The designated HOME TEAM must furnish three 3 people over the age of 14 for the chains and down markers.
- E. The officials used will be those secured by **each Area**. Florida High Schools Rules are to be used unless specifically amended by the board.
- F. Penalties are 5, 10,&15 yards for all age groups.
- G. No audio assistance allowed from coach- to- coach or to coach- to- player during the game.
- H. No coolers brought into facility hosting regular season or play-off games except for the team's refreshment coolers.
- I. All games will consist of 4 quarters.
- J. Season games ending in a tie will be broken by each team having one set of four downs from the 10 yard line. If there is still a tie, the game will end as a tie.
- K. Playoff games ending in a tie will be broken by each team having two sets of four downs from the 10 yard line. If there is still a tie, the third OT will be from the 5 yd line. In all cases, each team will have the opportunity to go for the extra point conversion of their choice after scoring.
- L. Any team behind by 32 points the following procedures apply:
1. Third quarter losing coach **only** has option of running clock. The referees/winning coach do not have the authority in the third quarter without the consent of losing coach.
  2. Fourth quarter coaches have no option on running clock. The only time the clock stops is for official's timeouts, this includes injuries and water breaks.
  3. Kicking game is nullified. After score the receiving team will start on their 30 yard line. Punts will be marked off 25 yards, but will not go past the receiving teams 20 yard-line.

## **VI. EQUIPMENT REGULATIONS:**

- A. Game balls will be provided by the offensive team.
- B. Each player will be furnished the following as a minimum; N.O.C.S.A.E. approved helmet and shoulder pads, pants with thigh, hip, and knee pads, tail bone pads, and a game jersey.
- C. Players and candidates will obtain and use approved mouthpieces and rubber cleats or the equivalent. No metal cleats!
- D. All players will be furnished a game jersey and games pants.
- E. All mouthpieces must be attached to the helmet at all times. **No clear mouthpieces.**
- F. Visors: Clear Visors only can be worn. "Tinted" Visors of any color are not allowed.

## X. GENERAL.

A. Players and cheerleaders that participated during the previous season for a particular area have the option to return to that area. If more than one area was played for, then the option only applied to the last area played for in previous season. Once this choice is made it cannot be changed.

B. The final day for a child to be placed on the school program roster is the day before the first regular season game. At this time, the child may not participate in the Panhandle Youth Football Association.

C. Teams must have a minimum of three (3) practice days of physical conditioning before starting drills involving body contact or hitting. Helmet may be worn during these three days.

D. Four (4) practice sessions, each lasting not longer than two (2) hours for a combined maximum of eight (8) hours, per week will be allowed prior to the 1st game. However, sessions will not last more than two (2) hours or be held more than once a day. Six (6) hours is the maximum practice per week any team is allowed after the 1st game. If a team has a by-week they may have one additional two (2) hour practice session. The Area Representative will submit to the Executive Board in writing a schedule of dates, times, and places of practices for the month of August by the July meeting.

E. Penalties for Violations of the PYFA Rules (unless covered in another section)

1st Offense-Suspension of coach for 1 game

2nd Offense-No Post season for that team

3rd Offense- Suspension of area league

F. Player qualifications will consist of parent signature on a League contract. Birth certificates or valid notarized copy or valid military I.D. card, or notarized statement on school letterhead signed by school principle will be accepted as proof of eligibility. Passports, Baptismal records, etc., will be accepted. All areas will be responsible for the accurate eligibility of their participants.

G. Any fraudulent act of cheating will result in the forfeiture of all games played to that date and suspension of a coach or the area rep for the remainder of the current season. This may be an indefinite suspension if any acts are found to be in conscious violation as ruled by the PYFA Board of Directors.

H. Social Media- Any individual or group (PYFA Board member, Area representative, coach, player, or parent) that uses social media to disgrace, shame, or slander individuals or groups belonging to or working with the PYFA shall be dismissed from all PYFA participation. This applies to both private or league social media sites.

**I. On field altercations resulting in multiple acts of physical interaction between either players, coaches, parents, or any combination of participants will result in the immediate suspension of both teams for the remainder of the season.**

