

Colonial Youth Football League (CYFL)

Article I. Football Divisions

Section 1.01 The CYFL will offer four (4) divisions of youth football;

(a) Flags

(i) Cannot turn age 7 before September 1st

(b) 90lbs

(i) Cannot Turn age 9 before September 1st

(ii) Cannot exceed 115lbs.

(c) 110lbs

(i) Cannot turn age 11 before September 1st

(ii) Cannot exceed 135lbs.

(d) 130lb

(i) Cannot turn age 14 any time during the year of play

(ii) Cannot exceed 155lbs.

(iii) If the player turns age 13 before September 1st, they cannot exceed 115lbs

Article II. Proof of Age

Section 2.01 Certificates of Birth will be the only document recognized by the league for proof of age.

Article III. Rosters

Section 3.01 Each Member Organization must provide the league with team rosters and a copy of each player's birth certificate no later than the August meeting. The league will verify each player, according to their birth certificate, their eligibility to play within the division presented. The league will then post each roster for each team to take to weigh-ins. Those players not approved on the list may provide a copy of a birth-certificate at the time of weigh-ins.

Section 3.02 Those players not approved on the league roster and not presenting a birth certificate at the time of weigh-ins, may not play.

Colonial Youth Football League (CYFL)

Section 3.03 No players may be added to any roster after the September meeting.

Section 3.04 Rosters must include the team name, head coach name and contact number, division, name of the player, age and date of birth.

Article IV. Heavy Players

Section 4.01 Heavy players are those who are above the division weight but at or below the maximum weight (or cap weight).

Section 4.02 Heavy players will be designated on a game-by-game basis.

Section 4.03 Heavy players will be required to wear a colored dot (sticker) on their helmet. The dots will be colored by weight class and placed on the front and back of the player's helmet. Dots will be provided by the league and given to each League Representative by the August meeting.

Section 4.04 A heavy player may not advance the ball in any way. No more than five (5) heavy players per team, per play may be on the field.

Section 4.05 Five heavies are permitted on offense, two on each side of the center and the center position.

Section 4.06 Heavy players are not permitted on kick-off or kick-off return.

Section 4.07 Heavy players are permitted on Punt, Punt Return, extra point attempts and field goal attempts, aligned according to section 4.05 and 4.08. Heavy players may play the Punter and Kicker position during the special teams mentioned within this section. If the Punter or Kicker is a heavy player, they may not cross the line of scrimmage. If the Kicker or Punter is a heavy player, a team may only have four (4) more heavy players on the line.

Section 4.08 Defensive positioning for the heavy players will be defined as:

- (a) Five heavy players are permitted on the defensive line as long as they are not lined up beyond head up on the offensive tackle and then in towards center.
- (b) Heavy players are not permitted to be defensive ends.

Section 4.09 Penalties for cheating with heavy players will consist of the following:

Colonial Youth Football League (CYFL)

- (a) Forfeiture of the football game;
- (b) The permanent removal of the coach from the league according to due process;
- (c) A \$100 fine to the organization.

Article V. Weigh-Ins

Section 5.01 Home teams are required to provide a commercial-type scale suitable for athletic weigh-ins which must also be currently calibrated and certified by an authorized organization or agency.

Section 5.02 Weigh-ins shall occur between the start and the end of the first half of the current game.

Section 5.03 Each shall be responsible for presenting their teams Photo ID Album at every weigh-in to the opposing team. Photo ID Cards will be provided by the league. The Photo ID Albums will be provided by each team. The Photo ID Album will be in numerical order according to how the players will line up. Failure to present the Photo ID Album at the weigh-in will result in a forfeit.

Section 5.04 Every player must weigh-in at every game. Heavy players must show their helmets with the appropriate sticker affixed to the front and back of the helmet.

Section 5.05 Male players may shed down to shorts and female players may shed down to shorts and t-shirt to make weight.

Section 5.06 Under no circumstances shall a member of the opposite sex be present during weigh-ins when a player needs to shed down for weigh-ins. No parents allowed during weigh-ins, with the only exception being if the parent is a coach and is assigned to weigh-ins.

Section 5.07 All players that want to be eligible to play any position must not exceed their division weight classification, i.e., 90lbs, 110lbs, 130lbs. Those players that do not make weight have up until the start of the game to make weight. One (1) official representative from each team must be present at any late weigh-in. The weigh-in must be documented on the weigh-in sheet.

Colonial Youth Football League (CYFL)

Section 5.08 Early weigh-ins on a player-by-player, case-by-case basis is permitted provided that both head coaches from the division agree and are available to conduct the weigh-in. They may choose to delegate the weigh-in to another authorized individual, however, in all cases; a representative from each team is required to witness the weigh-in. The weigh-in must be documented on the weigh-in sheet.

Section 5.09 Weigh-in sheets will be available on the league website for download. A weigh-in sheet will be filled out by the opposing coach at every game and returned to the coach of the weighed-in team. Weigh-in sheets will be turned in to each team's League Representative. Each League Representative will be responsible for turning weigh-in sheets into the league at least by the league meeting following the final game of the season. (These weigh-in sheets will be used for tracking trends in players weight and ages in order to serve as research for the future.) Each League Representative is responsible to report heavy players to the league by 7:00pm Monday following regularly scheduled games. In the event of a rescheduled game, the League Representative shall have twenty-four (24) hours to report the heavy players to the league. Heavy players will be posted on the league website for all League Representatives to review.

Article VI. Player Eligibility

Section 6.01 Players of this league may not also be a member of another youth football organization or play for a middle school program.

Article VII. Game Times

Section 7.01 The Flag game shall consist of two (2), twenty-five (25) minute halves with a ten (10) minute break at halftime. The clock shall run continuously.

Section 7.02 The Tackle games shall consist of four (4), ten (10) minute quarters with a ten (10) minute break at halftime with the clock running according to PIAA rules.

Section 7.03 Saturday games shall start at 10:00am. The flag game shall be played first. The 90lbs game shall start at approximately 11:00am. The 110lbs game shall start at approximately 12:30pm. The 130lbs game shall start at approximately 2:00pm.

Colonial Youth Football League (CYFL)

Section 7.04 Sunday Games shall start no earlier than 11:00am. The flag game shall be played first. The 90lbs game shall start approximately one (1) hour later. The 110lbs game shall start at approximately one (1) and one (1) half hours after the start of the 90lbs game. The 130lbs game shall start approximately one (1) and one (1) half hours after the start of the 110lbs game.

Section 7.05 Some Member Organizations cannot play home or away games on Saturdays and therefore, the schedule must be developed each year with those limitations.

Article VIII. Game Officials

Section 8.01 A. The league shall appoint an assignor, who shall assign two (2) officials for the Flags game and three (3) officials to the 90lb, 110lb and 130lb tackle games. At least one (1) official at every game must be P.I.A.A. certified. At least two (2) officials must be present before a game can start. The Executive Board shall determine the fee for the assignor.

Section 8.02 The league assignor shall assign three (3) officials for all Elimination and Play-off games. The fees for these officials shall be paid by the host team.

Section 8.03 The league assignor shall assign four (4) officials for all Championship games. The fees for these officials shall be paid by the host team.

Section 8.04 The league shall supply, in writing, a compensation scale for the officials.

Section 8.05 The Officials' fees for the 2011 season will be \$45.00 per official, per game.

Section 8.06 If an official is not given sufficient notification of a cancelled game, he/she will be paid half of regular pay. If the game cancellation is due to no-show on the part of one of the teams, then the no-show team will pay the official.

Article IX. Field Conditions and Postponements

Colonial Youth Football League (CYFL)

Section 9.01 Field conditions are up to the home team. Home team coaches must advise visiting teams coaches at least two (2) hours before the game in regards to postponements. If the visiting team is not so advised, they shall assume the game is to be played. The home team shall also advise the officials accordingly. Make-up games must be rescheduled within a two (2) week period.

Article X. Regulation Footballs

Section 10.01 The following footballs shall be used for Flag games:

- (a) Wilson K-2, Nike Pee Wee, or ball of similar dimension

Section 10.02 The footballs for the 90 lb. game shall be one of the following:

- (a) Wilson K-2, Nike Pee Wee, or ball of similar dimensions
- (b) Wilson TDJ, Spalding J5J, or ball of similar dimensions

Section 10.03 The following footballs shall be used for the 110 lb. game:

- (a) Wilson TDJ, Spalding J5J, Baden 500JR, Nike 1000J or 2000J

Section 10.04 The following football shall be used for the 130 lb. game:

- (a) Wilson TDY, Spalding J5Y, Baden 500Y, Nike 100Y or 200Y

Article XI. Field Markings

Section 11.01 A regulation football field shall be used with goal line flags at each goal line. Goal line flags must have flexible shafts. Yards are marked every ten (10) yards. Goal posts must be installed at each end of the playing field for field goal attempts. Lining of the field is the responsibility of the home team.

Section 11.02 Playing field on both sides should be roped off from goal line to goal line, ten (10) yards from the sidelines, the exception being any school or other field having the perimeter of the playing field enclosed or if geography of the field prohibits it. Only team personnel are allowed within this confined area. Team personnel are designated by the head coach of each team.

Article XII. Medical Response During Games

Colonial Youth Football League (CYFL)

Section 12.01 Home teams will be required to ensure medical resources are available on-site during games. Medical resources may include an EMS ambulance, EMS personnel (EMT or Paramedic), a certified First Responder, a PA, RN, MD or Certified Athletic Trainer. In the event of medical personnel only, they must be readily available to respond to an injured player immediately when notified by a coach or an official.

Article XIII. Football Shoes

Section 13.01 Only specified knee-hi football shoes with molded soles are permitted.

Article XIV. Split Teams

Section 14.01 Split teams are teams that a Member Organization determines exceeds a reasonable and manageable player number that necessitates splitting the team into two (2) teams for any given division. In the event a split team occurs, the teams must be split evenly based on age and ability. The Executive Board reserves the right to ensure a fair and balanced approach was used to split teams.

Article XV. Protest

Section 15.01 If any violation of the league by-laws or rules is suspected, a protest may be submitted to the league President, along with a fifty-dollar (\$50.00) protest fee to be refunded if the protest is upheld. The league representative or the head coach must submit this protest in writing within seventy-two (72) hours of the infraction. If it is the ruling of the Executive Board that a team has violated the league by-laws or rules, the following penalties may be imposed by the Executive Board:

- (a) For a violation that affects a single game: loss of the game.
- (b) For a violation that affects more than one game: loss of each game in which the violation occurred.
- (c) A monetary fine.

Colonial Youth Football League (CYFL)

Article XVI. Regular Season and Post-season

Section 16.01 Post-season playoffs will be for the tackle teams only.

Section 16.02 The regular season shall include eight (8) games.

Section 16.03 The post-season shall include three (3) games:

- (a) Quarter-finals
- (b) Semi-finals
- (c) Championship

Section 16.04 The top eight (8) teams will make a play-off berth.

(a) Quarter-Finals

(i) 1st Seed vs. 8th Seed (Game 1)

(ii) 2nd Seed vs. 7th Seed (Game 2)

(iii) 3rd Seed vs. 6th Seed (Game 3)

(iv) 4th Seed vs. 5th Seed (Game 4)

(b) Semi-Finals

(i) Winner of Game 1 vs. Winner of Game 4 (Game 5)

(ii) Winner of Game 2 vs. Winner of Game 3 (Game 6)

(c) Championships

(i) Winner of Game 5 vs. Winner of Game 6

Section 16.05 In the event of less than eight (8) teams, the above model will be adjusted accordingly.

- (a) A first-round bye will be granted to the highest seeded team if there are seven (7) teams in the league and granted to the 2nd highest seeded team if there are six (6) teams in the league.

Section 16.06 The league will provide trophies for the league playoff champions and runner-ups that will be presented at the conclusion of the championship game.

Colonial Youth Football League (CYFL)

Article XVII. Jersey Colors

Section 17.01 Teams must wear contrasting jersey colors whenever possible.

Article XVIII. PIAA Rules

Section 18.01 Any rules not covered by these league rules shall be according to PIAA playing rules.

Section 18.02 The “Mercy Rule”, as it is known by the PIAA in this league, will take effect when there is 28-point difference in the score. When the “Mercy Rule” is in effect, the team that is ahead by 28 points cannot call any timeouts during the final five minutes of the game and the clock will continue to run. Everything else will follow the PIAA guidelines.

Article XIX. Minimum Play Time

Section 19.01 Every player shall play a minimum of:

- (a) Six (6) plays per game for teams with 31+ players;
- (b) Eight (8) plays per game for teams with 26-30 players;
- (c) Ten (10) plays per game for teams with 16-25 players.

Article XX. Concussion Policy and Mouthpieces

Section 20.01 All Member Organizations shall implement the CDC: “Heads-Up: Concussions in Youth Sports” program, a copy of which the league shall provide. The implementation shall include an in-service for coaches and parents.

Section 20.02 Mouth pieces are required for ALL players.

Article XXI. Medical Jewelry

Section 21.01 Medical jewelry will be the only jewelry permitted during games. The jewelry must be securely taped to the player.

Article XXII. Forfeits

Colonial Youth Football League (CYFL)

Section 22.01 Any team that forfeits a game must provide the most advanced notice to the opposing team as possible, but should not be less than twenty-four (24) hours. If a forfeiting team provides less than twenty-four (24) hours' notice, the forfeiting team shall pay the full officials fees for that game to the host team.

Section 22.02 It will be the host team's responsibility to contact the officials in the event of forfeiture.

Article XXIII. Sportsmanship and Conduct

Section 23.01 Coaches, players, officials, parents, family members and fans shall conduct themselves with the highest degree of conduct and sportsmanship as possible. This league will not tolerate offensive gestures or behavior, foul or abusive language, excessive celebration, or any inappropriate distraction during league events.

Section 23.02 Furthermore, no alcoholic consumption is allowed near or on the grounds of any event organized by this league. Any coach, official or parent actively participating in the game that is suspected of being under the influence of drugs or alcohol will be removed from the game.

Section 23.03 Member Organizations shall be responsible for the behavior of its coaches, players, parents, family members and fans and can be subject to league discipline for violating sportsmanship and conduct policies.

Article XXIV. Coaches and Players Ejected

Section 24.01 Any player, coach, or assistant coach being ejected from a game for any reason:

- (a) First offense will be the removal of the offending individual for the remainder of that game, plus suspension from the next scheduled game.
- (b) Second offense will be the removal of the offending individual for the remainder of that game and suspension from the next two (2) games.

Article XXV. Flag Division Rules

Section 25.01 Use PIAA rules except as modified below.

Colonial Youth Football League (CYFL)

Section 25.02 Flag players must wear a soft shell (karate type) headgear.

Section 25.03 Official game balls can be Wilson K-2, Nike Pee Wee, Spalding, or Baden of same dimensions.

Section 25.04 There will be no kick-off in the Flag Division. The ball will be placed on the receiving team's 30 yard line to start a half and after a team scores.

Section 25.05 First downs will be 10 yards from the line of scrimmage.

Section 25.06 Turnovers and fumbles: QB/Center exchange - if the QB can recover quickly and continue by executing a play, there is no fumble. If not, loss of down. All other fumbles are loss of down and the ball is spotted at the point of fumble. Interceptions will continue as a live play.

Section 25.07 If a ball carrier's flag falls off at any time, the play is dead. The ball is then spotted at the point where the flag fell.

Section 25.08 Penalties: No distance, no loss of down except blatant off sides is five (5) yards and unnecessary roughness; tackling, leaving feet on the block, blocks below the waist, etc. is ten (10) yards.

Section 25.09 No "guarding" of the ball carriers flags by the ball carrier. No slapping the hands of the defenders by the ball carrier. No pushing out of bounds, the defender must be attempting to grab a ball carriers flag. Each team will get one warning per half. Infraction by the defense after the first warning in a half: 1st down at the point of infraction. Infraction by the offense after the first warning in a half: loss of down and loss of yardage on that play.

Section 25.10 A team may automatic punt at the option of the coach, 30 yards from the line of scrimmage. If the line of scrimmage is at, or inside the 40 yard line, then the ball will be placed at half the distance to the goal.

Section 25.11 Two twenty-five (25) minute halves per game with continuous running clock, except each team shall be allowed three time-outs per half. The clock will be stopped for a downed injured player. There will be a 10-minute break at half time.

Section 25.12 There shall be no scoring in Flags.

Colonial Youth Football League (CYFL)

Section 25.13 No defensive player shall set up closer than two (2) yards away from the line of scrimmage. It is the Offensive coach's responsibility to NOT start a play if the defense is not properly set back. No more than six (6) players on the line of scrimmage.

Section 25.14 Defenses will be limited to either 5-4 or a 6-3 and no BLITZING will be permitted. Blitzing is defined as any forward movement prior to the snap.

(a) Inside the 10-yard line, you can use a goal line defense, but still no BLITZING.

Section 25.15 No player that plays on a tackle team of any weight class may play in the flag division.

Section 25.16 All flags shall be at least fourteen (14) inches long and be of a bright color that is contrasting to the pants that the player is wearing. The flag will be unobstructed from view and touch, at the sides of the player, and be attached by Velcro only.

Section 25.17 Not more than three (3) coaches from each team shall be on the field at any time during the game. At least one (1) coach must remain with the bench at all times. The head coach from both sides shall appoint one (1) coach to act as a referee during the game if a referee is not available. The referee/coaches shall agree on all infractions. The referee/coaches and coaches shall remain at least ten (10) yards away from the players in all directions and shall move away from the ball as the play progresses.

Section 25.18 Although weight is not critical, to avoid injury, players who are larger than 85 pounds should be encouraged to play tackle.

Section 25.19 In order to maintain parity, the team that is ahead at any point in the game cannot allow a player who has already scored to carry or catch the ball beyond the line of scrimmage. These players will also not be permitted to return kick-offs. If such a player does carry the ball beyond the line of scrimmage, the team will be penalized the yardage gained and will suffer loss of down.

Section 25.20 A one (1) minute play clock will be utilized in order to keep the game moving.

Colonial Youth Football League (CYFL)

Section 25.21 The head coaches from both teams must present each other with their teams Photo ID Album and shall compare them to the league roster prior to the beginning of the game. If a player is not approved on the list, a copy of a birth certificate can be provided. If no birth certificate is provided, the player may not play.

Article XXVI. 90 lbs. Division Rules

Section 26.01 Coaches are allowed on the field up to and inclusive of week four (4). All coaches on the field must remain silent after the offensive team leaves the huddle. After the fourth week of the season, all coaches must coach from the sidelines. Only two (2) coaches per side shall be on the field.

Section 26.02 The "on field" defensive coaches must be at least five (5) yards behind the deepest player.

Section 26.03 Any defense may be used however, no more than six (6) defenders on the line of scrimmage and all line defenders must be lined head up with the offensive line. During the game, all linebackers, (inside, outside, and cornerbacks) must be at least three (3) yards behind the line of scrimmage; safeties must be six (6) yards off the line.

Section 26.04 You can use a goal line defense inside the 10-yard line but still no blitzing.

Section 26.05 On-side kicks will not be permitted. The ball will belong to the receiving team regardless of who recovers the kick.

Section 26.06 Any offense may be used. The Offensive team, on fourth down, will have the option to declare an automatic punt and have the officials advance the line of scrimmage thirty (30) yards and turn the possession of the ball over to the other team. If the line of scrimmage is inside the 30-yard line, the ball will then be advanced half the distance to the goal. Punting will be allowed for practice only. No rush until the ball is kicked. Regardless of the outcome of the punt, the ball will be placed thirty (30) yards from the original scrimmage line. No fake punts.

Section 26.07 No Blitzing. Blitzing is defined as any forward movement prior to the snap. Any team that blitzes will be penalized five (5) yards for illegal procedure from the line of scrimmage.

Colonial Youth Football League (CYFL)

Section 26.08 A thirty-five (35) second play clock will be utilized in order to keep the game moving.

Section 26.09 Two (2) points will be awarded to the team kicking a P.A.T. while running for a P.A.T. will result in a one (1) point score. The intention of this is to stimulate interest in kicking and to award a team more points for a more difficult conversion.

Article XXVII. 110lbs. Division Rules

Section 27.01 Punting is allowed after the team with possession of the ball declares their intention to punt. There is no rush allowed, but a return is permitted. There will be no fake punts allowed. Only two (2) “gunners” will be permitted to rush on the snap. A “halo” is in effect according to the P.I.A.A. rules.

Section 27.02 Two (2) points will be awarded to the team kicking a P.A.T. while running for a P.A.T. will result in a one (1) point score. The intention of this is to stimulate interest in kicking and to award a team more points for a more difficult conversion.

Article XXVIII. 130 lbs. Division

Section 28.01 This division will follow PIAA rules.

Section 28.02 Two (2) points will be awarded to the team kicking a P.A.T. while running for a P.A.T. will result in a one (1) point score. The intention of this is to stimulate interest in kicking and to award a team more points for a more difficult conversion.