

CENTRAL SUBURBAN YOUTH FOOTBALL LEAGUE RULES - 2011

UNDERLINED PORTIONS ARE NEW OR REVISED SECTIONS

Article I. RECRUITMENT

Section 1.01 Teams shall have the right to recruit in any manner they desire (i.e. direct mail, newspapers, newsletter, web site, etc.)

- a) No team shall recruit outside of their "community" "Community" meaning the boundaries of their feeder program to the high school within that district. Recruitment will consist of all public elementary and junior high schools in that district. If more than one high school is involved in the district, the recruitment will be done on the bases of the boundary lines the high schools have in place. If more than one town feeds into a single high school, one can recruit from one's town boundaries only. Recruitment of players in private schools also pertains to the high school district they fall in. You cannot sign up a player who does not live in the town your team represents. They must be referred to the in their own town first and the representative from that town must have the opportunity to speak with both the parents and potential player first. In the case of the "free choice" area of Highland Park (west of 41 in Highland Park) players who plan to attend Deerfield High School who reside in Highland Park may play for Deerfield if they choose.
- b) If a player from another "community" requests to play for the team, he may be accepted for registration after informing the parents about the team in their own "community" and allowing that coach to talk to the parents.
- c) Teams must report non-resident players to the league.
- d) Fathers coaching out of district will be allowed to bring their sons into that program as long as they are head coaches, offensive or defensive coaches, and were not brought in just to get the player(s) for the length of time their son(s) would play.
- e) When a program signs up players, the program must send a complete roster to the CSYFL office.

Article II. PRE-SEASON/OFF SEASON

Section 2.01 Programs may conduct a pre-season/off-season camp provided that:

- a) The camp is devoted to teaching football basics only
- b) The camp is open to all potential players.
- c) Practicing of plays is prohibited.
- d) Wearing of football equipment, other than shoes and helmets, is prohibited.
- e) The camp must end no later than July 31st.

Article III. START OF THE SEASON

Section 3.01 No team shall conduct any meetings for reasons other than providing information or accepting registration. Practice start date shall be

as set by IHSA, each season. No player may wear full equipment UNTIL he/she has completed 3 days practicing in helmets, t-shirts, shorts and shirts, only.

Article IV. ROSTER

Section 4.01 To be eligible, all players' names must appear on a roster to be submitted to the league central office on the date established by the Board.

Section 4.02 All roster players will be weighed in the presence of a designated representative of another program prior to the first game of the season. 5th graders near 100lbs and 6th graders near 90lbs MUST weigh-in wearing shorts only. Their weight and uniform number will be noted on the official team roster. Any roster additions prior to the second game must to through the same weigh-in process. Only ONE Program representative shall be permitted at his/her Program's weigh-in. Only adjustable weight measure style scale provided/approved by the League shall be used. No other scale(s) shall be permitted anywhere on the premises or practice facilities where the weigh-in takes place. Under no circumstances shall parents be permitted at weigh-ins.

Section 4.03 All rosters will be frozen on the Friday immediately following the 1st regular season game and any changes after that date, except new, non-rostered participants, must be approved by the Executive Committee.

Section 4.04 All programs must allow any player desiring to become a member of the program to play on appropriate team for his age and weight (there will be no try-outs or cuts).

Section 4.05 Player Eligibility is determined by meeting all criteria set forth in Section 5.01(a) (b) or (c) when League play commences for that Program Year, and not have reached their 15th birthday prior to November 1 of the current year.

Section 4.06 No player may play in more than 1 division during the same week and can only play in a higher division other than their original division if a team has less than 18 players at the beginning of the game. Notice of a player playing up, must be given to the opposing team at game time, and, in writing, to the League office within 24 hours of game completion. 5th and 6th grade players may play up only from the Flyweight to Mid-weight Division, and 7th and 8th graders may play up only from the Lightweight to Heavyweight Division.

Section 4.07 Team rosters must be submitted to the League office by the Friday IMMEDIATELY before the 1st League game. These rosters must include what division the roster is for (age 10 by September 1 for 5th/6th, Lightweight, Heavyweight), each player's name, grade, jersey # and weight must also be on the roster. The League will review all rosters, and notify each program of any mis-rostered players. Upon such Notice, the program must immediately move the player to the correct division level, and provide corrected rosters to the League, and the program director of the next immediate scheduled team. In addition, at the last League meeting, immediately before the 1st scheduled game, all program directors shall bring 10 copies of rosters for each team for distribution to the other program directors. Each program director shall be responsible for providing the head coach of each team with rosters for each opponent prior to the game.

Section 4.08 Any player who is not on roster, whose jersey number differs from that on the official roster, is wearing removable cleats or metal chin strap

clips, shall not be permitted to play until all of the foregoing are corrected, which may occur on the field prior to the game.

Article V. COMPOSITION OF TEAMS AND ELIGABILITY FOR EACH PROGRAM YEAR

Section 5.01 Teams will be divided into 4 divisions:

- a) Fifth and Sixth Graders are divided into two divisions
 - i) Flyweight Division - All players who will be age 10 by September 1, and in 5th or 6th grade as of the opening game of the season are eligible. The maximum weight for 5th grade players is 100lb or less, and for 6th grade players 90lbs or less. There are no stripers, and no weight limitations on carrying the ball; any player may play any position. Any 5th grader under 100lbs or any 6th grader under 90lbs. may play up to the Middleweight Division at the discretion of the program director, which must include a signed parent permission form.
 - ii) Midweight Division is for 5th grade players above 100lbs and 6th grade players above 90lbs. The maximum weight for ALL skill positions (ball carriers, pass receivers, linebackers and defensive backs is 115lbs.
- b) Lightweight
 - i) All players who are 7th graders as of September 1 of the season and weigh 140 pounds or less.
 - ii) All players who are 8th graders as of September 1 of during the season and weigh 130 pounds or less.
 - iii) The maximum weight for ball carriers (including pass receivers), linebackers and defensive backs is 115 pounds.
- c) Heavyweight
 - i) Any player in the 7th and 8th grade as of September 1 of the season.
 - ii) The maximum weight for ball carriers (including pass receivers), linebackers and defensive backs is 150 pounds.
- d) Any player over the designated ball carrier/receiver/linebacker/defensive back for their respective divisions will be a striper and must have their helmet marked as set below.
 - i) A striper must be in a 3, 4, or 6 point stance at the time the ball is snapped; must be lined up no further than 3 yards from the lineman immediately to his/her inside.
 - ii) A striper must play the offensive or defensive line. On offense he must play center, guard, or tackle. If a striper is playing tackle, he must be covered by an eligible ball carrier. He cannot be the last player on the line of scrimmage uncovered at the snap of the ball. He is ineligible to receive a forward pass and he cannot play tight end.
 - iii) On defense, a striper must play in a down position and may not assume the roll of linebacker, cornerback, or safety, nor drop off the line into pass coverage.

- iv) For a striker playing defensive end, his/her first step must be straight ahead or to the inside. He may not slide down the line to the outside.
 - v) Strikers must have their helmets marked with a single strip of a color contrasting to the helmet's basic color, tape less than 1/2" wide, extending from front to back. No other stripping shall be permitted on helmets. Decorative decals are permitted so long as they do not obstruct a clear view of the stripping.
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- e) At the beginning of the game schedule, Teams at the Flyweight and Midweight levels must be composed of a minimum of 16 players and a Maximum of 40. Any exceptions shall be considered and approved by a majority vote of the Executive Committee within 48 hours of a written request therefore.

Article VI. RULES AND PROCEDURES

Section 6.01 IHSA rules for football apply except:

- a) Regarding weight limits as stated in **Section 5.01**
- b) Any striker who obtains control of a loose ball will be considered down and the play dead at the spot where the player gained control of the ball. However, this rule does not apply to kickers provided they have received a clean snap and do not try to advance the ball.
- c) Strikers may not line up in an eligible position during a punt, field goal attempt, or extra point attempt except to kick the ball.
- d) Game length is four 10-minute quarters with a 10 minute break at halftime. All games are to run full time, unless BOTH head coaches agree to end sooner. The clock shall stop in accordance with IHSA rules.
- e) After a touchdown, two points will be awarded for kicking the conversion and one point will be awarded for a pass/run conversion.
- f) Any player may wear any jersey number, but a number may used ONLY once on each team.
- g) Each team must use Wilson TDJ for 5-6th grade games and TDY for Light and Heavy Weight games. Games balls may be composite or leather, and must be inflated to 13lbs. Referee shall check each team's game ball for proper type and inflation prior to game, and prohibit any ball which doesn't meet specification. Official's decision is FINAL. The penalty for using an illegal ball will be the IHSA penalty for illegal equipment.
- h) Players shoes MUST be molded cleats only, and chin strap clips shall not have any exposed metal.

- i) All overtimes shall start from 10 yard line with 1st possession decided by a coin toss. Each team gets 4 downs to score. Alternate possessions will continue until the team behind fails to score.
- j) For games played in stadiums, ALL functions of the scoreboard may used, EXCEPT the clock, which shall be maintained on the field by the officials.
- k) Any official who observes a player "trash talking" or using profanity will impose a 15 yard penalty for unsportsmanlike conduct on that player, and warn the coach and player. A second occurrence by the same player will result in an immediate ejection. If, in the opinion of the official, multiple players are committing violations, he may also warn the coach of the offending team of his intent to declare a forfeit if the coach cannot control the actions of his team.
- l) Coaches are responsible for control of their sidelines and maintaining control of all spectators and players. If an official feels they are being harassed/abused, they can take the following steps:
 - i) Call an official's time-out to ask the coach to talk to the spectator and/or player in question. (This must occur before any further action can be taken.
 - ii) If the spectator continues, the official can assess an unsportsmanlike conduct penalty to that team's sideline.
 - iii) If the situation continues, the official will ask that the spectator leave.
 - iv) If the spectator will not leave and the official feels that the coach is not being cooperative, the official can rule the game as a forfeit for the opposing team.
- m) A maximum of 4 coaches shall be allowed on the sidelines during games, and a maximum of two coaches shall be allowed on the field during time-outs.
- n) All players and coaches must remain in the box while the game clock is running. The 1st infraction of this rule will result in a team warning. Any subsequent infraction shall result in an unsportsmanlike conduct penalty.

Section 6.02 Maintaining Competitive Games

- a) Scores of games are to be kept as competitive as possible. Scores are never to be "run up". To assure enforcement of this provision, whenever a team goes 21 points up on its opponent, it must immediately remove its full starting backfield and ends, and not play them again in any offensive play until the score differential is reduced to 9 points or less.

- b) Failure to keep ALL starting backfield players and ends on the bench while the 21 point rule is in effect shall result in assessment of an unsportsmanlike conduct penalty.
- c) An exception to this requirement shall be allowed when a team does not have sufficient personnel, to replace the position players identified in A, above. In such instance, as many starters as possible shall be replaced in the following order: quarterback, half back(s), full back, offensive end(s).

d) The respective rosters for Programs with more than one team in Lightweight, Flyweight or Midweight divisions shall consist of equal numbers of players from each grade eligible for that division, or close as possible when there are uneven numbers from eligible grades. For example if a program has 18 seventh and 22 eight graders in the Lightweight division, each team shall consist of 9 seventh and 11 eight graders.

Section 6.03 Before **each** game commences, the following shall occur:

- a) Officials shall gather captains and head coaches at the 50 yard line, and explain "rules of engagement" (sportsmanship, no trash talking, play hard by the rules, and the "21 point rule").
- b) Each teams' suited players shall line-up on their respective 45 yard lines and an official will check to see that they are wearing molded-non-removable cleats, plastic chinstrap clips and mouthguards. Any player not wearing required, specified equipment per League and IHSA rules, shall not be allowed to play until all equipment meets the aforesaid standards.
- c) The home team shall be responsible for providing officials a "Special Situations" list with explanation of how each shall be handled. A copy of the "Special Situations List" is attached to and made a part of this set of Rules as Attachment B.

Section 6.04. Each community must provide a non-coaching program representative at all home games, who shall be responsible for overall decorum of the game.

Article VII. PAIRINGS FOR FINAL GAMES

Section 7.01 All ties in each division league standings will be decided in the following order: (will not be decided by offensive or defensive points)

- a) Head-to-Head competition
- b) Record of each team vs. the record of the team(s) finishing ahead of them in the standings, with 3-way tie going to best division record.
- c) Coin flips
- d) 5-6th grade game ties will be decided by Coin flip

Note: To clarify: In the event that 2 teams play an unequal number of games because of an odd number of teams in their division, the team with the higher win percentage will have the better record. For example, a team playing 7 games finishing with a 6 and 1 record will be ahead of a team playing 6 games who finishes with a 5 and 1 record. If these same teams finish 6 & 1 and 6 & 0

respectively, the 6 & 0 team has the better record on the strength of better win percentage.

Section 7.02 All teams are eligible to compete in a Final Games, but due to unequal numbers of teams in a division, not all teams will be scheduled. However, all teams will be scheduled for a minimum of 7 games during the season, thus any team with a bye will play a Final Game, regardless of its prior record. The scheduling committee will determine the schedule for Final Games after the seventh game of the season.

Article VIII. COACH'S RESPONSIBILITIES

Section 8.01 Each head coach is responsible for upholding the policies of the League, as well as maintaining the highest ethical and sportsmanlike standards as set forth in the Illinois High School Association Rules.

Section 8.02 Each Coach, at every division, shall sign and date the written Coaches' Code of Conduct which shall be countersigned and dated by the director of each Program. A copy of the Code is attached to these Rules as Appendix A,

Section 8.03 Each head coach is responsible for the behavior of his team, his assistant coaches, fans and parents.

Section 8.04 The following steps that shall occur if any coach is ejected during the season (defined as period when league games occur), for any reason.

a) **First Offense:** Any coach ejected shall serve a 1 game suspension for the next game, subject to that coach's right to appeal the suspension to the league president prior to serving. If the appeal is sustained, the offense shall be deleted from the coach's record. If the appeal is denied, the coach must serve the suspension the very next game, by not coming within 100 yards of his team during the pre-game warm-up or the game.

b) **Second Offense:** Any coach who is ejected a second time within 2 seasons of the first offense will be automatically suspended for the next 2 games. Should this occur within the last 2 games of the season the suspension will be served the following season. There will be no appeal. Further, a coach refusing to comply with the penalty of the first offense, is guilty of a second offense.

c) If a coach incurs a 2nd offense, he/she must appear, alone, before the League Executive Committee to apply for reinstatement. In the event of continuous poor behavior, the coach may be banned from the league for life. The Executive Committee may submit the matter to the full League Board of program representatives for discussion of its proposed decision before rendering its final decision. The Executive Committee's rendered decision shall be final.

Section 8.05 In addition of any of the following occurring at any game during the season, shall result in an automatic 1 game suspension of the head coach:

- a) Incomplete/incorrect rosters on file with the League after the Friday before the first game of the season;
- b) failure to exchange complete rosters prior to each game; and
- c) use of game balls other than Wilson TDY for Heavyweights and

Lightweights, and TDJ for Featherweights.

Section 8.06 Subject to limitations of safety and maintaining team disciplines, all players should play in every game.

Section 8.07 In the event of identical color jerseys, the visiting team is responsible for supplying its players with scrimmage vests.

Section 8.08 Home team is responsible for sideline markers, down markers, chains and people to operate the down markers and chains on the visitor's sideline.

Article IX. GRIEVANCE/PROTESTS

Section 9.01 All protests must be filed in writing to the league president within 48 hours of the conclusion of the game in question. The president will distribute the protest to other Executive Committee members.

Section 9.02 Only the official team representative or official may file a grievance with the league citing unprofessional or grossly inappropriate behavior on the part of another coach, fan, or official.

Section 9.03 By majority vote of the Executive Committee the league may impose sanctions against the offending team (i.e. removal of the offending coach as a requirement for continuing membership in the league) or other actions that the Committee deems necessary. The Executive Committee may submit the matter to the full League Board of program representatives for discussion of its proposed decision before rendering its final decision. The Executive Committee's rendered decision shall be final.

Article X. NEW LEAGUE MEMBERS

Section 10.01 Teams wishing to join the league must have a majority approval from the League Board of program representatives.

Article XI. PROFESSIONAL STANDARDS

Section 11.01 At least one coach from each team should undergo continuing education biannually by attending a sports medicine seminar or coaching/rules clinic administered by competent professionals.

Article XII. TRAINERS

Section 12.01 Prior or during a game, trainers are the final authority on playing time of athletes:

- a) When a medical problem occurs on field;
- b) Deems player should be benched for evaluation;
- c) Coach can only return a player to field with trainer's express permission

Section 12.02. Notwithstanding Section 12.01, any player removed from a league game due to a head injury, must present a signed doctor's authorization to return to play, to the league BEFORE he/she may participate in future league games.

Article XIII. League Governance

Section 13.01 The League shall be governed by a board of representatives of each program, with each program designating an official representative and alternate. A quorum shall be required at any meeting in order to approve any matters requiring a vote. A quorum shall exist if there are at least 6 members present. A meeting may continue absent a quorum, except no matters requiring a vote may be approved or adopted. The financial report is the only matter not requiring a vote. A majority vote of those present is required to approve or adopt any matter considered by the board.

Section 13.02

(a) At the first Board meeting of a calendar year, the Board shall elect a President, Secretary, Treasurer, and two additional individuals to service with the President on the Executive Committee.

(b) Elected officials shall serve for one calendar year from the date each was voted into office. There is no limit on the number of terms an elected official may serve, except the elected members of the Executive Committee who shall be limited to two consecutive one year terms.

Section 13.03 The Executive Committee is authorized to take action on the following matters without further action by the Board:

(a) all matters set out in these Rules

(b) any ad hoc actions requiring immediate decision and which go to the integrity and best interests of the program, provided that such actions may be reversed by the unanimous vote of all members at the next meeting - regular or emergency - occurring after such Executive Committee action.

Section 13.04 Decisions of the Executive Committee shall be by majority vote. Meetings may be called by any member and may occur in person or by telephone. Decisions of the Executive Committee shall be transmitted in writing, to members within 48 hours after rendered. Any one member may ask for a review of an ad hoc decision by the full Board at the next regularly scheduled meeting, or a special meeting if the next scheduled meeting is longer than one week, by making such request in writing to the President within 48 hours of receiving the Executive Committee's decision.