

TCYFL

**FOOTBALL
PLAYING RULES**

2024

ARTICLE I – PRESEASON

Section 1. Activities Calendar

Member Communities must strictly observe the following restrictions regarding tryouts, organized practice and full equipment practice, neither conducting nor permitting the various activities prior to the official first day for each activity:

July 22nd: Tryouts and/or Organized practice or “conditioning” may begin

August 5th: Full equipment use in practice with full to the ground contact may begin

August 7th: Team drafting may begin (Big 10, then Pac 10)

Section 2. Conditioning

Every player must complete a minimum of 10 hours of conditioning prior to being in full pads with full to the ground contact. A minimum of 6 hours of conditioning, without pads, calculated using a maximum of 2 hours per day, starting no earlier than the 1st Monday in August, with a minimum of 4 hours, in shells (helmet and shoulder pads only), of non-contact technique training using a maximum of 2 hours per day before he or she may participate in any practice or activity with full pads and/or involving contact, but can be no sooner than Monday, August 5, 2024. This conditioning requirement must be completed even if it results in a player becoming eligible for full equipment or contact practice after the first Monday in August. Each coach is responsible for recording each player’s compliance with the conditioning requirement and each Member Community is responsible for monitoring each of its coach’s compliance with the TCYFL Conditioning rule. The penalty for any violation of this section is a \$500 fine and probation for the entire offending Member Community for a period of one year.

Section 3. Equipment Restrictions

No equipment is allowed during the first 6 hours of a players conditioning, regardless of when they start conditioning. After the first 6 hours are met, a player may be in shells (helmet and shoulder pads only) for a minimum of 4 hours. From July 25th to August 2nd the only football equipment permitted for player use is a helmet, shoulder pads and football shoes. See **Section 2** for individual player conditioning requirements. To the ground contact is prohibited until at least the first Monday in August (August 5, 2024), where full equipment and full to the ground contact is allowed.

Section 4. Pre-season Practice and Contact Limitations

Up to the Monday prior to Opening Weekend, all Bantam, Featherweight, Middleweight, Lightweight, Junior Varsity and Varsity levels, practice hours may be ten (10) hours per week with six (6) hours max full to the ground contact per week.

The Flyweight level practice hours may be six (6) hours per week with pre-season contact limited to four (4) hours max full to the ground per week.

Prohibition of any contact practice drills consisting of in full or any part of “Bull in the Ring” and “Oklahoma” type drills.

Section 5. In-Season Practice and Contact Limitations

For Bantam, Featherweight, Middleweight, Lightweight, Junior Varsity and Varsity the Monday prior to Opening Weekend and after, practice hours may be eight (8) hours per week with four (4) hours max full to the ground contact. Scrimmages, walk-throughs and film time are included.

For Flyweight, the Monday prior to Opening Weekend and after, team practice is limited to a total of four (4) hours per week and limited to a total of two (2) days full to the ground contact per week.

Prohibition of any contact practice drills consisting of in full or any part of “Bull in the Ring” and “Oklahoma” type drills.

ARTICLE II – GAME SCHEDULING

Section 1. Regular Season

The TCYFL will schedule all games and assign referees for all levels for regular and post-season play. If the TCYFL schedules an organization to have two of its teams compete against each other in either regular or post-season play, the game must be played as any other TCYFL game and must be officiated by League officials.

Section 2. Special Scheduling Considerations

A period of 72 hours must elapse from the end of any game and the beginning of the next game. If a Sunday game is not completed, it should be rescheduled for the following Wednesday. Saturday games should be rescheduled for the following Tuesday. No night game will be scheduled to start later than 8:30 p.m.

Section 3. Big 10 Schedule

In general, Scheduled Kick Off times for sequential daytime Big 10 games will be at 90-minute intervals, beginning with a scheduled kick off time for the first game of the day no earlier than 9:00 a.m. The President may accelerate scheduled kick off times to accommodate daylight conditions as the season progresses and/or to accommodate the conversion from daylight savings time to standard time, provided that such notice is given at least one week in advance.

The Executive Board is solely responsible for game scheduling and approval of scheduled kick off times, including any night games and/or games played in Member Communities where simultaneous games might be played on multiple game fields.

Section 4. Post Season

The first-place team (Number 1 seed) will have a choice of available sites if they are not a host site. The second-place teams will have a choice of the second available site. Big 10 and Pac 10 playoff formats/sites will be determined each year to taking into account the

varying number of teams that might participate. There will be one Post Season Bowl Game for the Flyweight Level.

Member Communities with the most top seeds, 2 or more, in the first round of playoffs will be a host site.

Section 5. Postseason Seeding

Eligibility for and seeding in Big 10 postseason playoffs will be determined on the basis of an overall combined ranking of all categories including helmet count and will include opponents' total wins. When calculating helmet count, non-resident players will be counted as 2-times the player count for each non-resident player, with a maximum of 20% of the roster.

Eligibility for and seeding in Pac 10 postseason playoffs will be determined in the order below based on:

1. Overall Record
2. Head-to-Head Record
3. Postseason Point System in descending order, highest to lowest (see below)
4. Schedule strength – total winning record (percentage) of all teams defeated
5. Coin Flip

In all postseason playoff determinations, once a multiple Tie Breaker provision is broken, the remaining teams should revert toward the top of the Tie Breaker List, using Head-to-Head record as a deciding factor whenever possible.

Postseason Point System:

Points will be awarded for each game played based upon whether the team loses or wins, and depending on the Victory Margin (winner's score minus loser's score) as follows:

Team	Victory Margin	Postseason Points Awarded
Losing team	Not applicable	0
Winning team	1 to 16 points	3
Winning team	17 to 24 points	2
Winning team	25 to 32 points	1
Winning team	33 to 40 points	0
Winning team	41 points or more	MINUS 1

Section 6. TCYFL Trophies

Trophies and/or medals will be awarded to the teams on a league basis as decided by the playoffs unless otherwise agreed upon by the League Council. The League will provide trophies for the number of players on each final roster plus four per team for coaches.

ARTICLE III – QUALIFICATIONS FOR GAME ELIGIBILITY

Section 1. Roster Qualification

Each team will submit a pre-season roster at the TCYFL Coaches Gathering, and upload it to the website electronically, using the TCYFL roster form (**Schedule J**) and including player weights. League Representatives will sign every pre-season roster from their Member Community. Prior to the third (3) weekend of League play, a player is eligible to play on another team within the same level or at another level provided he or she meets that other level's requirements.

Only one TCYFL roster change per player is allowed. Players may appear on only one roster and play for only one team. Member Communities must submit any roster changes to the TCYFL Secretary and President before the Wednesday preceding the game in which the change is to take effect. The TCYFL Secretary will send a copy of the revised roster to the League Representatives of all organizations. The original roster remains in effect unless changed under these provisions.

Member Communities must submit final rosters to the TCYFL Secretary and President by the Wednesday prior to the third (3rd) weekend of play. On the Wednesday between the second and third game of the season, rosters become permanent and may not change. A player who does not make weight for a game also has the option of sitting out that game and/or additional games until his or her weight complies with the requirements of the level to which he or she is rostered. Appropriate fines will be assessed if a player does not make weight for three games.

Member Communities will commit to their number of Pac 10 teams on or before the first Tuesday in August.

Section 2. Player's Playing Limit and Team Change

No player may play in more than one (1) TCYFL football game per week. Participants in school football programs may compete in the TCYFL but are subject to the IHSA playing time limit of six (6) quarters per week. Participants in in-house or non-school programs similar to TCYFL (including but not limited to the Pop Warner and Bill George programs) are ineligible for TCYFL play. Communities with players participating in both the TCYFL and a school program must identify those players to a designated TCYFL Vice President on a weekly basis using the **Schedule E** form, providing evidence of monitoring and compliance with TCYFL rules and the IHSA playing time limit.

Section 3. Age Qualification

Every TCYFL player must furnish proof of age with a birth certificate or other acceptable type of recognized documentation that is kept on file with each member community, and be available within 72 hours of official notice

Section 4. Consequence of Non-compliance

Failure to comply with roster regulations may result in fines and/or game forfeiture. See the TCYFL Constitution, Article I, Section 2, Subsection F for specific consequence.

ARTICLE IV - FORFEITURES

Section 1. Consequence of Forfeiture

Any team forfeiting a game, regular or post season, will be suspended from further play until the Executive Board considers a vote to reinstate the team pending review of the circumstances. A game forfeit will result in a \$200 fine with the amount doubled for a playoff game.

Member Communities must pay forfeiture fines within 48 hours of the forfeited game. A second occurrence of team forfeiture during the same season will result in an additional fine of \$500 and suspension from regular and post season play for the remainder of the season.

Section 2. Abusive Forfeiture

A Member Community's repeated acts of forfeiture and/or failure to pay fine(s) within the prescribed time could result in Member Community probation and/or expulsion.

Section 3. Executive Board Determination

The Executive Board will reach a decision and inform the offending Member Community of its actions within 72 hours of the forfeiture. The Member Community, through its Representative may request discussion of the forfeit with a designated TCYFL Officer within 24 hours of the forfeit. The Executive Board reserves the right to weigh the circumstances of each occurrence in making a decision. If the Executive Board finds that the offending Member Community was at fault in the forfeit, all penalties will apply. If the Executive Board determined that the forfeit was beyond the offending Member Community's control, no penalties or sanctions will be assessed.

ARTICLE V. PLAYING LEVELS AND ELIGIBILITY

Section 1. Levels

A. Specification of Levels

The levels in ascending weight limit order are Flyweight, Bantamweight, Featherweight, Middleweight, Lightweight, Junior Varsity and Varsity.

B. Big 10

The Big 10 emphasizes competition at a high level and includes each Member Community's best and most capable players at each level, drafted to teams prior to drafts for Pac 10. It is the TCYFL's intent to provide all Big 10 players a reasonable playing time opportunity in each game (except for illness, injury, disciplinary reason, etc.)

All Member Communities must participate in Big 10 with their first team at each level. If a Member Community is unable to do so, each team will be reviewed on an individual basis determined by the Executive Board.

Any additional Big 10 teams at a level will be designated to a lower division of play.

If a player is selected, based on ability, to participate on a Big 10 team and chooses to opt out for any reason (religious, family commitment, coach, etc.) the player must play striped at Pac-10 on the line only, or play up at the next level.

C. Pac 10

The Pac 10 emphasizes instruction, development and participation. Pac 10 teams are composed of players not participating in the Big-10. The Flyweight Level is Pac 10 only.

No Member Community playing level may have more than two (2) Pac 10 teams at each level without Executive Board approval.

D. Maximum Ages

The ages stated for each level (Schedule H) are the maximum ages allowed for the respective levels determined using the player's age as of September 1 of the playing year. There is no minimum age requirement.

E. Maximum Weights

The weights stated for each level (**Schedule H**) are the maximum weights allowed for the respective levels, including allowances for required clothing and weekly weight gain.

F. Player Participation in Games

All teams with 22 or less players on the roster, all players **MUST** have a starting position on offense or defense during regular and post season games and must play one full quarter.

On teams with 23 players or more, the TCYFL strongly encourages Coaches to rotate players so that all players may enjoy playing both ways at some time during a game. For Members Communities that do not play in the Big 10 fielding a team with an active roster of fifteen to twenty players, at least two of the players playing both ways in the first half may not play both ways in the second half.

Section 2. Team Selection and Composition

A. Drafting Procedures

Member Communities will conduct player drafts no earlier than the second Monday in August. Member Communities will draft Big 10 players first, then Pac 10. Generally, the Big 10 Head Coach has final determination as to player selection. Member Communities should select the best and most qualified players for Big 10 teams. Member Communities with more than one Pac 10 team at a level will draft teams to distribute player talent evenly among the teams, avoiding creating a relatively "stacked" or dominant team. Each

Member Community with Pac 10 teams must submit to the Executive Committee a copy or summary of its draft procedures by July 25th of each year.

If a town fields 5(five) or more teams at 1 level, 3 teams must play at the Big 10 level. Two at an Upper-Level division, and one at a Lower-Level division.

There cannot be more than 2 Pac 10 teams at a level.

B. Roster Size

Each Big-10 team will roster a minimum of sixteen (16) players, unless otherwise approved by the Executive Board. No roster may exceed 31 players. Once a team has more than 31 players, the Member Community will create a Pac 10 team for that level assuming there are enough Pac 10 teams at that level within the TCYFL for competition. The TCYFL will review exceptions at its regularly scheduled August meeting. If a Member Community wishes to seek approval to field a Big 10 team with fewer than sixteen (16) players, the Member Community, through its League Representative, must submit, to the TCYFL President and Secretary, the proposed team roster with a justification for the roster size in the first week of August along with its other team rosters.

The TCYFL considers a Pac 10 initial roster of less than 16 as “not recommended” and an exception subject to Executive Board approval. If a Member Community wishes to seek approval to field a Pac 10 team with fewer than sixteen (16) players, the Member Community must submit the proposed team roster with a justification for the roster size in the first week of August along with its other team rosters.

C. Roster Submission and Player Certification Deadline

Final team counts are due by the first Wednesday in August and all final rosters are due for certification at the Head Coaches Gathering on the Tuesday immediately prior to opening weekend.

Certification of all new players on a year-to-year basis will be completed by the Tuesday prior to opening weekend.

ARTICLE VI – Older/Lighter Players – Big 10, Pac 10

A Bantam, Featherweight or Middleweight player who is thirty (30) or more pounds lighter or a Lightweight player who is twenty (20) or more pounds lighter than the regular weight limit and who is no more than one (1) year older than the regular age limit, is eligible to play at those respective levels. This is not a mandatory rule and is an option, but can be applied: (1) at the request of a player and/or the player’s parents or (2) as decided by the TCYFL. Older/Lighter players will be identified as “OL” on the team roster.

ARTICLE VII – Younger/Heavier Players

Section 1. Younger/Heavier Definition

A Big 10 and Pac-10 Bantam, Featherweight, Middleweight or Lightweight player who is no more than ten (10) pounds above the regular weight limit, and who is at least two years younger or is no more than five (5) pounds above the regular weight limit, and who is at

least one year younger than the regular age limit is eligible to play on an unrestricted basis at those respective levels. Younger/Heavier players will be identified as “YH” on the team roster. Younger/Heavier provisions shall apply to Big 10 Bantam, Featherweight and Middleweight, all Pac-10 levels. A maximum of three Pac 10 “Younger/Heavier Stripers”, including no more than one “Double Striper”, may be on the field at any one time.

Section 2. Stripers

Member Communities will identify and describe Stripers to the TCYFL using the **Schedule D** form at least two weeks prior to the first game of the season. See **Striper Rules** pertaining to identification, position and role restrictions, striper limit, Stripers in kicking situations and Striper sanctions.

Younger/Heavier Players – Stripers (Y/HP’s): These are Stripers who are at least two years younger than the regular age limit, and eleven (11) to twenty (20) pounds above than the regular (**Schedule H**) weight limit. Younger/Heavier Striper players will be identified as “YHS” on the team roster. No subsequent changes of any kind will be allowed. Younger/Heavier Striper Players will display a single stripe on their helmets.

Younger/Heavier Exception Players – Double Stripers (Y/HEP’s): These are Stripers who are at least **two years younger** than the regular age limit and more than twenty (20) pounds above the regular (**Schedule H**) weight limit. The Executive Board parameters for submitting exception players should fall within no more than 50% of maximum submitted weight at players proposed level. The intent of an exception player is to give new players an opportunity to participate and learn the game of football with in some of the following parameters: Age, weight, years of participation, community size, team availability at higher level. All requests are review on an individual basis. The Executive Board and League Council must approve proposed **Younger/Heavier Exception Players**. The Executive Board will conduct an initial review of all proposed Y/HEP requests and may, at its sole discretion, refer selected requests to the League Council for final approval. All exception requests are due for consideration by Midnight the Friday prior to the August TCYFL Meeting. All exception players will be approved at the August TCYFL meeting. Y/HEP players will be identified as “YHEP” on the team roster. **Younger/Heavier Exception Players** will display a double stripe on their helmets.

At the first game **Younger/Heavier Exception Players** must weigh in at or below the League approved individual player weight.

Rosters may include no more than six **Younger/Heavier Stripers**, no more than three of whom may be a Younger/Heavier Exception Player (double striper). A maximum of three **Younger/Heavier Stripers** (including no more than one double striper) may be on the field at any one time.

The TCYFL may act upon **Younger/Heavier** rules violations through the protest procedures described herein. Upon finding a violation, the TCYFL may decree game forfeiture and/or impose a one-week head coach suspension.

ARTICLE VIII – PAC 10 PARAMETERS

Section 1. Eleven On / Eleven Off

The intent of this provision is to promote equitable playing time for all Pac-10 players.

1. RULE:

All players should have a starting position. On teams with 22 active players, at each change of possession, all 11 players must come off the field and the 11 players on the sideline must come on the field. The offensive or defensive unit entering the field must play for the entire possession; that is until the offense either scores or turns the ball over. Special rules apply to teams with less than 22. Only at half-time may a player be switched from offense to defense or defense to offense.

2. SUBSTITUTIONS:

(a) Substitutions are allowed only for i) injury, ii) significant fatigue, iii) equipment issue, iv) special teams pursuant to Paragraphs 5 and 6 below and, v) when more than 22 players are active with a rotation plan in compliance with the letter and spirit of paragraph 3 below. Injured, fatigued or withdrawn players must sit out a minimum of three plays, after which they may re-enter without penalty.

(b) Substitutions are not permitted for the sole purpose of sending in plays. Offensive coaches are strongly encouraged to use quarterback, running back and/or receiver wristbands and if necessary, to call plays from the sideline by having an offensive player come toward the bench to receive a play call. Coaching and teaching should be substantially undertaken during the week to assure that both offensive and defensive units are properly prepared to play.

3. TEAMS WITH MORE THAN 22 PLAYERS:

(a) On teams with more than 22 active players additional starting positions should be created on kick off and kick off receiving teams. The entire team must be separated into one group for offense and one group for defense as nearly equal in number as possible. Only at half-time may a player be switched from offense to defense or defense to offense. Coaches may substitute and rotate players during possessions to accommodate balanced playing time, provided that substitutions and rotations comply with the letter and spirit of paragraph (b) below. For simplicity, rotation in platoons involving all sideline players entering the field at the same time is recommended.

(b) The substitution/rotation plan should be predetermined involving all players and should NOT be varied for the purpose of gaining a temporary advantage at the expense of equitable playing time. Coaches must avoid the appearance of situation-based substitution to reduce potential misunderstandings or conflicts. While the TCYFL recognizes the need to give a certain degree of latitude to coaches with more than 22 active players, and while opposing coaches must grant appropriate consideration in these challenging circumstances, abusive substitutions will not be tolerated.

(c) Coaches must inform the opposing coach at weigh-in and again prior to kick off, along with the Referees, that his team has greater than 22 active players and how the substitution/rotation plan will accomplish TCYFL equitable playing time. Reasonable accommodation will be made for substitution/rotation patterns that appropriately address the spirit of equitable playing time.

4. TEAMS WITH LESS THAN 22 PLAYERS:

(a) Teams with less than 22 active players at a game may use players both ways in

order to field a full offensive unit or defensive unit. At the end of each possession, all players on the side line must enter the field and the same number of players must leave the field to form the new unit for the entire next possession.

(b) To encourage equitable playing time for the entire team, it is strongly recommended that coaches designate in advance on the roster which players will play both ways and limit both-way play of any one player to one half of the total game time.

5. PUNT and POINT AFTER TOUCHDOWN CONVERSIONS:

(a) The offensive unit should become the punt and point-after-touch down team, substituting only to introduce a long-snapper, and/or a punter/place-kicker, and/or a placekick holder. The defensive unit should become the punt receiving or point-after-touchdown defensive team without the need for substitution.

(b) PAC 10 teams may attempt fake punts and conversion kicks, even though the teams might substitute to introduce a purported kicker and/or purported long-snapper, EXCEPT under the unique Featherweight and Bantam kicking rules.

6. COACHING:

Coaches are strongly encouraged to teach, develop and provide players game experience at both offensive and defensive positions, as well as on special teams.

7. INELIGIBLE PLAYERS:

Ineligible players must remove their helmets and shoulder pads. Players might be ineligible to play in a game for a number of reasons including discipline, missing weigh-in, injury, significant fatigue, or voluntary withdrawal. This will avoid confusion with eleven-on - eleven-off compliance.

8. HUDDLES:

To avoid potential confusion regarding eleven-on-eleven-off compliance and enforcement, a maximum of one Coach and two water bearers shall enter the playing field to conduct team huddles (during time outs) at least 10 yards from the sideline. Full team huddles are not allowed on the field during the game except at pre-game, halftime or post-game. The intent of this provision is to prevent illegal substitutions as specified under the eleven-on-eleven-off rules.

9. PENALTIES:

(a) On teams with less than 22 active players at a game, referees will assess an unsportsmanlike conduct penalty for any player substitution other than allowed in paragraphs 2 and 3(a).

(b) In addition to game penalties for unsportsmanlike conduct, failure to comply with Eleven On/ Eleven Off provisions include a \$250 fine, and will result in suspension after proven guilty, and may result in forfeiture.

10. TIME OUTS:

Each level will have three (3) full time outs per half. Each Pac-10 team will have one (1) additional Coach's Time Out per game to allow communication with an opposing coach and/or game officials. Coaches and the Head Official will meet at mid field for discussion. Coaches may not communicate with their teams on the field during a Coach's Time Out.

Section 2. Multiple Pac 10 Teams

All Member Communities with more than one Pac-10 team at one level must install a draft or other mechanism to distribute players equally in numbers and talent level.

If a town fields 5(five) or more teams at one level, at the league's discretion, up to 3 teams could play at the Big 10 level. At minimum, one being at an Upper-Level Big Ten Division, and additional Big 10 teams at a Lower-Level Division.

Section 3. Pac 10 Playoffs

The top teams will advance to Post Season Playoffs. There are no Playoffs at the Flyweight Level.

ARTICLE IX. FOOTBALL OPERATIONS

Section 1. Home Team (Host Site) Responsibilities

A. General

The Host is responsible for field/official operations during regular season and post-season play. The Host will pay Big 10 officials directly prior to the last game of the day. The TCYFL will pay Pac 10 officials using a league voucher system.

B. Facilities

The Football Field must be regulation size (360 x 160) with proper lining (10 yard minimal, 5 yard preferred) with 10 yard end zone and goalpost.

The host will provide:

1. Regulation chains, down number indicator, and a 3-person crew to operate as a fair and impartial part of the referee team. Coaching or yelling from the crew is prohibited. Chain crews will operate from and position the down marker and first down chains on the HOME team side of the playing field. Chain crew members must be responsible persons at least 16 years old.
2. Regulation footballs (League specifications below), new or almost new.
3. Crowd control barriers – rope, tape, or blockade must be in place 10 yards from each sideline from goal line to goal line. There will be a \$100 fine per day if barriers are not provided. Only players and coaches are allowed inside this zone. No parents, photographers, handicapped persons or non-team players are allowed.

Crowd Control Rules:

- a. No one is allowed on the sidelines INSIDE of the Coaches Box except the Head Coach and up to six (6) Assistant Coaches, team parent, water boys and girls. All Head Coaches and Assistants must be credentialed with proper Coach badges for that specific team. Any coach found to be non-compliant with proper coaching badges will be subject to fines and/or suspension decided upon by the Executive Board's discretion.
- b. No one is allowed on the sidelines OUTSIDE of the Coaches Box except cheerleaders only when adequate space cannot be provided otherwise, official chain crew, TCYFL approved print or photo media, team statistician, ball boy or other personnel requested by the officials for their assistance, and authorized TCYFL Field Marshall, League Representative or Executive Board Member.

- c. Teams ready for next game will remain outside of the barriers, away from the sidelines and out of the end zones and be ready to send out captains for the coin toss. No official displays are permitted unless approved by the home team.
4. Scoreboard and game clock.
5. Cell phone for emergencies.
6. Approved digital scale for weigh in.
7. A tent or other reasonable enclosure in which the weigh in can be conducted in the event of inclement weather.
8. When performing, Game Announcers will express information that adds to the enjoyment of all. Play-by-play calls during action on the field, making derogatory and/or inflammatory comments and/or expressing personal opinions are inappropriate and will not be tolerated.

C. Field Marshall

Each home site must provide a Field Marshall (or League Representative or designated field coordinator or field commissioner) that is responsible for the conduct of all games and for organizing the field and addressing any problems that arise before and during games. The Field Marshall will supervise the weigh in. The Field Marshall is an *ex officio* TCYFL official and must (a) be familiar with League Rules and (b) act fairly and impartially in supervising local football operations. The Field Marshall should wear unique identifying apparel (jacket, hat, etc.) so that they can be clearly identified. The Field Marshall should be prepared to address hospitality issues for referees and the visiting team. The Field Marshall will introduce him/herself to the Referees before games begin and record all Referee names for distribution to all Coaches at weigh in. The Field Marshall, League Representative or Member Community Score Reporter must report all game scores and ejections to the President by 9:00 p.m. Sunday night.

D. Half Time Considerations

Halftime should be fun and entertaining, adding to the festive atmosphere of youth football. While the TCYFL does not officially support or have formal ties with any League spirit/cheer/dance/etc. organization, most TCYFL Member Communities do have such formal ties, in some cases involving fully integrated operations and/or Board representation. The TCYFL respects and supports these local arrangements.

The Hosting Member Community should reserve one half of the Halftime period, however many minutes that might be, for the visiting team to conduct a halftime presentation of its own determination. Thus, each team should get half of the halftime period for their own presentations, whether that might be for cheerleaders, dance teams, pom pon squads, color guards, etc. One Community does not have the right to specify what another Community might present. Instead, each Member Community should respect the unique needs/desires of other Member Communities. In some cases, this might involve presentations by more than one group during a Member Community's allotted time. For example, a Member Community might want to split its time between a dance presentation and a spirit presentation. The objective is to respectfully and reasonably accommodate each Member Community's unique needs/desires regarding halftime presentations. If a Member Community doesn't have plans for a presentation, perhaps they could give more time to the other Member Community.

Specific Half Time Considerations:

1. Those participating in halftime presentations should enter and leave the field safely and quickly.
2. Participants should not damage the field in any way.
3. Participants should conduct themselves with dignity, good sportsmanship and respect for all.
4. Participants should strictly observe time restrictions.
5. Participants should rehearse entering and leaving the field and prepare their presentations taking into account the time restrictions. This is of particular importance for Communities planning multiple presentations in a relatively short period of time.
6. "Trouble" (undefined) will not be tolerated. ALL Participants are governed by the rules of conduct for players (coaches, fans, etc.) as specified in the TCYFL Constitution and Football Playing Rules.
7. ALL Participants (players, coaches, referees, halftime presenters, fans, etc.) should respectfully recognize and obey TCYFL Officers (and the local Field Marshall) at all TCYFL events. The Field Marshall serves as an impartial TCYFL representative at TCYFL games, responsible for ensuring that all TCYFL rules and guidelines are enforced.

E. Post Season Host Site Considerations

1. In addition to the host responsibilities above, during playoff and championship games the host site is responsible for field costs (if any) and providing game balls. The TCYFL will pay officiating fees for the Championship games. Three referees will be provided per play-off game. Four referees will be provided for Championship games. To offset costs during playoff and championship games (POSTSEASON ONLY), the host may charge an admission fee to spectators no greater than \$5.00 for adults, and no charge for children or veterans. It is also understood that football players, cheerleaders and their respective coaches will enjoy free admission.

2. A Member Community may host a Championship site with access to a turf field and have any of their teams as a Home Team if they are the top seed.

F. Official TCYFL Game Footballs

	Wilson	Baden	Rawlings	Nike	Under Armour
Varsity	TDY	FX500Y	ST5 Youth	Youth	Youth 395-495
Light	TDY	FX500Y	ST5 Youth	Youth	Youth 395-495
Middle	TDJ	FX500JR	ST5 Junior	Junior	Junior 395-495
Feather	TDJ	FX500JR	ST5 Junior	Junior	Junior 395-495
Bantam	K-2	FX500PW	ST5 Pee Wee	Pee Wee	Pee Wee 395-495
Fly	K-2	FX500PW	ST5 Pee Wee	Pee Wee	Pee Wee 395-495
				(Nike: VaporFlight/Elite/Strike/Spiral Tech)	

G. Helmet - Plastic Chin Strap Snaps Required

All players must use an approved helmet chin strap with plastic (not metal) snaps.

H. Emergency Plan

Each Member Community will implement an Emergency Plan to deal with injuries, sickness, weather-related incidents and/or other issues that may arise during practices and games. The Plan will include designation of Safe Areas for all in severe weather.

I. Field Availability

All field availability commitment is due August 7, 2024.

Section 2. Responsibilities of Each Team

A. Documentation

Each team must supply copies of an official League player roster (see **Schedule J**) for use by the Field Marshall, opposing team, announcer and/or referees if needed. When rosters are exchanged at weigh in, coaches will appropriately identify the four starting offensive backfield players (for possible use under the Excess Score Rule).

Each pre-season roster must be submitted at the TCYFL Coaches Gathering and uploaded in our database by the Wednesday prior to opening weekend.

Rosters must be completed in jersey ascending order, in type and must include the pre-season weight of every player with every player's weight determined within one week prior to the Coaches Gathering. Non-compliance may result in a \$50 fine for each incomplete and/or inaccurate roster.

No hand-written rosters will be accepted and any hand written players will be ineligible for participation.

B. Sportsmanship

Each team is responsible for the conduct and deportment of their coaches, players and fans. Every effort should be to maintain an aura of good sportsmanship. Officials have the right, with proper warning to head coaches, to assess a 15-yard penalty for inadequate crowd control and players or fans. Officials may remove any person from the area. Penalty and/or removal are solely at the discretion of the officials.

Penalties will be assessed in the following manner for All Coaches.

1. The first unsportsmanlike penalty will result in a 15-yard penalty.
2. The second unsportsmanlike penalty will result in an immediate ejection, which includes a one game suspension and mandatory re-instatement fee of \$150, payable to TCYFL Cares.

All post game ejections will result in an immediate ejection, followed by an automatic two game suspension and mandatory re-instatement fee of \$150, payable to TCYFL Cares.

C. Referee Evaluation

Each head coach is STRONGLY ENCOURAGED to fill out a Referee Card using the form in **Schedule F** rating the game officials after EACH GAME. These forms must be signed by the head coach and sent to the President before the next regularly scheduled game. Referees will also rate the actions of the coaches and advise the head referee and the League Council of their observations.

D. Equipment

Each team is responsible for all player equipment. Equipment must meet approved IHSA safety ratings. The IHSA and TCYFL prohibit clear mouth guards. Casts must be soft and wrapped in foam. The TCYFL requires Players with casts to present a Doctor's Approval/Clearance to participate with a cast.

E. Coaches

All coaches must be minimally USA Football certified or ASEP certified (Youth level or above) and attend a PCA Workshop every 3 years.

F. Score Reporting

All Saturday game scores must be reported to the President or other designated League Official by 12:00 noon on each Sunday immediately following those games. All Sunday game scores must be reported by 8:00 p.m. on that same Sunday (game day). Failure to meet these deadlines will result in a **\$50 fine**. There is no Score Reporting for Flyweight.

G. Practice Limitation

Up to the Monday prior to Opening Weekend, practice hours may be ten (10) hours per week with seven (7) hours max full contact. The Monday prior to Opening Weekend and after, practice hours may be eight (8) hours per week with four (4) hours max full contact. Scrimmage, walk-through and film time are included.

H. Post-Game Sportsmanship

ALL Coaches and players must ALWAYS shake hands after every game.

I. Proper Tackling Training.

Mandatory Proper Tackling training of blocking and tackling sessions must take place for a minimum of 10 (ten) minutes each practice.

ARTICLE X – WEIGH IN

Section 1. TCYFL Authority

The Field Marshall represents the League (not any one team or Member Community) in supervising local football operations.

Section 2. Weigh-In Courtesy

The Field Marshall should allow reasonable “pre-weigh-ins” for players who might be close to their maximum limits, thus allowing the player time for reasonable exercise and/or removal of all but the minimum required clothing and equipment. A reasonable number of extra trips to the scale are permissible to allow a player a chance to gain eligibility.

Section 3. Weigh-In Procedure

1. Each team will weigh in all players one hour prior to the kickoff of their game.
2. A courtesy weigh in may take place before the official weigh in, but the player must still present for official weigh in.
3. All Players must make weight at Official Weigh In, or they are ineligible for game play that game.
4. Each player must wear a minimum of: shirt and football pants with pads or football pants with girdle if the girdle is worn for the game. Players may remove only their shoes, socks, helmet, jersey, shoulder pads and rib pads for weigh in. The weight limits specified in **Schedule H** include a two-pound minimum clothing/equipment provision at the Bantam, Featherweight and Middleweight levels and a three-pound minimum clothing/equipment provision at the Lightweight, Varsity and Jr-Varsity levels.
5. The host will provide an approved digital scale.
6. The digital scales will be inspected at the July TCYFL Meeting and the Executive Board may inspect scales in use at any TCYFL game site in use for any TCYFL weigh in on any game day.
7. The Field Marshall will supervise the weigh in.
8. Coaches will exchange a copy of their official League roster prior to the weigh in.
9. Any player exceeding the weight limit for his or her level may not play that day.
10. Neither coaches nor the supervising Field Marshall may waive the weight limit or permit any exception to the weigh in rules of any kind.
11. Rosters must be filled out in ascending jersey number sequence with the starting offensive backfield properly indicated (as required under the Excess Score rules).
12. Team weigh in should be scheduled one hour prior to the Scheduled Kick Off.
13. Players that arrive late for weigh in, due to unforeseen circumstances, must have official weigh in before Kick Off of their game. Players missing weigh in are ineligible for play that day.
14. The Field Marshall will record and promptly report to the TCYFL President the team, name and weight of any player failing weigh in. Coaches will provide a roster to both the opposing coach and the Field Marshall at weigh in.
15. The Field Marshall will provide Referee names to each Coach at weigh in.

ARTICLE XI. GAME RULES

Section 1. Basis of Rules

A. IHSA

All play is based on Illinois High School Association (IHSA) Rules and principles. IHSA Rules are published each year and should be obtained directly by each Member Community for study, review and dissemination within their organizations.

B. TCYFL Predominance

The TCYFL follows IHSA rules for all levels of play but establishes unique rules as specified herein that supersede all others, including IHSA rules.

C. TCYFL Constitution

The TCYFL Constitution is an integral and inseparable part of the TCYFL Football Playing Rules. The Constitution specifically addresses important matters including League composition, structure, and operations. All TCYFL participants are subject to the TCYFL Constitution's Rules and Code of Conduct, herein specifically incorporated by reference.

D. "Trick Plays" Prohibited

Prohibited "trick plays" include but are not limited to "wrong ball", "hideout", "fumblerooski", etc. No deceptive practices, actions or vocalizations that deceive the opponent that there might a "problem" with the ball. Penalty: Unsportsmanlike Conduct on the Head Coach.

E. Referee's Warning of Unsportsmanlike Conduct

At their own discretion and short of throwing a flag for an official judgment of Unsportsmanlike Conduct, Referees MAY WARN a player who exhibits unsportsmanlike conduct and send that player out of the game for a reasonable period of time (cool down). A Cool Down is not considered an ejection. Only one Cool Down per player per game is allowed.

Section 2. Pac 10 Eleven On – Eleven Off **Eleven On / Eleven Off is a game rule unique to Pac 10.**

Section 3. Game Duration

A. Varsity/Jr Varsity and Lightweight levels

Games will be played using a 10-minute per quarter stop clock.

B. Middleweight and Featherweight levels

Games will be played using a 9-minute per quarter stop clock.

C. Bantam Big-10 level

Games will be played using an 8-minute per quarter stop clock.

D. Flyweight and Bantam Pac-10 level

Games will be played using two (2) twenty-minute halves (forty-minute game total)

E. Halftime duration

Halftime for Bantam through Varsity games will equal the length of one quarter of the game. Halftime for Flyweight games will be eight (8) minutes.

F. Timing Rules- Last Two (2) Minutes of Game

The play clock will start after it has been placed for a down and the referee gives the ready-for-play signal.

The game clock will follow current high school federation rules with the following exceptions. Excessive score rule (see separate section regarding) and following a change of possession. On the change of possession, the game clock will start when the offensive team breaks the huddle unless a time out has been granted to either team, and then the clock will start on the snap.

During the last two (2) minutes of the GAME, the clock will start at the snap following the change of possession (current high school federation timing rules), unless the game is in the excessive score rule, in which the clock will continue to run.

Section 4. Scoring (Conversions)

Two (2) points will be awarded for a successful conversion kick after a touchdown. One (1) point will be awarded for a successful conversion running or passing play after a touchdown.

Section 5. Officials (Referees)

A. Number of Officials

Three (3) IHSA credentialed and TCYFL certified referees will officiate all Big-10 and Pac-10 games. Four (4) IHSA credentialed and TCYFL certified referees will officiate all Championship games.

B. Referee Absence

Referees must arrive at least fifteen (15) minutes before game time. No game will be canceled, forfeited or delayed more than fifteen (15) minutes in the event that the required number of referees is not present at the scheduled game time. If there is a minimum of one (1) referee in attendance, the game will begin. If no referees are present, the home team's President or League Representative, in conjunction with the two affected teams' head coaches, will designate persons to be acting referees so the game may be played. Every effort will be made by the home team President or League Representative to get additional referees as soon as possible. No appeals or protests will be allowed if the teams appoint acting referees.

C. Communicating with Referees on the Field

Head Coaches are the only persons on the sideline who may engage or attempt to engage in a conversation with the referees.

Section 6. Prohibited Communications

A. The use of any type of communication device, including but not limited to phones wired/wireless headphones, cellular/picture phones, walkie-talkies, text messengers, personal digital assistants, computers or any other communications device is prohibited. Further, teams may not employ ANY type of computer, mechanical, electronic, automated or any other type of voice/video/data capture, reproduction, or transmission device. The ONLY permitted communication devices are: (1) cameras for the explicit purpose of making game pictures and/or films (for post-game review only); and (2) cellular phones (or other device) available exclusively for emergency communications (ambulance, paramedics, etc.). Game film camera operators must remain OUTSIDE the crowd control barriers as specified in Section IX, Part 1-B (3). “Coach from the sidelines.”

B. The use of Drones is prohibited at all TCYFL sanctioned Game Days.

Section 7. Time Outs

Each level will have three (3) full time outs per half. Each team will have one (1) additional Coach’s Time Out per game to allow communication with an opposing coach and/or game official. Coaches and the Head Official will meet at mid field for discussion. Coaches may not communicate with their teams on the field during a Coach’s Time Out.

Section 8. Player Non-Participation

A team has the right, for disciplinary or health reasons, to disallow a player from participating in a game. If a player is being disciplined in this manner, or if the player is ill or otherwise incapacitated, the opposing coach should be notified, and the player’s helmet and shoulder pads must be removed to avoid confusion.

Section 9. Jersey Numbers

Team jersey numbers need not correspond to the positions played (exception to IHSA rule). Jersey numbers should not be duplicated on an individual team. This does not constitute grounds for a protest. When duplicate numbers exist, the Head Coach will apply tape to the jersey to create a new number, such as converting “23” into “123”, etc.

Section 10. Excess Score Rule

A. Excess Score Margin

The Excess Score Rules take effect if a team leads by 24 or more points. When a touchdown gives the leading team a 24 or more-point lead, the Excess Score Rule will not apply to the conversion attempt immediately following that touchdown. The Excess Score Rule will take effect on the ensuing kickoff. Any team with a winning point differential over forty (40) will be fined \$500 for the 1st offense, \$1000 for the 2nd offense, \$1500 for the 3rd offense paid to TCYFL Cares.

B. Excess Score Rule in the First Half – Offensive Backfield Substitution

When rosters are exchanged at weigh in, coaches will appropriately identify the four starting offensive backfield players. When the Excess Score margin becomes effective at any time in the game, the leading team will substitute for its starting offensive backfield. The leading team may keep any of the four starting offensive backfield players on the

bench while on defense without regard for Eleven-On Eleven-Off provisions. If any such player is withdrawn during defense, the player may return to defensive play during a subsequent possession.

C. Excess Score Rule in the Second Half – Additional Provisions

In addition to Offensive Backfield Substitution, the following apply in the second half:

1. Running Clock

The game will be played with a running clock with timeouts only for the trailing team. The clock will stop only for injury, score and change in quarter. If the trailing team gets the score under 24, the clock may return to normal operations only once during the game. After the Excess Score Rule becomes effective in the second half, the clock will not revert to a stop clock. All other game rules will remain the same as a regular game.

2. Start of possession by Trailing Team

The trailing team will be awarded the ball at the 50-yard line and the leading team will get the ball at their 30-yard line. This applies to both the First Half and Second Half of the game.

3. Time Outs for the Trailing Team

The Trailing Team may call time outs provided it does not do so to unnecessarily prolong the game.

4. Other Restrictions

All passing on offense by the leading team is prohibited. This includes forward passing, backward passing and laterals. Blitzing on defense is prohibited for both teams. Blitzing is defined for this purpose as rushing more than four “down” defensive linemen plus two defensive ends. Offensive trick plays by the leading team are strongly discouraged. The leading team may not onside kick. If the trailing team fumbles or throws an interception, the ball is dead at the spot of the turnover, where the defense takes possession.

D. Removal of Certain Excess Score Margin Provisions

If a trailing team recovers to within the Excess Score Margin, the leading team’s starting offensive backfield may return and the Other Restrictions (above) cease; however, the game clock will continue to operate on a running basis.

E. Big-10 and Pac-10 Spirit Rule

If a team is trailing by the excess score point margin at the end of the first half, at the option of the trailing team, the trailing team may concede the game. The leading team is the winner based on the official score at the end of the first half. This can only be done on the condition that an entire second half will be played as a scrimmage starting the score over at zero to zero. All regular Playing Rules will apply in the second half; however, the Field Marshall may direct the Referees to implement “running clock” rules if playing with normal clock rules in the second half would result in delaying the start of the immediately following game past its scheduled kickoff time. None of the Excess Score Rules will apply in the second half, with the single exception that the winner must remove its starting backfield from offense for the entire second half. The winning team is strongly encouraged to give Players experience at their back-up positions on both offense and defense.

Section 11. Tiebreaker

The TCYFL requires that all games at all divisions have a winner. All games tied at the regulation play will participate in a Tiebreaker format.

Tiebreaker Procedure:

1. In accordance with the Kansas City Tiebreaker format, the winner of a coin toss will select to play either offense or defense. The other team has the choice of end zones. The end zone does not change with a change of possession. Each team is given an alternating series of four (4) downs (excluding any called penalty that includes loss of down or a new set of downs), starting from the ten (10) yard line, to score either a touchdown or field goal. Each team receives an equal number of possessions with the maximum being two. The number of downs used is not relevant unless the play moves to mid-field. Extra points will count in the total points scored on a possession after a touchdown. Extra points must be attempted. The first team to outscore the other team after an equal number of possessions wins.

2. If the score is tied after two equal possessions from the ten-yard line, the ball is placed at mid field, and the winner of a coin flip will choose the direction of the final overtime.

Each team is given four downs to gain as much positive (or the least negative) yardage as possible. If a turnover occurs that team's overtime is completed with the yardage computed at the time of turnover. In the case of a fumble during a run, the final spot is the position of the fumble or last controlled spot by that team. In the case of an interception, the final spot is the line of scrimmage where the play started.

No first downs will be awarded, and all penalties will be assessed whether they are positive or negative yardage.

All teams must attempt all four downs unless a turnover occurs or a team scores a touchdown. In the event that a touchdown is scored in less than four downs the scoring team does not receive any more downs to gain more yardage.

A team may not attempt a field goal.

3. In the tiebreaker period, each team is allowed one (1) time out per sequence.

Section 12. Striper Rules

A. Identification of Stripers

Players with weight restrictions are identified by a 1 ½" stripe provided by the Member Community (for example, athletic tape), positioned horizontally across the crown of the helmet from ear hole to ear hole in a contrasting color to the helmet. Players requiring a stripe are identified in **Schedule H** and will be referred to as Stripers.

B. Striper Position and Role Restrictions – Stripers are Linemen

Stripers may never advance the ball either offensively or defensively. A Striper may not be the recipient of a handoff/pitch or an intended pass receiver on offense. The ball is

considered to be “dead” when it comes under a Striper’s control. A Striper is permitted to recover any fumble, intercept a pass or receive a kick provided that the ball may not be advanced.

When on offense, a Striper must line up in interior position from tackle to tackle within the Free Blocking Zone (IHSA rules) in a three-point or four-point stance. Lightweight and Varsity level may line up in a two-point stance. Since Striper offensive linemen may never be Eligible Receivers, they need not be covered.

On defense, the Striper is restricted to line positions, must line up as close as possible to the line of scrimmage in a three-point or four-point stance and take a forward charge on the snap of the ball. Stripers may not stunt to outside positions and must line up head up or inside the offensive tackle. Such position players are not allowed to take a two-point stance.

C. Striper Limit

A team may never have more than five (5) Stripers on the field at a time.

D. Stripers in Kicking Situations

Stripers may punt or attempt a field goal or extra point. Stripers positioned to punt, attempt a field goal or an extra point may not act as a blocker in a fake kicking situation.

E. Striper Sanctions

Striper violations are assessed a fifteen (15) yard penalty for unsportsmanlike conduct.

Section 13. Varsity and Junior Varsity Level Rules

Member Communities with 33 or more players at the Varsity level will also have a 2nd smaller level Big 10 Varsity team or a Junior Varsity team. You must have a Varsity team before you can have 2 Junior Varsity teams.

Section 14. Featherweight Level Rules

A. Punting

A team must inform its opponent and the officials of their intention to punt.

Contact may not occur on a punt until after the ball has been punted. This is a free kick with no rush allowed. The punter must kick the ball from a minimum of five (5) yards behind the line of scrimmage. The punting team must line up in a punt formation and snap the ball from the center position. There will be no live action until the ball is kicked. However, if the snap is errant, the ball must be kicked from a minimum of five (5) yards behind the line of scrimmage. The punter may not walk up and take the ball directly from the center and walk back with it. A long snap must be attempted on every punt. The receiving team must line up with eight (8) players on the line of scrimmage and three (3) players in the secondary.

B. Extra Point (Conversion) and Field Goal Kicks

All field goal attempts (or fakes) are considered live and can be rushed accordingly. The center may not move after the snap. The defense may not hit the center. Kicking of extra points will be a live kick.

C. Free Center-Quarterback Exchange

No player may make any contact with the center until the ball is snapped and the quarterback has possession of the ball, regardless of whether possession is obtained by a direct snap under center or a "shotgun" snap.

Section 15. Bantam Big-10 Level Rules

A. Delay of Game Limit

There will be forty (40) seconds allowed between downs to put the ball in play. Referees must notify teams when thirty (30) of the forty (40) seconds have elapsed.

B. Bantam On-Field Coach

One (1) coach is allowed on the field per team. Coaches must call offensive or defensive signals in the Huddle. As soon as the quarterback is over the center and calling the cadence, the coach on the field must be back at least 15 yards and must be silent, not communicating verbally or by grabbing and/or physically directing a player from the time that the offensive team becomes set until the play is whistled dead. Referees may (but are not required to) offer a warning, but violations are subject to unsportsmanlike conduct penalties. If, after receiving a warning, a second offense will be a personal foul, unsportsmanlike conduct penalty. A third offense is a second unsportsmanlike conduct penalty and that coach will be removed from the game in accordance with IHSA rules.

C. Punting

A team must inform the other team and the officials of their intention to punt. The Bantam punt is a free kick with no rush allowed. Contact may not occur until after the ball has been punted. The punting team must line up in a punt formation and snap the ball from the center position. The punter may not take a direct snap. A long snap must be attempted on every punt. The punter must kick the ball within fifteen (15) seconds of the snap from a minimum of five (5) yards behind the line of scrimmage and from between the tackles, even if the snap is errant. The receiving team must line up with eight (8) players on the line of scrimmage and three (3) players in the secondary. Any kicking action, kickoff or punt, is live after any score (extra points, for example).

D. Extra Point (Conversion) and Field Goal Kicks

Kicking of extra points or field goal attempts will be a free kick. The TCYFL encourages all teams to have the center snap the ball to a holder, who would then position the ball on the kicking block. The kicker would then attempt to kick the ball for a PAT conversion. The kicking block (or spot) is to be positioned anywhere between the hash marks and a minimum of five (5) yards behind the line of scrimmage. The kicker will have seven (7) seconds from the time the ball is snapped until the ball must be kicked. No defensive action, other than players standing, jumping, and/or waving arms is allowed. No defensive rush is allowed.

E. Free Center-Quarterback Exchange

No player may make any contact with the center until the ball is snapped and the quarterback has possession of the ball, regardless of whether possession is obtained by a direct snap under center or a “shotgun” snap.

F. Long-Snapping for Conversion Kicks and Punts

To encourage the development of long-snapping skills, a Bantam team attempting a conversion kick or punt will have fifteen (15) seconds from the time the ball is snapped until the ball must be kicked. The conversion kick holder or punter must be a minimum of five (5) yards from the center. No defensive rush will be permitted. Failure to punt in the time allotted will result in a loss of down. If punting on fourth down, the defending (punt receiving) team will take over possession at the previous line of scrimmage. Failure to kick the ball in a conversion attempt in the time allotted will result in a conversion failure.

Section 16. Flyweight Level and Bantam Pac-10 Rules

A. Weight and Age Parameters for Flyweight

Regular Flyweight Players must be no older than six (6) years old as of September 1, weighing no more than seventy-five (75) pounds for week one, including minimum clothing and pad requirements for weigh-ins. This weight limit will increase by one-half pound per week for the entire season. Older/Lighter players must be no older than seven (7) years old and weigh no more than fifty (50) pounds. Regular younger players must be no older than five (5) and weigh no more than eighty (80) pounds. Bantam Pac-10 follows the same weights as Bantam Big-10.

B. Practice

Before the school year begins Flyweight team practice is limited to a total of six (6) hours per week and limited to a total of three (3) days per week. While school is in session team practice is limited to a total of four (4) hours per week and limited to a total of two (2) days per week. Pac 10 Bantam will follow the same practice restrictions as Big 10 Bantam.

C. Game Schedule

There will be an eight (8) week game schedule for regular season for Flyweight. There will be a nine (9) week game schedule for regular season for Pac 10 Bantam.

D. Eight On Eight Off

1. It is strongly encouraged to switch offensive and defensive players at halftime so that every Player gains experience on both sides of the ball.
2. There will be no special teams – no kicking off and no punting.
3. Instead of a kickoff to start the game, the ball will be placed at the receiving team’s 40-yard line.
4. Instead of punting, there will be a “static punt”. If a team wishes to “punt”, the punting team will advise the referee and the opposing coach. The ball will be placed on the punting team’s 40-yard line where the receiving team will then take possession.
5. A fumble behind the line of scrimmage constitutes a dead ball and play ceases.

6. A fumble at or beyond the line of scrimmage is a live ball.

E. Scoring

Scores will be reported for Flyweight level games. There will be no Flyweight level standings at the end of the season.

F. Post Season

There will be no playoff or Championship games for Flyweight. A bowl game may be played post season for Flyweight. Pac 10 Bantam will follow the same post season schedule as Big 10 Bantam.

G. The Playing Field

The official playing field will be 80 yards long from end line to end line with regulation field width. The end lines will be the regular field 10-yard lines.

H. Game Duration, Clock and Time Outs for Flyweight and Pac 10 Bantam

1. Games will be played using two (2) twenty-minute halves. Halftime will be eight (8) minutes
2. Both halves will be played using a running clock, stopping only for (a) team time outs, (b) injuries or (c) official time outs.
3. Each team will have two (2) full time outs per half, plus one (1) additional Coach's time out per game to allow communications with an opposing coach and/or game official. Coach time out provisions (Article XI Football Playing Rules, section 6) shall apply.

I. On-Field Coaches

Two (2) coaches are allowed on the field for each Flyweight and Pac 10 Bantam team. When the quarterback is over the center and has started the snap-count, the coaches on each team must be positioned behind the deepest back on their team and remain silent during the play. Coaches may not communicate verbally or by grabbing and/or physically directing a player from the time that the offensive team is set until the play is whistled over.

J. Offense

1. No more than five (5) players may be on the line for a play.
(Center, 2 Guards, 1 or 2 Tight Ends or 1 or 2 Wide Outs)
2. "Trick Plays", reverses and counters are not allowed (unsportsmanlike conduct).
3. Any player that scores a second (2nd) touchdown during a game is to be removed from an offensive backfield position for the remainder of the game.
4. Flyweight only, offensive backfield players on one side of the formation wider than the widest traditional offensive lineman cannot receive the handoff and initiate a run to the opposite side of the formation.
5. Flyweight only, offenses cannot use "hurry up, no huddle" formations. The offense must allow the defense to get set.
6. Flyweight only, offensive lines must be in a balanced set up. Ex: 2 players on the left and 2 players on the right of the center.
7. Flyweight only, quarterback sneak between the guards is not allowed.

K. Defense

1. No more than three (3) players may be on the line for a play.
2. No blitzing
3. No defensive player on the line may line up over the center. Defensive players off the line should line up three yards or more behind the line.

L. Free Center-Quarterback Exchange

No player may make contact of any kind with the center until the ball is snapped, and the quarterback has possession and control of the ball.

M. Roster Size

The Flyweight and Bantam Pac-10 Roster may have a minimum of Twelve (12) players.

N. Extra Point Conversions

Extra points must be attempted by non-stripped, non-starting backfield players. Points will be awarded as follows: One (1) point for a completed run, Two (2) points for a completed pass or live kick.

Section 17. Rules Applicable to All Levels

A. NO KICKOFFS and ON-SIDE PLAY:

Kick-offs are NOT allowed at all levels. At the start of each half and after each score, the ball will be placed at the offenses 35-yard line.

At minimum, 60 seconds will be allowed for turn over of a possession, after a touchdown is scored.

The "On-Side Play" consists of one snap from your own 40 -yard line and they must gain 15 yards. Once 15 yards has been gained, the ball becomes dead and the offensive team retains possession from the 50-yard line. If they fail to gain 15-yards the defensive team takes over at the spot of the ball. Penalties will be enforced like any other regulation play. The ball may not be advanced on any turnover and the ball will become down at the spot of the turnover with the defensive team taking over possession.

No team is allowed to run the On-Side Play to start both halves of the game.

Any team that is not leading by 12-points or more has the option to call this play one time in the first half and twice in the second half.

Ball placement will be on the kickers 45-yard line after a safety.

B. Prohibition on "Horse Collar" Tackling

All players are prohibited from grabbing the inside collar of the back of the shoulder pads or jersey, or the inside collar of the side of the shoulder pads or jersey, and immediately pulling down the runner. The penalty will be 15 yards from the succeeding spot.

C. Prohibition on Head-to-Head Contact

Helmets are designed to protect the player's head. Helmets are not designed or intended to be used as a weapon. The TCYFL endorses proper HEADS UP tackling and blocking techniques. Referees will call an unsportsmanlike conduct penalty on any player initiating helmet to helmet contact or leading with the helmet. There will be zero tolerance for leading with the crown of the helmet. The first offense is a 15-yard unsportsmanlike penalty and the player will receive a mandatory "cool down" and must sit out for 2 plays. A second offense by the same player, in the same game, is a disqualification of the player.

If the referees deem the spear to be intentional or with intent to injure, it will be ruled a flagrant penalty. Any player receiving a flagrant or two (2) unsportsmanlike penalties will be suspended (not allowed to participate in anyway) at the next scheduled game. A spearing penalty can result from both the offensive and defensive teams; including the ball carrier.

Please note that direct hit with the helmet that was the result of an offensive players move after the defensive player has committed to a play is not a spear.

D. Eye Black

The TCYFL permits players to wear eye black, eye black strips or eye black stickers, provided that they would be worn directly beneath the eyes and not extend more than one inch below or one inch outside the player's eyes.

E. Chop blocking vs. cut blocking/ Illegal blocking:

Per high school federation rules, the definition of a chop block is "a combination block by two or more teammates against an opponent other than the runner, with or without delay, where one of the blocks is low (at the knee or below) and one of the blocks is high (above the knee)." This type of block is illegal at all times.

Per high school federation rules, the definition of blocking below the waist (commonly referred to as a cut block) is making initial contact below the waist from the front or side against an opponent other than the ball carrier or apparent ball carrier. This type of block is only legal when it meets ALL of the requirements of the free blocking zone. Blocking below the waist applies only when the opponent has one or both feet on the ground.

The wedge formation and use of wedge blocking is prohibited at all times.

F. Baseline Concussion Testing

All players 9 years old and older (as of September 1st) will be baseline tested every year.

G. Athletic Trainers

Every effort will be made to have a qualified ATC, Paramedic and/or Nurse at every sanctioned TCYFL game.