



TYFSF FOOTBALL RULE BOOK

TYFSF is the premier federation of leaders in youth sports who transform lives and inspire the development of healthy communities in southern Arizona.

**ALL OUR COACHES ARE
USA FOOTBALL CERTIFIED**



The New Standard in Player Safety



**Proudly affiliated
with American Youth
Football and Cheer**



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ABOUT TYFSF

Tucson Youth Football & Spirit Federation (TYFSF) believes that academics is enhanced through athletics. The TYFSF is a flag football, tackle football and spirit program for youth ages 5 – 14. Tackle participation is limited to non-high school athletes (freshman is not allowed to play). TYFSF is a non-profit 501C (3) corporation. The Federation has been in existence since 1969 and is now comprised of 15 associations. The up- coming season will see an estimated 100 football teams and 100 spirit squads comprised of more than 4,000

OUR MISSION

TYFSF is a leader in youth sports and the advocate for the advancement of sportsmanship, competitive spirit and recreation by providing educational and developmental opportunities, generating and sharing knowledge with the community, and promoting networking and growth for our members.

OUR VISION

TYFSF is the premier federation of leaders in youth sports who transform lives and inspire the development of healthy communities in southern Arizona.

TYFSF COMMISIONORS



Joe Lewis
(Former)



Kay Oaks
(Former)



Jerry Dini
(Former)



Will Jordon
(Former)



Tim Kanavel
(Former)



Mark Lennox
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GUIDELINES HANDLING CONTESTS DURING LIGHTNING DISTURBANCES

Adopted from the National Federation of State High School Associations (NFHS)

NFHS GUIDELINES ON HANDLING PRACTICES AND CONTESTS DURING LIGHTNING or THUNDER DISTURBANCES

National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include your state high school activities association and the nearest office of the National Weather Service.

Proactive Planning

1. Assign staff to monitor local weather conditions before and during practices and contests.
2. Develop an evacuation plan, including identification of appropriate nearby safe areas.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard or a cloud-to-ground lightning bolt is seen, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for thirty minutes and take shelter immediately.
 - b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - c. Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
4. Review annually with all administrators, coaches and game personnel.
5. Inform student athletes of the lightning policy at start of season.

For more detailed information, refer to the "Lightning Safety" section contained in the NFHS Sports Medicine Handbook.

Revised and Approved July 2019

DISCLAIMER – NFHS Position Statements and Guidelines

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when acting or planning care. The NFHS reserves the right to rescind or modify any such document at anytime.

THUNDER AND LIGHTENING

When Thunder Roars, Go Indoors!



STOP all activities.

**Seek shelter in a substantial building
or hard-topped vehicle.**

**Wait 30 minutes after storm to
resume activities.**

ReadyFORSYTH



www.lightningsafety.noaa.gov

www.ReadyFORSYTH.org



How Far Away Is Lightning From Me?



Use the “Flash to Bang” method:

If thunder is heard:	The lightning is:
05 seconds after a flash ...	1 mile away
10 seconds after a flash ...	2 miles away
15 seconds after a flash ...	3 miles away
20 seconds after a flash ...	4 miles away
25 seconds after a flash ...	5 miles away
30 seconds after a flash ...	6 miles away
35 seconds after a flash ...	7 miles away
40 seconds after a flash ...	8 miles away

Did you know? When you feel the electrical charge—if your hair stands on end or your skin tingles lightning may be about to strike you.

PLAYER CODE OF CONDUCT

1. I will treat my parents, coaches, teammates, opponents, property of others and game officials with the same respect that I would like to be treated regardless of race, gender, creed or ability.
2. I will practice good sportsmanship by demonstrating respect both on and off the field. Destructive or inappropriate behavior, during or after a game or practice, will not be tolerated & may affect game playtime.
3. I will demand a sports environment that is free from profanity, drugs, alcohol and tobacco and I will refrain from their use always.
4. I will practice and play to the best of my ability always.
5. I will be on time (as assigned by my coach) to all team events. I understand that missing practices may affect my game playtime.
6. I will recognize football as a team sport and will put the interests of the team over my own individual interests and personal desire to win.
7. I will not intimidate, ridicule, or verbally and/or physically abuse any player.
8. I will not criticize officials, coaches, parents, teammates or opposing players.
9. I will not attempt to deliberately injure another player(s).
10. I will agree to abide by all Association, League, & Tournament rules.
11. I will wear my team uniform and equipment with pride and treat it with respect.
12. I will Keep up with my schoolwork by balancing my time and school assignments with games and practice schedules.

Any player or cheer-leader ejected from a game for unsportsmanlike issues or behavior shall be suspended for the remainder of that game and the next week's game (allowed attend/participate in practice and team functions). Bye weeks do not count toward suspension.

All TYFSF players and cheer-leaders are expected to adhere to the code of conduct and display good sportsmanship. Failure to adhere to the code of conduct may include but are not limited to removal of the player from a practice(s), game(s), league/tournament or possible suspension.

PARENT CODE OF CONDUCT

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting, refusing to shake hands, or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
13. I will emphasize importance of skill development and practices and how they benefit my child over winning.

14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.
18. I will ensure that my son or daughter is at all practices and games on time or provide an appropriate excuse beforehand.
19. Any person interfering with field activities or entering the field without the proper credentials are subject to ejection from the facility for the day. The Site Host Representative and or the Field Marshall will be responsible for enforcement of this policy.
20. Players that are leaving there organization must give notification to the organization which they are leaving by Dec. 31 of that football season, if players does not give notification they must pay the registration fees of that organization which they are leaving in order to participation for the upcoming season at their new organization. Only the President of that organization they are leaving can waive these registration fees.

ADMINISTRATORS, COACHES AND VOLUNTEER CODE OF CONDUCT

All Administrators, Coaches and Volunteers will abide by a Code of Conduct, which includes the provisions listed below. If any of these provisions are violated in a practice, game, championship, Regional or National event, the Association/Federation shall have the authority to impose any penalty they see fit with no right to appeal. By accepting an active participant, shall follow the intent of this code of conduct and shall inclusively and/or additionally agree to:

1. Respect players, spirit leaders, officials, parents, other coaches and staff.
2. Recruiting is not allowed by coaches, parents, and players.
3. Respect the integrity and judgment of game/competition officials before, during and after the game/competition.
4. Encourage every player to honor the authority of each official and treat him or her with respect.
5. Refrain from intimidating officials or inciting players, coaches, or spectators to demonstrate.
6. Refrain from using abusive language and/or arguing with officials, coaches or spectators.
7. Be a model for fair play, sportsmanship and proper conduct.
8. Make player/spirit leader's safety and welfare the high priority.
9. Provide proper instruction and supervision of player/spirit leaders always.
10. Use discretion when providing constructive criticism or reprimanding player/spirit leaders in accordance with established rules.
11. Instruct and adhere to established rules and standards for the sport I am involved with including the rules and standards set forth in:
 - a. Complete set of official rules of Tucson Youth Football and Spirit Federation.
 - b. AIA Rule Book (NFHS RuleBook)
 - c. USA Football
 - d. AYF Rulebook/AYC
 - e. United States All Star Federation Cheer Safety Rules (USASFCR)
 - f. NIRSA Flag Football Rules
 - g. Any other applicable and published rule book and/or manual.
12. Respect all equipment and uniforms and to properly instruct in the use and safety of all equipment used.
13. While engaged in a TYFSF scheduled meeting, practice, game, competition or celebration to refrain from personally and/or encourage any individual or participant to consume or use non-prescription drugs, steroids, tobacco, alcohol and/or any other controlled or illegal substances on the field or in front of participants at any time.
14. Be responsible for controlling the behavior and/or maintain crowd control to the best of my ability.
15. Accept responsibility for the actions of my team and for proper communication with officials and opposing teams.
16. Refrain from any activity that can be regarded as a physical or verbal altercation, fighting, demeaning or intimidating behavior toward coaches, staff, parents, volunteers or players.

17. Refrain from the use of profanity, vulgarity and other offensive language.
18. Not engage in the act of spreading rumors, which is general talk not based on fact, will not be tolerated in Tucson Youth Football and Spirit Federation. It not only hurts your creditability, but affects your team/squad/association, the other team/squad/association or conference that may become involved in the rumor.
19. Refrain from posting or commenting on social media in a way that disparages TYFSF, any other team or association or officials.
20. Not permit or encourage, "extreme dieting" or "sweating down" tactics of any kind for any reason. Must report any instance witnessed or suspected to the Association/Federation.
21. Discourage the wearing of gang colors or any gang symbol and the use of any gang related forms of communication during all team/squad, association, conference related activities including but not limited to team/squad.
22. **TO WIN WITH CHARACTER AND LOSE WITH DIGNITY**
23. A violation of any of the above is immediate justification and grounds for removal from TYFSF, subject to due process procedures if applicable.
24. Coaches, parents, players, and etc... may not contact any other organizations, rosters or individual players. All roster contact information must be turned in at the end of the seasons to that organizations you are volunteering for.
25. Coaches that are planning on leaving there volunteering organization must notify or submits a letter of resignation to that organizational at the end to the football seasons before Dec. 31, of that seasons.

RULE: Any coach/staff member ejected from a game shall be suspended for the remainder of that game and the next week's practices, and game, as per AIA rules (Bye weeks do not count). Physical altercations, violence or threat of same, racial slurs or comments of a sexual nature will carry a 1-year minimum suspension. All ejections may be appealed to the TYFSF Board by the association President (TYFSF reserves the right to hear appeals).

TYFSF POLICY, PROCEDURE, RULE ENFORCEMENT (NOTE)

TYFSF reserves the right to change, modify or enforce rules or policies that may not be addressed in this document or the TYFSF Bylaws.

PERSON NOT IN GOOD STANDING

1. Individual who does not turn in or misappropriates equipment, printed material, records of any kind.
2. Stealing and or misappropriation of funds.
3. Individual who owes money to the association or Federation.
4. Individual who has violated association or Federation By-laws.
5. Individual who has violated the Coaches' Code of Conduct
6. Putting someone in bad standing must be done by January 1st in the same calendar season

An individual not in good standing with any association or the Federation will not be able to coach with any association or be an association or federation board or advisory board member until released by the aggrieved association or federation.

Place of an individual on the Not in Good Standing Association or Federation list:

Must submit in writing to the Federation Executive Secretary the individual's name, the reason for placement on the list and the facts supporting the action and the date the alleged incident(s) occurred.

Removal of an individual from the association or Federation Not in Good Standing List:

Federation president or designee will investigate the allegation(s) and recommend to the association or Federation Board of Directors what the investigation revealed and whether the individual has remedied the alleged action and should be removed from the list.

Inquiries concerning individuals, teams or associations in "Not in Good Standing" can be made to the TYFSF Commissioner.

DEFINITIONS

ASSOCIATION

Association are organizations that sponsor and administer a minimum of two (2) tackle football teams and a minimum of one (1) cheer squad. They raise money, buy equipment, recruit coaches, etc. Associations are characterized by a specific geographical area.

TEAM

A team is the basic unit of the organization. At minimum, a team consists of a group of participants organized under the direction of a coaching staff in a given division. Each football team may have a spirit squad or dance squad.

DIVISION

Division has several meanings, the most common of which refers to one of six (6) classifications: 8U, 9U, 10U, 11U, 12U, 14U. The basic ages for each division of play are listed in Attachment I to this rulebook.

INTRODUCTION TO THE TYFSF RULES

The rules contained herein WILL BE ENFORCED by the Federation

The TYFSF regular playing season shall be defined by the Federation Board of Directors through December 31st. All Federation administrative personnel, coaches, players and spirit participants are subject to disciplinary action for violations of TYFSF rules and regulations at any time during a stated playing season.

NO RULES WILL BE ADDED AFTER MAY 1ST UNLESS THE COMMISSIONER DETERMINES ADDITIONAL TIME IS NEEDED FOR APPROPRIATE REVIEW OR TO ADDRESS AN IDENTIFIED SAFETY ISSUE

TYFSF REGULATIONS

1. POWERS/AUTHORITY OF THE FEDERATION

The Federation has, among its powers, the obligation and authority to make and enforce conduct and playing rules.

2. COACHES REQUIREMENTS:

Tucson Youth Football and Spirit Federation Coaches Standard Application and Test. Make up test will be given to Military, Late Add on coaches only. All Head and Assistant coaches **MUST** attend a Federation sponsored coach's clinic. **HOWEVER**, a coach may attend an alternative clinic sanctioned by the Federation, even those who attend an alternative clinic must attend the portion of the Federation clinic note: dealing with Rules and Practices and review of risk management and pass a written examination. **KEEP ALL COACHING CLINIC CERTIFICATION FOR PROOF OF ATTENDANCE AND COMPLETION. ON LINE CPR & FIRST ARE NOT ACCEPTABLE FOR CERTIFICATION.**

A team's or squad's coaching staff is in complete charge of the team or squad whenever it is together on the practice or playing field, traveling as a group to and from practice sessions and games, or together for any team function, such as a banquet. **A mandatory team meeting requiring the attendance of at least one (1) parent/guardian will be held by all Flag/Tackle/Spirit team/squad prior to the end of August to explain TYFSF Policies.** (NOTE: NON-ATTENDANCE BY AT LEAST ONE (1) PARENT/GUARDIAN WILL RESULT IN THE CHILD BEING UNABLE TO PARTICIPATE FURTHER UNTIL COMPLIANCE IS ACHIEVED). The coach's staff is under the direction of the Head Coach; other coaches are called Assistant Coaches.

The following applies to all coaches:

1. A Head Coach must be at least 21 years of age.
2. An Assistant Coach must be at least 18 years of age or a high school graduate. A team/squad may have a maximum of four (4) assistant coaches, plus a maximum of one (1) Coach Trainee.
3. Teams are permitted to carry a Coach Trainee, who must have a 70% or better grade point average and be 15 to 17 years of age or a first-time coach.
4. The Head Coach will determine the assignments of the Assistant Coaches.
5. All Coaches and Equipment Managers on the staff **MUST** be the carrier of a current first aid, CPR and AED certificate. Copies of which shall be presented at time of certification. TYFSF will not accept on line CPR & First aid certificates.
6. Coaches are to be selected by methods approved by Federation, Association rules and/or by-laws.
7. Once approved for coaching, a coach is automatically terminated at the close of each season. To coach the following year, the same Association approval is required. Any violation of the rules committed by a coach during the season, even though the hearing is not held until after the close of the season, is still under the jurisdiction of the sponsoring association and/or Federation.

8. Coaches do not make team or Federation policy. Rather, they carry it out. However, on the playing and practice fields, the coaching staff is in complete charge and shall not be interfered with except in cases of rules violations and any other conduct deemed by higher authority to be contrary to the welfare of youth.
9. The Head Football Coach has final responsibility for his/her actions, those of his/her assistant coaches, staff, players and parents.
10. The Head Spirit Coach has final responsibility for his/her actions, those of his/her assistant coaches, staff, spirit participants and parents.
11. The Federation will establish its own rules regarding the placing of coaches with sons, daughters or siblings within its own boundaries.
12. Associations will establish procedures for selection of coaches. Any coach dismissed by one association will not be approved for coaching by another association until an investigation is performed by the Athletic Director to determine the facts of the case. Cases that cannot be determined or resolved at the association level will be elevated to Tucson Youth Football & Spirit Federation level for action.
13. All TYFSF coaches must attend the Federation sponsored coach's clinic.
14. Any coach/staff member ejected from a game shall be suspended for the remainder of that game and the next week's practices and game, as per AIA rules (Bye weeks do not count). Physical violence or threat of same, racial slurs or comments of a sexual nature will still carry a year minimum suspension. All ejections may be appealed to the TYFSF board by the association President.
15. No coach/staff member can be simultaneously put on to two (2) different rosters per season unless an emergency arises.

NOTE: NO INDIVIDUAL WILL BE PLACED IN A COACHING POSITION AFTER THE DATE OF THE LAST SCHEDULED FEDERATION CLINIC (unless extreme situation/circumstance as determined by the TYFSF Commissioner).

3. REGISTRATION

A participant cannot begin practice with a team or squad until he/she has registered. To register, the parent/guardian must sign a locally supplied form approved by the Federation. The sign-up fee, if any, may be collected at this time. All coach trainees and teen demonstrators under the age of 18 must be registered or certified in the same manner as all other minors participating in TYFSF Football, Spirit and Dance. All candidates must furnish the following:

4. PARENTAL CONSENT

A written statement from either parent or legal guardian, stating the child has his/her permission to participate. The Federation will supply a standard form for this.

5. MEDICAL EXAMINATION

A physical form provided to TYFSF, by a doctor/clinic or school will be accepted if dated after January 1 of the current year, stating that the participant is physically fit to participate in football, cheer and dance. The doctor's signature must be legible, stamped with his/her name and/or his/her name printed on the physical form with phone.

The Tucson Youth Football & Spirit Federation will develop and publish a form for the recording of medical examinations by physicians. School medical examinations are acceptable and will be attached to the TYFSF registration form. (Water persons, coach trainees and student demonstrators must meet this requirement also). **SPECIAL NOTE:** A person with a loss of limb may participate provided that the individual has a signed statement of approval from an examining physician and that the use of the limb is no more dangerous to players than the corresponding human limb and does not place an opponent at a disadvantage.

Adopted from AIA By-Laws PHYSICAL EXAMINATION RULE 15.7.1 A student shall not be allowed to practice or compete in TYFSF Sports until there is on file with TYFSF a record of a pre-participation physical examination (PPE) performed by a doctor of medicine (M.D.), an osteopathic physician (D.O.), a naturopathic physician (N.D., N.M.D.), or a certified registered nurse practitioner (N.P.) licensed to practice, a certified physician's assistant (PAC) registered by the Joint Board Of Medical Examiners and the Osteopathic Examiners in Medicine and Surgery, or a certified chiropractic sports physician (CCSP).

6. PROOF OF AGE

A certified copy of birth certificate bearing the seal of the issuing office of the state of birth is the best guarantee of reliability of claimed birth date (a copy is acceptable). Passports, Military ID cards and certified wallet-sized certificates issued by a state/commonwealth are acceptable. Hospital or baptismal certificates **are not acceptable**.

7. SCHOLASTIC FITNESS

Proof of satisfactory progress in school is required. ***A 2.0/70% or the equivalent shall be the minimum grade point average acceptable to participate.*** In cases of doubt or conflict of opinion, a written statement by the school administration shall be deemed final. No local team/squad may be eligible to participate in any playoffs/championships, bowl games or other competition, if it has not met the Federation published scholastic requirements. Home school – need a copy of the Affidavit from the State stating that the participant is home schooled.

8. FORMATION OF TEAMS AND SQUADS

Tryouts of any kind are prohibited in TYFSF. Tryouts are defined as any means used to ascertain the level whereby a participant is placed on a team/squad., including assessments, evaluations, or any other method used to place a participant in TYFSF. Not more than 35 players shall be assigned to a tackle football team or spirit squad and 24 to a flag team at the start of preconditioning on the starting date of the Federation or association, whichever comes first. Splitting of teams will only be done when roster 25 participants per team is reached for tackle and 15 participants per team reached for flag.

9. MANDATORY RELEASE/WITHDRAWAL

Any participant must be released who:

1. Is a member of any other TYFSF football/spirit team/squad or non-TYFSF football/spirit team/squad.
2. Attempts to intimidate fellow participants in practice by word and/or physical deed. No refunding of fees shall be required.
3. Is an extreme discipline problem, as defined by TYFSF
4. Is found to have signed up because of parental pressure or tells team management he/she does not want to participate.
5. Refuses to or cannot furnish the 4 required items, Parental Consent, Medical Examination, Proof of Age and Scholastic Fitness.
6. Is found to be simultaneously trying out for a school tackle football team, or who, once the season starts are found to be participating on a school tackle football team or spirit squad. However, participation in a school flag football program, if required by the curriculum of the school PE program or participation in non TYFSF spirit squad tryouts, only, during the TYFSF season, is allowed.
7. Is found to be simultaneously trying out for a school tackle or flag football team, or who, once the season starts are found to be participating on a school tackle or flag football team or spirit squad. However, participation in a school flag football program, if required by the curriculum of the school PE program or participation in non TYFSF spirit squad tryouts, only, during the TYFSF season, is allowed.

10. VOLUNTARY WITHDRAWAL

A participant shall be considered a voluntary withdrawal participant when he/she simply no longer shows up at practice or games of his/her own free will.

While voluntary withdrawals are not charged to any team for these regulations, a coaching staff may attempt to disguise its withdrawal/release pattern by arranging practices in such a way as to discourage participants of lesser ability into quitting on their own. While these practices are not common, they have been known to occur and are considered intentional avoidance of the rules and regulations and are, therefore, punishable because of a hearing.

If a team or spirit squad loses 20% or more of its assigned participants prior to certification, it is mandatory that the association investigates the causes for the participants voluntarily leaving the team or spirit squad and take whatever appropriate action may be needed. The results of this investigation shall be reported to the Federation and the Federation shall have final authority as to whether appropriate actions are taken.

11. RETENTION OF ELIGIBILITY

Once certified, a participant must meet the following requirements to retain eligibility:

1. Transfer policy in case of change of residence will be decided by Federation.
2. Retain parental consent.
3. Maintain sound physical condition.
4. Continue to maintain sound scholastic standards. In cases of doubt, the Federation shall have the right to require a written statement by the school administration, which shall be deemed final.

12. DROP AND ADD

1. A team or squad may add participants to its certified roster if said roster was certified below the maximum number permitted, or to replace those originally certified and no longer on the team or squad for any valid reason
2. The last date for Drop and Add will be determined by the Federation.

13. ALL STARS

All-Star teams or squads are permitted. Approval must come from the TYFSF Commissioner only. It shall not impact any association team or squad participation in regular or post season. A participant can only compete in one (1) All-Star team or squad per season. No simultaneous practice or play is permitted on a weekly basis.

Head Coach Selection: To be considered for the position of Head Coach, one must submit a completed application, by a date approved by the Federation. Each applicant shall be interviewed at a designated time, prior to beginning of the season. The Head Coach shall choose their staff. The coaching staff shall be approved by the Federation.

Football All-Star Head Coach shall be selected by the TYFSF Commissioner, Deputy Commissioner and Associate Commissioner for Football.

Cheer All-Star Head Coach shall be selected by the TYFSF Associate Commissioner for Cheer and approved by the TYFSF Commissioner.

Recommendations from Association Presidents are strongly considered.

Traveling All-Star teams or squads that are representing TYFSF will have tryouts involving all associations which have that level of play. Since minimum weight is not a factor, a player from one division lower and age appropriate shall be allowed to tryout.

14. AWARDS

1. In compliance with the "team" concept and in view of the ages of TYFSF participants, no participant will be singled out as a "best lineman," "best offensive back," "most valuable player/spirit participant," etc., for the presentation of a special award. Individual awards may be presented but must be given to all team or squad members.
2. **SPECIAL NOTE FOR PLAYERS:** Awards for individual's performances displayed on the helmets are prohibited (i.e., no stars, hatchets, footballs, etc.). The only decal allowed is the team logo and/or TYFSF logo. Individual trophies presented by an association to its participants shall not exceed \$15.00.
 - a) The Tucson Federation shall be responsible for and will provide and pay for the following awards:
 - b) A participation award such as a medallion shall be presented to all participants' football and spirit in the Flag division.
 - c) Cheer Championships, tackle Football, playoffs and championships. The Federation will supply and pay for the team trophy for the following: first place, second place and third place trophies – 8U through 14U.

3. GOOD SPORTSMANSHIP AWARDS

In the Flag and Tackle football program, at the end of the regular season including Fiesta games, playoffs and championships, recognition will be awarded, paid for by the Federation, to a Flag thru 13U team that best exemplified the spirit of sportsmanship from players, parents, coaches and staff.

In the Spirit program, cheer and dance, Flag and all competitive divisions, small and large and at the end of the season which includes championships, a recognition of good sportsmanship will be presented to the squads that best exemplify the spirit of sportsmanship from spirit leaders, parents, coaches and staff. Award winners will be selected from observation by a panel of executive board members, appointed by the President which will remain anonymous.

4. Tucson Youth Football & Spirit Federation (TYFSF) HALL OF FAME

The Federation Board of Directors (through the Ex. Secretary) will accept nominations for the TYFSF Hall of Fame on an official application (available on line) of qualified candidates by the August Board meeting of each year. The selection will be of one (1) male and one (1) female recipient. Each Association and each Ex. Federation Board member will have one (1) vote.

The Association or nominating person will be responsible for an official application with an attached resume and photo of candidate, with copies for each board of director. The selected member of the TYFSF Hall of Fame will receive an award from the Federation, Community Recognition at the Kay Oakes Scholarship Program Ceremony, as well as acknowledgement on the TYFSF web site. Awards are not to exceed \$50.00 per.

A letter of nomination on official form (typed or clearly printed) should be presented, listing a minimum of the following requirement: (1) 15 years involvement in TYFSF programs since its inception in 1969; (2) what the nominee has done for and contributed to the TYFSF program in the past and/or current year; (3) demonstrate the nominee's commitment to the TYFSF program; (4) how the nominee has demonstrated his/her sportsmanship; (5) the nominees' good standing in TYFSF and the community, and (6) the nominee's good standing in TYFSF and the community during active participation in the program.

15. Roster Participant

A rostered participant (participant is identified throughout this rule as a football player or cheerleader) from the previous season in respect to age division and association shall hold priority over a non-rostered participant. The participant will hold priority for a period of no longer than 2 TYFSF mandatory registrations, this does not include individual association's additional non-mandatory registration dates.

In the event that a participant chooses to leave an association they must notify the departing association in writing NLT December 31st of the recently completed season. The purpose of the letter is to allow the departing association to restructure their budget and to release that participant from their active roster.

Failure to do so shall result in the participant being responsible to cover the cost of the departing association's registration fee.

TYFSF Commissioner shall assign a committee to oversee any special circumstance or conflict resolution that may arise regarding the above addressed rule.

PRACTICE

DEFINITION: To prevent possible bending of the rules and as a protection for children, practices are defined as a gathering of players or spirit participants, without minimum number, in the presence of at least two (2) coaches, where one or more of the following activities take place.

- A. Chalk talk/skull session
- B. Viewing of fundamentals film
- C. Group conditioning
- D. Individual skills session (QB, receiving, blocking, tackling, kicking, etc.)
- E. Group skills sessions
- F. Dummies and other inanimate contact
- G. Running plays through without pads (shorts & t-shirts)
- H. Running plays through with equipment, but without contact
- I. Intro-squad scrimmages with full pads and equipment

As can be seen, a so-called “party” at a coach’s home, where films are shown, or where football or spirit teams are talked about, can be deemed a practice session, as can a “party” at a parent’s home where one or more coaches are present. Use of a football field is not required to satisfy the definition of a “practice session”.

BANNED DRILLS

The following Drills and Warm-up Exercises are hereby banned from all AYF (TYFSF) activities. Leg Lifts, Neck Bridges, Neck Rolls, Bull in the Ring, Barrel Rolls, and all drills and exercises not generally accepted as safe and that may not be reflective of actions that would normally occur during a football game.

In addition to other specific prohibitions in the NFHS and NCAA rulebooks, butt blocking, chop blocking, face tackling or spearing techniques are strictly prohibited. If such techniques or any others forbidden by the NFHS or NCAA rulebooks are taught, the coaches responsible shall be subject to disciplinary action, including but not limited to probation upon the first offense and suspension for the remainder of the season upon the second offense.

PRE-SEASON PRACTICE

The actual date will be determined in accordance with climate and other factors determined by the Federation in establishing a common starting date for all teams within the Federation. **The first week of practice shall be devoted entirely and exclusively to conditioning, not wearing pads; however, helmets shall be permitted.** More time may be added beyond this required first week for the conditioning period.

All practices must be attended by two rostered adults holding a current Red Cross Community CPR/First Aid/AED Certification, if not by an EMT or volunteer physician. All practices must be open to the entire rostered team and cannot exceed past the maximum scheduled allowed hours per week (6 hours once games begin). The only exception to hold a special practice is in the event the team would have to forfeit the game due to lack of 11 eligible players. This practice must be approved by the association President. Special practices to allow individual players to be eligible to play are NOT ALLOWED if 6 hours of practice was offered that week already. Transportation of children in the back-end of open bed vehicle is PROHIBITED.

PRACTICE HOURS AND DURATION

1. **THE FIRST WEEK:** Practice will consist of a MANDATORY (10 hours) for conditioning. NO CONTACT
2. **THE SECOND WEEK:** Practice will consist of a MANDATORY (10 hours) in pads/equipment.
3. **THE THIRD WEEK:** No team or squad may schedule more than 10 hours of practice per week. A week is defined as seven (7) consecutive calendar days. No more than 2 hours and 15 minutes (mandatory break) of practice may be scheduled on any one day.
4. **THE FOURTH WEEK:** Practices are limited to 6 hours per week. A week is defined as seven (7) consecutive calendar days. Practices after are not to exceed 2 hours and 15 minutes (mandatory break) per day.
5. **BREAKS:** Break time is not counted against the ten (10) or six (6) hours per week or 2-1/2 or 2 hours of allowed practice time.
6. **WATER BREAK:** A mandatory 15 minutes break after each hour of practice shall be required.

FULL PROTECTIVE EQUIPMENT REQUIRED

At all practices, pre-season or in-season, where person to person or person to dummy contact takes place, each player must be dressed in the full complement of protective equipment described in “Required Equipment”.

CONTROLLED INTER-SQUAD SCRIMMAGE

After the first week of practice (10 hours) for conditioning, and after the second week of practice (10 hours) in pads in which contact has occurred, teams may engage in a joint practice session with other team(s) at their level in which are called controlled inter-squad scrimmages. To avoid any misinterpretation, 20 hours of practice is required before inter-squad scrimmages may occur.

Any player added after a team has formed and/or after the season has started, must be subject to the same 20 hours of conditioning as mentioned above.

In a controlled inter-squad scrimmage, there is prior agreement between coaching staffs that:

1. Coaches will be permitted on the field.
2. Long time-outs are taken between plays so that coaching staffs can instruct and critique their players.
3. Coaching staffs may inform each other of the plays they are going to run so one team can concentrate on its offense sets while the other improves its defenses and vice-versa.
4. Officials can be present during scrimmages.
5. Game score is not kept; scoring is not the primary goal.
6. No official time is kept other than to assure the practice maximum is not violated. A mandatory 15-minute breaks at the end of one (1) hour, said break not to be counted against the allowed practice time.
7. No player or team is permitted at any time to engage in controlled scrimmage or any form of contact drills involving a player, players, or team from a different division of play.

No scrimmage of any kind between teams will be allowed prior to a date to be designated by Tucson Youth Football & Spirit Federation Board. A maximum of three (3) scrimmages shall be allowed per tackle team, except for the 8U Division whose maximum shall be two (2). Flag teams will also be allowed a maximum of one

(1) scrimmage. A scrimmage is treated as a regular practice and counts toward weekly practice time maximum. For tackle teams to scrimmage: both teams must have minimum of eleven (11) registered and conditioned players on the roster. Flag teams to scrimmage: both teams must have a minimum of ten (10) registered and conditioned players on their roster. Only one (1) scrimmage per day shall be allowed per team. Round robin type scrimmages shall be permitted but, not including breaks in the schedule, must not exceed two (2) hours and shall not exceed more than three (3) total hours' form beginning of warm-up until completion of each team's final scrimmage. Should either the two (2) or three (3) hour time be reached for any reason, the scrimmage will immediately cease for that team.

For a participant to be eligible for participation in a pre-season scrimmage, season or post season game, it is necessary that he/she complete the required 10/10 conditioning and contact practice, and to be eligible to participate in the weekly season or post-season game, it is necessary that he/she complete and actively participate in a minimum of three (3) hours of practice during the week preceding the scheduled game.

As to Spirit/Dance Squad Participants, to be eligible to participate in a pre-season scrimmage, exhibition or a season/post-season game/event or competition and stunting, he/she must complete twenty (20) hours of conditioning and actively participate in a minimum of three (3) hours of practice during the week preceding the scheduled scrimmage, exhibition, game, event or competition.

NOTE: TYFSF Associations and/or individual teams are prohibited from scheduling scrimmages with non- TYFSF members without approval from the TYFSF Commissioner or his/her designee.

RELEASE

Any participant in tackle, spirit/dance or flag who receives care or treatment from a medical professional including (M.D., D.O., Chiropractor, Hospital E.R., Urgent Care Facility, Medical Clinic) must provide a signed release form authorizing the resumption of practice and game/event participation. Further, any participant in tackle, spirit/dance or flag who is absent from five (5) consecutive practices due to injury, sickness, vacation must complete ten (10) hours of reconditioning and practice prior to participating in a game or performance.

SCOUTING

Coaches are not allowed to scout another team's practice, scouting another teams/squads' practice is defined as cheating. Punishment for (infraction) Cheating: suspension for one (1) year, permanent suspension upon the second offense. Coaches can film formal scrimmages and official games from the stands or from the sidelines if a facility does not have stands (must be outside the coach's box and player/team area during the game)

INCLEMENT WEATHER

A practice may be canceled or called prior to completion because of the proximity of lightning or inclement weather by the Association President or General Manager. In case of emergency, the team Head Coach, Business Manager or registered adult participant may call the practice. In the event a two (2) hour practice session is called because of inclement weather prior to completion of one-half (1/2) of the practice time, based on the time practice is scheduled and players are told to report to the field, the remaining time may be rescheduled with approval of the association's President or General Manager. If more than one-half (1/2) of the time has elapsed, practice shall not be rescheduled.

WARM WEATHER PRECAUTIONS

Team must guard against serious heat problems, which in extreme high school and college cases have occasionally resulted in death. The training regimen of any team practicing under high heat and/or humidity conditions must:

- A. Limit or eliminate laps entirely. Do not assign laps for disciplinary reasons.
- B. Schedule practice for early evening, after sun is low in sky.
- C. Give players all the water they want to drink, when they want it. Do not substitute soft drinks or sports drinks for water.
- D. Each coach must keep an eye on all players and his fellow coaches for the slightest sign of HEAT EXHAUSTION OR FATIGUE.
- E. A fifteen-minute break is mandatory in the middle of each practice; this is not counted against practice time.
- F. Water is the responsibility of the head coach of any team. All head coaches shall be required to provide water to participants during all practices and games. Water shall be provided to any participant on request.

WARNING OF HEATSTROKE

The American Medical Association and the National Federation of State High School Associations joined recently in warning against heavy football workouts during **HOT WEATHER**. Early practice sessions frequently are conducted in very warm and highly humid weather in many parts of the nation. The two groups said in a special report, "Under such conditions," the report said, "special precautions should be observed. Otherwise the athlete is subject to **HEAT FATIGUE** (depletion of salt and water due to excessive sweating), heat exhaustion (depletion of salt and water) and heatstroke (overheating due to breakdown of sweating mechanism). Heat fatigue dulls the athlete's skillful alertness and makes him vulnerable to injury. These two illnesses can result in serious harm physically and even death. Heat exhaustion and heatstroke are preventable only by careful control of factors in the conditioning program of the athlete...the old idea that water should be withheld from athletes during workout has absolutely no scientific foundation." "During exercise in the heat," the report continued, "it is essential to replace, at least hourly, the lost water by perspiration...."

INJURED PLAYER CLAIM PROCEDURES

Procedures will be set by the Federation and adhered to by all Associations to handle insurance claims for injuries. For a claim to proceed all paperwork and documentation must be submitted to the Federation Office. Claims must be made within 48 hours of the injury if not sooner.

17. CAMPS

1. The Federation, association or any personnel associated within shall not require or mandate that a TYFSF football team or spirit squad, in part or in whole with or without coach(s) attend a football or spirit camp. However, a TYFSF football or spirit team/squad, in part or in whole MAY attend a camp if they so choose to, providing the following conditions are met:
 - A. Coach or other team affiliated personnel cannot make it MANDATORY
 - B. Camps will provide as part of its services an accident insurance plan for camp participants.
2. Any camp, whether it for players or spirit participants, shall not be endorsed or sponsored by TYFSF, Association or Team, which does not provide as part of its services, an accident insurance plan for the camp participants

18. IMPORTANT POINT MEDICAL

All staff must be currently certified in Red Cross Community, First Aid and Safety, AED.

Establish an emergency action plan (EAP) that fits your specific needs. Your emergency action plan should include, but not be limited to, the following:

- A. Introduces or identifies trainer/health care provided to visiting coach.
- B. Home team/host association review emergency plan with visiting team;
- C. Designated duties for coaching staff and or athletes;
- D. "how to call EMS" next to phone;
- E. Specific direction to your facility for emergency medical services (EMS);
- F. Emergency numbers
- G. Injury report forms
- H. Treatment authorization card
- I. List of administrators that the coach is required to contact

Practice your emergency action plan early in the season and repeat often throughout the season. A similar plan should be in place for teams traveling to away games.

A staff member (Business Manager) must carry the entire team's medical release forms and emergency numbers for all players and spirit participants in case of emergency their parent(s) or guardian must be reached. Having the family physician's number opposite the participants name is also recommended.

19. CHARGING ADMISSION

Admission to Special Events, Playoffs, Championship Games, and Regular Season:

An admission fee to be set by the Federation Board of Directors shall be charged (if/when applicable) for all regular season, special events (local, state, regional, national games), cheer competitions, flag football fiesta, football (tackle/flag) playoffs and Football (Tackle/flag) championship games to all those age fourteen (14) and over (exception: there will be no charge to any staff member as shown on the certified roster and wearing the accepted ID badge of those teams participating in the playoffs or championship game(s)). All net proceeds will be used to offset Federation Operating Budget in the future year to cover expenses.

Admission to City Spirit Championships:

An admission fee to be set by the Federation Board of Directors shall be charged for the City Spirit and Dance Championships to all those attending, fourteen (14) and over (exception: there will be no charge to any staff member as shown on the certified roster and wearing the accepted Federation ID badge of those squads participating in the championship event). All net proceeds will be used to offset Federation Operating Budget in the future year to cover expenses.

20. PROTESTS

- 1. Only protests involving the eligibility of a player or spirit participant shall be considered.
- 2. Protests are decided in accordance with the administration procedures of the Federation.
- 3. Teams, Associations and the Federation have the responsibility to communicate protests as soon as they are known to exist. Lack of prompt notification may result in denial of the protest.

TACKLE RULES

All tackle football games are played under the National Federation High School Rule Book except where specifically modified by the TYFSF Board of Directors.

TYFSF Exceptions:

REQUIRED EQUIPMENT:

- a) Mouth Guard: Mouth guards are mandatory; Mouth guard keeper strap required. Mouth guards must be colored; clear and white mouth guards are not permitted.
- b) Male Players: Athletic supporter with hard protective cup is required. Female Players: Athletic supporter with soft protection cup is required.
- c) Any jersey color of your choice will be considered legal. Coaches must make every effort to avoid a conflict with jersey colors. The only mandatory requirement is that the numbers are clearly visible

PLAY CLOCK

- a. The 25 second play clock will continued to be used exclusively. The ball will be marked ready for play by the Referee

PLAYER DESIGNATIONS

- a) Numbering will not be used to determine legal formations or receiver eligibility

INJURED PLAYER

- a. Once removed by reason of injury, a player shall not re-enter the game without the approval of a currently certified EMT, paramedic, a person certified in First Aid and Safety, or available licensed physician.

LENGTH OF PERIODS

- a) Length of periods by division of play is: 8U, 9U, 10U, 11U, 12U, 13U AND 14U: 10 minutes

SCORING VALUE

- a) Point after TD by run or pass 1 point
- b) Point after TD by kick 2 points
- c) Forfeit (offended teams win by) 1-0

SIDELINE PERSONNEL

In addition to the coaching staff, a team may have additional support personnel positioned within a team box during the game. The total number of team support personnel, including coaches, in a team box shall not exceed 10 people - Head Coach, 4 Assistant Coaches, Certified Trainer, Business Manager, Assistant Business Manager, Equipment Manager, Coach Trainee.

The Association will issue Federation approved identification cards to sideline personnel. Replacement for lost cards will be at the expense of the association or person involved.

Only staff and support personnel listed on that team's Certified Roster and wearing the Federation issued identification card will be allowed on the sideline during that team's game.

Children (regardless of age) of the staff, support personnel or friends of the participants will not be allowed on the sideline during the games. There is no exception to this rule as insurance is not available for these individuals. No parents, or unauthorized personnel, shall be on the practice/playing field during practice/games. The head coach or business manager is responsible for ensuring this action. No person meeting all other rules of eligibility can participate in practice/game activities unless approved/certified by the association.

1. Tackle Program

SPECIAL NOTE FOR 8U

1. Coaches in the 8U Division may use pre-drawn visual aids on the field during the game.
2. It will be permissible for one coach from each team to be on the field always during 8U game. The coach will be permitted in the offensive and defensive huddles. However, once the huddle breaks, the coaches must not interfere with play and must remain 15 yards of the line of scrimmage.
3. 8U Division will participate in a City Championship at a venue chosen based on availability and scheduling restraints of the current Championships.
4. Blitzing will not be allowed and there will not be a rush of punts, field goals or point after touchdown by kick.

RULE 1: IN-SEASON DETERMINATION

Each team will have its players checked PRIOR TO EACH GAME during the season. Equipment worn at check in shall include: the girdle with all pads, game pants with all pads, shoes and the game jersey. **SOCKS (PREFERABLY THOSE THAT COME UP TO CALF) AND A PROTECTIVE CUP (HARD FOR BOYS, SOFT FOR GIRLS) MUST BE WORN AT CHECK IN.** The shoes a player wears at check in must be those they will play in. Once a check in has been conducted, no equipment shall be exchanged

All Business Managers and Equipment Managers that are authorized in the check in area **(NO COACHES, OTHER ADMINISTRATORS OR PARENTS IN THE CHECK IN AREA)** will police this policy and enforce it. Any problems will be reported to the Association's Judicial Committee who in turn will report it to the Federation Problem Resolution Committee.

RULE 2: ROSTER

MINIMUM ROSTER SIZE FOR GAMES

A minimum of 11 players must be dressed and eligible to play at each game. Also, if you start a game with 16 players, you must maintain 16 eligible players during the game and finish the game with 11 players. Any team which forfeits two (2) successive games by reason of an insufficient number of players shall be investigated by the Federation for a determination as to whether to forfeit the balance of the season.

RULE 3: MANDATORY PLAY RULE TACKLE

MANDATORY PLAY RULE TACKLE

The following shall be the mandatory play rule (MPR) for all Tucson Youth Football & Spirit tackle football teams and shall be followed without exception, based on the number of eligible players at game time (check in).

Regardless of team size ALL PLAYERS MUST PLAY A MINIMUM OF 8 PLAYS

- A. The plays must be from the line of scrimmage.
- B. Extra Points shall not be used in fulfilling the MPR requirements.
- C. A play shall not count toward fulfillment of the MPR if the play results in a penalty which causes the down to be replayed.
- D. All players shall be provided their mandatory plays by participation in "active plays", without the intent integrity of the plays. Plays such as, but not limited, to having the center snap the ball to the quarterback, and then the quarterback falls to the ground **or takes a knee**, while substitutes are playing the other positions, shall not be considered as active plays.
- E. All players shall receive their mandatory plays by the end of the third quarter, or they will enter the game at the start of the fourth quarter and remain in the game until they have received their required number of plays. Failure to do so can result in forfeiture of game
- F. The plays must be recorded only on the Mandatory Play Sheet that is authorized by the Federation. Failure to comply may result in game forfeiture.

If found in violation of the mandatory play rule, the following penalty will be imposed:

1. FORFEITURE of the game in which the violation occurred.
2. **First Offense for Head Coach: Ejection from the game, and one-week suspension (game and practices). Second Offense for the Head Coach: Ejection from game and Suspension for two game and two weeks of practice. Third Offense for the Head Coach: Suspension for the remainder of the season. If the third offense is the last game of the season, suspension for the first half of the following season's games.**
3. Penalties imposed may be applied by Tackle Football Commissioner or Federation President within 72 hours of the event that led to the imposition of a penalty. Appeal must be in writing and state the reasons for the appeal and why the penalty should not be imposed. The Tackle Football Commissioner and/or Federation President will respond by the next regularly scheduled Problem Resolution Committee Meeting or in any event prior to the next scheduled game.

Each team will supply two (2) adults age 18 or older to monitor the Mandatory Play Rule. The Monitor will be designated and in place prior to the start of the game are the game will not begin or proceed. Failure of a team to supply two (2) adults will be deemed a violation of the Mandatory Play Rule and will result in forfeiture of the Game. Any person assigned as a Mandatory Play Monitor must be instructed to be respectful while on the Opponent's sideline and working with the opponent's volunteer. There is to be no excessive cheering, acting/serving as a coach, taking photos or cell phone use of any kind. If an opponent asks that the volunteer be replaced due to noncompliance of the rules, the request must be complied with right away. Failure to comply may result in game forfeiture.

RULE 4: PERSONNEL, FIELDS AND MARKINGS FOR GAMES ()**

1. The hosting Association will have a person as a single point of contact for all teams. ***This person may be a Field Marshall, General Manager, Athletic Director, but must be knowledgeable of rules and policies.***
2. The home team is responsible for the preparation of the playing field and all required accessories for the game. All fields will be equipped and marked in accordance with high school standards.
3. The bench area is reserved for players, coaches and authorized team personnel only. The sidelines areas are reserved for the chain crew, with the balance of the sidelines kept clear except for the presence of medical and law enforcement personnel, TYFSF personnel assigned by the Associate Commissioner for Football and authorized members of the press.
4. **All TYFSF Tackle and Flag field without stands MUST be marked with a restraining line (minimum of 7 feet) from the bench area. This line will be used to maintain the spectator area.**
5. **FIELDS:** The Home Association will provide chains, down markers and ice water for the games at their home fields.

The Chain Crew will operate on the home team's side of the field, or as agreed to between the home team and the officials. ***Chain crew shall not coach, cheer, use electronic devices of any type, take photos or exhibit any behavior that is contrary to good sideline decorum while serving as a chain crew member. All chain crew members must remain neutral. Chain crew members are part of the officiating crew.***

Official game balls will be used, and each team has the option to use their own game ball.

RULE 5: GAME BALL

GAME BALL SPECIFICATIONS

1. The MANDATORY GAME BALL shall be a good grade of leather or composite material with specifications as follows:

Manufacturer Wilson	
WILSON K2	8U & 9U
WILSON K2	10U
WILSON TDJ	11U & 12U
WILSON TDY	13U & 14U
WILSON TDS	15U

2. Colors other than traditional brown are not allowed.
3. Application and use of stick-um on a player's hands is not allowed.

RULE 6: TIME CLOCK

The referee shall decide where the clock will be kept if the field is not equipped with a scoreboard timing device. In an event, the referee has final authority to have the clock kept on the field if, in his judgment, the host association's clock operator is not qualified.

RULE 7: PLAYERS

1. It is **STRICTLY PROHIBITED** for a player or group of players to participate in any practice session or game with players from another division of play (i.e., 13U vs. S. 14U).

RULE 8: REGARDING INELIGIBLE PLAYERS

Forfeiture of all games in which the ineligible player was a member of the team shall be the penalty applied to the team involved. There shall be no exceptions.

There are six (6) unequivocal definitions of ineligible players, from which there are no appeals:

1. Overage or underage
2. Participation in school tackle football or flag football or any other non-affiliated tackle or flag football program and TYFSF in the season.
3. Failure to document scholastic eligibility.
4. A participant (player/spirit/dance) who has not completed the required conditioning and contact practice, 10/10 A
5. A participant (player/spirit/dance) who has not attended and participated in the required three (3) hours of weekly practice during the season.
6. In those instances, where any association has a sister team in a division and a player is assigned to Team A and plays for Team B.

PENALTY:

1. Forfeiture of all games in which the ineligible participant was a team/squad member.
2. Any coach who is found guilty of having played or otherwise allowed the participation of an ineligible player or spirit participant in a pre-season, regular season or post season game or practice will be suspended for a minimum of two (2) years from the date of determination of guilt and there shall be no appeal.

RULE 9: SCORES

LOPSIDED OR INTENTIONALLY RUN-UP SCORES

LOPSIDED OR INTENTIONALLY RUN-UP SCORES ()** Any time Team A is ahead of Team B by 36 points or more, there shall be no further kickoffs, and Team B will be awarded the ball at the 50-yard line. If Team B scores, the team that is ahead will be awarded the ball at the 20-yard line.

- a. TEAM A MUST USE THE BALANCE OF ITS RESERVE PLAYERS INSTEAD OF FIRST-STRING PLAYERS.
- b. Skill position players should be replaced wherever possible.
- c. Winning team cannot run counters, reverses, trick plays or plays that have been regularly run with success.

Once a point differential of 36 or more points THE OFFICIAL CLOCK WILL BECOME A RUNNING CLOCK AND ONCE STARTED AS RUNNING CLOCK, it cannot be changed. Team A COACHES MUST ATTEMPT TO USE PLAYS WHICH MAXIMIZE THE ACTION OF THE GAME, AS LONG AS TEAM B DOES NOT STACK THE MIDDLE WITH 11 PLAYERS. In an attempt to keep the score down, Team A coach must not run sweeps, attempt forward passes, use misdirection plays or use reverses.

When a game ends with a 36 point or more differential, a member of the TYFSF Hearing Tribunal, shall investigate by talking to staff and members of both teams. If it is determined that Team A coaches did not attempt to keep the score down, or conversely, attempted to run the score up, then a formal complaint will be filed against Team A coaches or coach and a formal hearing will be scheduled.

PENALTY Lopsided or Intentionally Run up scores: (**Intentional**): A finding of "guilty" shall result in Probation at a minimum; **Suspension** if the conduct is found to have been intentional; and **Dismissal** in the case of a repetitive pattern (malice).

RULE 10: COACHING COMMUNICATIONS

- a. **NO DRONES ARE ALLOWED TO HOVER OVER THE GAME FIELD OR ON THE SIDLINES!**
- b. Headsets are only allowed if both teams have them.
- c. Only certified coaches may use communication equipment.

RULE 11: SCHEDULED GAMES

- a. **A maximum of 14 regular season games including Conference championships are allowed**

RULE 12: TIE BALL GAMES

1. In all divisions, tie games shall stand in all regular season games.
2. Ties shall be broken in Federation playoff/championship games as well as post-season games using the AIA tie breaker rules.

RULE 13: ENFORCEMENT POLICY, POLICE POWERS/HEARING & APPEALS: SEE TYFSF ADMINISTRATIVE MANUAL**RULE 14: GAME STARTING TIME (Failure to appear):**

Failure to field a team thirty (30) minutes after the approved scheduled game time will result in automatic forfeiture of the game to the opposing team. In the event of forfeiture: The team with 11 eligible players has the **OPTION** to scrimmage the opposing team or not. This will be a controlled scrimmage, not to exceed the time slot allotted for the regular scheduled game. The officials **WILL NOT** officiate scrimmages.

RULE 14: DUAL PARTICIPATION:

- a. **A player is ineligible if he/she is a member of a school tackle or flag football program, or any other non-affiliated tackle or flag football program (unless as part of school curriculum). Or if he is playing TYFSF Tackle football.**
- b. **Playing flag or touch football as part of the physical education requirement in the school curriculum is not counted as school team participation. While dual participation is prohibited as stated above, both TYFSF and AYF recognizes that extenuating circumstances do exist in certain parts of the country with respect to school football/cheer programs.**
- c. **Players cannot be certified on two rosters. This is a safety issue. Players may end up playing two games in one day – and this should not be allowed.**

INAPPROPRIATE CONTACT/ABUSE OF GAME OFFICIALS

No player, coach, spectator or other adult shall intentionally contact or verbally abuse a game official. The offender shall be subject to suspension, placed in bad standing or being banned from Federation activities. Such contact or abuse includes any actions or comments by coaches, players or spectators which are intended to bait, anger, embarrass, ridicule or demean officials, if the deeds or words are vulgar or racist. Included is - conduct that berates, needles, intimidates or threatens based on performance on the field, violations or penalties called, rule interpretation, race, gender, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs or personal matters. Examples of contact/abuse that would lead to ejection or after game suspension include but are not limited to, 'trash talk'; physical intimidation outside the spirit of the game; reference to sexual orientation; 'in the face' confrontation by spectators, coaches, bench personnel, player or other adults.

TYFSF FLAG PROGRAM

INTRODUCTION

Although the following are the TYFSF Flag Rules and Regulations, it is necessary and required that all flag Head Coaches, Assistant Coaches and other team personnel acquaint and conduct themselves in accordance with the "Coaches Code of Conduct" and other related rules and regulations as set forth in the Tucson Youth Football & Spirit," rule and others as required by the Federation and/or associations.

In addition to the general regulations found in the above sections, the following flag rules govern all participants playing in TYFSF.

ORGANIZATION: The Federation is the basic unit of organization which consists of a minimum of four (4) teams in same age division.

DIVISION OF PLAY

League age cut-off date is July 31 of the current year and shall be the participant's league age for the coming season. There are no height or weight restrictions on players.

Division Name	Ages
Flag	5-6-7

Cheerleaders shall follow the overall age and division of play referenced above. In addition, all flag spirit squads must follow TYFSF Spirit Guidelines as outlined in the spirit section of this rulebook.

Ages shall be verified by methods outlined in the TYFSF Administration Manuel.

A player is ineligible if he is a member of a school tackle program or if he is playing TYFSF Tackle football. He is also ineligible if he is competing in another flag football program (unless as part of school curriculum).

A player shall furnish written consent to play (provided by TYFSF) from either parent or legal guardian.

A signed statement from an examining physician that the candidate is physically fit and there are no observable conditions which would contra-indicate from him/her playing football or cheering. NOTE: If regular school medical examination results are releasable to parents, a copy such report, if not older than January 1st of the current year, may be used in lieu of new examination.

FLAG FOOTBALL RULES

RULE 1: PLAYERS

1. A game is played between two (2) teams consisting of eight (8) players each.
2. Each team roster shall have a maximum of 24 players, and minimum of 12 players. A forfeit will result when the minimum is not met.
3. Only players appearing on the official team roster form supplied by the Federation are to be counted as players. The Roster is completed before the first game of the season and verified by the Federation in a process called "certification".

MANDATORY PLAY RULE FLAG FOOTBALL

Regardless of team size ALL PLAYERS MUST PLAY A MINIMUM OF 8 PLAYS. The 8 plays must be completed by the 11 minutes mark of the 2nd half. Any player still needing plays must go in and stay in until all plays are completed.

NOTE: Teams will complete and follow the Mandatory Play Form. Failure to abide by this rule will result in forfeiture of that game.

RULE 2: PLAYING FIELDS

1. The field shall be rectangular with lines and zones and shall conform to either of the two designs mentioned below:
 - A. 100-yard field. This field measures one hundred and twenty (120) yards in length, divided into 5 zones.
 - B. 80-yard field. This field measures eight (80) yards in length, divided into 4 zones of 15 yards and two 10-yard end zones.
 - C. Goal posts are unnecessary as points after TD (conversion) are made only passing or running.
 - D. A conversion line will be marked 3 yards from the goal line and at an equal distance from each sideline.
2. The following field equipment will be used.
 - A. Down Marker will be used to indicate the number of the down.
 - B. A Zone Marker will be used to indicate the distance to go for a first down (placed at the forward zone line).
 - C. Corner Flags with flexible staffs will be placed at the four (4) sections of the end zones and the sidelines, Soft pylons may be used if flags are unavailable.

RULE 3: EQUIPMENT

1. Game Ball
The Federation will use the Pee wee Size Ball.
2. Flags
 - a. Each player must wear a belt with the number of flags designated as “standard” by the Federation, from the game uniform. For TYFSF standard shall be defined as the Flag-a-tag Sonic Boom belts. Any color is allowed if it is not the same color as the shorts.
 - b. The flags will be attached to a belt and extend or hang from each side of the player’s body.
When
 - c. using three (3) flags, the third will hang from the rear of the player’s body.
 - d. Flags will be 14-20 inches long from the bottom of the plastic holder and a minimum of 1 3/8 inches wide. The belt must be tight to prevent being turned around during a de-flagging. The excess part of the
 - e. belt may not hang more than 6” or must be tucked in.
 - f. The securing of flags to the body, waist or belt, other than that provided, is illegal. The flag holders may not be modified in any way.
 - g. Jersey cannot be worn over flags
 - h. Players with “NO” flags or with one flag can receive ball, but play will be whistled dead at spot
 - i. received or controlled.
 - j. If a player’s flag inadvertently falls off while he is in possession of the ball, the ball will be dead at
 - k. the spot the flag falls off.
 - l. Exception: Break Away Runner, if the ball carrier, has cleared all defensive players by an excess of 15 yards, and in the opinion of the officials would not have been caught by the defender the play remains live.

NOTE: The flags will be attached to a belt made for that purpose and must be the matching belt sold with that flag. Such a belt has equal resistance at the point of attachment of flags, thereby insuring an equal effort necessary to de- flag a player. Once a check in has been conducted, no equipment shall be exchanged.

3. Game Uniform:
 - A. All team members must wear the same color jersey.
 - B. Any type of pants may be worn. However, they must not have pockets or belt loops.
 - C. Jerseys will be tucked in always
 - D. Sneakers are the preferred shoe; however, non-detachable, rubber cleated shoes are allowed. No other footwear is acceptable
 - E. Socks (preferably those that come up to the calf)
 - F. All male players must wear athletic supporters and hard cups. All female players will wear athletic supporter and soft cup.
4. Eye Glasses: Eye glasses, when worn, shall be of athletically approved construction with non-shattering glass (safety glass).
5. Mouth Guard: Mouth guards are mandatory; no keeper strap is necessary. Mouth guards must be colored; clear and white mouth guards are not permitted.

RULE 4: PRE-GAME AND AFTER GAME REQUIREMENTS

1. There will be a pre-game inspection no more than 15 minutes prior to the scheduled game. The inspection will be conducted in a location designated by the Referees. Players will be checked against their team's official roster, the proper uniform, shoes, cup, and mouth guard and flag belt. The inspection will be conducted by each team's Business Manager and Equipment Manager. The Business Manager may stop the check in process if parents or other non-approved individuals are in the check in area. Coaches with "NO" identification card will not be allowed within the "TEAM AREAS".
2. After the game, each team's Head Coach and Business Manager must sign their Mandatory Play Forms and the game Referee signs also. The Mandatory Play Form MUST be turned into their association president to be passed to the Federation for weekly review.

RULE 5: PROHIBITED EQUIPMENT

3. Spiked or street shoes
4. Padding of any kind, including hard surface padding such as shoulder pads, hip pads, and helmets
5. Hard metal or any other hard substance on a player's clothing or person
6. Anything that conceals the flags
7. Slick or sticky substances such as grease or glue
8. Any equipment, in the opinion of the referee that will endanger or confuse players

RULE 6: REFEREES ()**

1. There will be at least three (3) referees
2. The Federation may assign more than three (3) referees for a game based on availability
3. There shall be at least three (3) referees for a sanctioned playoff or championship game
4. The Federation reserves the right to schedule two (2) referees if availability is limited.

NOTE: Tucson Youth Football & Spirit Federation will supply referees for the Flag Program

RULE 7: RULES OF PLAY

1. PLAYERS

Each team will field eight (8) players at a time; offense must have at least five (5) players on the line of scrimmage

2. TEAM CAPTAINS

Each team can have two (2) captains with a coach for the coin flips, to determine who will choose one of the following: OFFENSE/DEFENSE or DEFER (have choice for 2nd half). Coaches will address the referees only on matter of interpretation and to obtain information.

3. TEAM COACHES

One coach for each team will be permitted on the field. Coaches will not give any verbal instruction when on the playing field.

4. TIME There will be:

- A. Two 22-minute halves. The last two (2) minutes of each half, clock will STOP for “penalties, out of bounds and incomplete passes”.
- B. Two (2) time-outs per half
- C. Ten (10) minutes between halves

Failure to produce the minimum roster within ten (10) minutes of scheduled game will result in time being taken off for the 1st half of play, according to when team has enough players (10) ready to play. “NO FORFEIT”, FIRST GAME ONLY.

5. KICKOFFS

Field position at start of the half or after a score, play will begin on the offense’s ten (10) yard line.

6. PUNTING

PUNTING will not be allowed during a flag football game.

- A. Punting intentions are announced to the referee by the coach, before official blows the whistle for play (penalty) 5 yards, delay of game.
- B. After a team declares they will punt, the ball will be awarded to Team B at their own 15-yard line

7. DOWNS (First down and zone to go)

- A. Each team will have four (4) consecutive downs to advance the ball into the next zone or to score a touchdown. The zones are 1) 10yd to 15yd; 2) 15yd to 30; 3) 30yd to 15yd; 4) 15yd to goal.
- B. Once a team enters the next zone, it is a first down and a new series of downs begins.
- C. A team failing to move the ball into the next zone will lose possession. The opposing team takes over at the point where the ball is declared dead and begins its series of first down and zone to go.
- D. The forward part of the ball touching any line will be the determining factor in measuring for a first down.
- E. A down will be replayed if provided for by the rules (See Rule 13)
- F. When the offensive team is in the last zone and has a first down, it will be first down goal to go.
- G. At the end of each down, the referee will place the ball in the center of the field (equal distance from sidelines-not on a hash mark. A team will have 30 seconds to put the ball in play after the ready signal.

8. DE-FLAGGING

- A. There shall be no tackling of the ball carrier or passer
- B. The player carrying or having possession of the ball is down when the flag is removed from his waist (de-flagging). The defensive player shall hold the flag above his head and return it to ball carrier.
- C. The defensive player cannot hold or push the ball carrier to remove the flag. An accidental touch of the body or shoulder while reaching for the flag shall not be considered a violation; however, touching of the head or face shall be considered a violation. Defensive player cannot take the ball from the carrier.
- D. A defensive player may use his hands to move the blocker’s hands away from him, push the blocker sideways to get past him. But he cannot push the blocker down. PLAYERS CANNOT use their hands above any player’s shoulders.
- E. A defensive player must go for the passer’s flag. He cannot touch the passer’s arm.
- F. If a player’s flag is inadvertently lost before the start of play, he is still eligible to receive the ball. The ball will be dead at the spot the player controlled the ball.

9. BLOCKING

- A. A blocker must be on his/her feet always while blocking. All linemen, except the center, CANNOT assume the three (3/4) point stance or otherwise spring from a coiled or crouching start. The Center, though crouching if he is to block, must first stand up to block/receive the ball or be touched by a defensive player.
- B. Cross body and roll blocking are not permitted.
- C. A blocker may use an open palm, to block below the shoulders of the defensive players. The Blocker's arms can be straight or bent when blocking but cannot be used in a pushing (in and out) manner. Players cannot run over or push any player to the ground.
- D. A blocker may block two (2) yards past the line of scrimmage. Beyond two (2) yards, can only screen or get in the way of the defensive player, players cannot extend arms or attempt to block.
- E. A defensive player cannot block or push a ball carrier out of bounds.
- F. Butting, elbowing or knee blocking is not permitted.
- G. There will be no two on one blocking for the ball carrier beyond/pass the line of scrimmage
- H. Blocking a player from behind is not permitted (clipping).
- I. There will be no interlocking blocking.

10. BALL CARRIER

- A. The ball carrier cannot use his/her hands or arms to protect his flags. The defensive player must have the opportunity to remove the ball carrier's flags.
- B. The ball carrier cannot lower his/her head or shoulder to run into a defensive player
- C. Stiff-arming by the ball carrier is illegal
- D. The ball carrier cannot spin or hurdle to prevent a defensive player from removing his/her flags.
CENTER (also see 9A)
- E. The center must snap the ball between his legs
- F. He/she must have both feet behind the forward point of the ball
- G. He/she may adjust the long part of the ball at right angles to the scrimmage line.
- H. The center cannot block/receive ball, until he/she stands after the snap. Until, the center has stood up in the blocking position, the defensive player(s) cannot touch him.

11. PASSING

- A. All players are eligible to pass
- B. A lateral pass is a pass thrown parallel to the line of scrimmage or back toward the passer's own goal line. A lateral pass is not considered a forward pass.
- C. A forward pass is a pass thrown from behind the line of scrimmage toward the defensive teams' goal line. Receiver in front of passer. Only one (1) forward passes are allowed per play.

12. RECEIVING

- A. All players are eligible to receive forward passes
- B. A receiver may catch a ball if he comes down with one foot in bounds
- C. Two or more receivers may touch a ball in succession resulting in a completed pass
- D. If an offense or defensive player catches a pass simultaneously, the offensive team is awarded possession
- E. An offensive player cannot be out of bounds and return in bounds to catch a pass unless forced out by a defensive player. This will be ruled an incomplete pass.

13. DEAD BALL

All balls touching the ground are immediately dead (punts). The ball is declared dead at the following times:

- A. When the ball carrier touches the ground with his body, knee or elbows.
- B. When the ball carrier's flag has been pulled.
- C. If a receiver or ball carrier has a missing flag ball is dead at the spot the ball is controlled.
(Exception – see Rule 3.2.h. – break-away runner)
- D. When the ball carrier goes out of bound.
- E. If the center snap hits the ground before reaching a backfield player (except on punts).
- F. When the ball hits the ground because of a fumble or muffed ball. THERE ARE NO FUMBLE RECOVERIES.
- G. If a lateral pass touches the ground (ball is declared dead at that point). If a lateral pass goes out of bounds, the ball is ruled dead at the point it crosses the boundary line.
- H. When a player on the punting team touches the ball before a player on the receiving team touches ball.
- I. A free catch (cannot be advanced).
- J.

14. GAME TERMINATION/MERCY RULE

When one team is 30 or more points ahead at the end of the first half or it takes this lead during the second half, the game is ended at that point. THIS RULE ALSO APPLIES TO TOURNAMENT PLAY.

RULE 8: SCORING VALUES

SCORING VALUES FLAG FOOTBALL

Touchdown	6 points
Safety	2 points
Points after touchdown	
Passing	2 points
Running	1 point
Forfeit (offended team wins by)	1-0

RULE 9: TIE GAME

- 1. Tie game will go into the record as such and will not be played off in regular season play.
- 2. All Tournament Games:
 - A. Ball will be placed in the center of the field. The referee will toss a coin in the presence of the two team captains. The winning captain will have the option of putting the ball in play at mid-field.
 - B. Each team will have four (4) consecutive downs and the winner will be the team gaining the most points or yardage in its series of downs (penetration).
 - C. Penalties will count as incomplete passes ball returned to the line of scrimmage.
 - D. Intercepted passes will count as incomplete passes and the dead ball will returned to the line of scrimmage.
 - E. If the yardage is still the same at the end of each team's four down series, the series will be repeated.

RULE 10: INJURED PLAYERS

Once removed from a game because of injury, a player must sit out at least one down, and may not re-enter the game without the approval of attending medical personnel.

RULE 11: PRACTICES

1. Flag practice starting date will be set by the Federation, however, Associations are permitted to start practice the same date as tackle. Scrimmages will be permitted after two (2) weeks of practice.
2. Practices are limited to three (3) days per week, not to exceed 1 ½ hours each practice, while school is in session, and when school is not in session, practices are limited to four (4) days per week. Not to exceed 2 hours' duration. At the discretion of the Head Coach and association board, flag teams may change practice time/days to two (2) days per week, not to exceed 2 hours and 15 minutes (including the mandatory 15-minute break).
3. Flag players must have ten (10) hours of conditioning before participating in scrimmages/games.

RULE 12: SCHEDULE ()**

The TYFSF season starting date (first game) will be set by the Federation

Maximum number of games per season shall be as follows for each division of play:

Division	Pre-season	Regular Season	Fiesta Game
Flag	1	8	1

TYFSF has adopted an eight (8) game regular season for Flag Football.

RULE 13: FIESTA GAMES ()**

If possible, there will be a Fiesta exhibition game to conclude the season.

RULE 14: PENALTIES

Since two football field sizes can be used, penalties are adjusted accordingly. The 100-yard field will be assessed the standard fifteen (15) and five (5) yard penalties. The 80-yard field will be assessed ten (10) and five (5) yard penalties. References to penalties will be given as (15-10) and (5-5) in the following listings:

1. Line of Scrimmage –Centering

- A. Offside, defensive or offensive (5-5)
- B. Illegal snap (5-5)
- C. Failure to observe 30 second rule (5-5)
- D. Illegal motion-more than one backfield man in motion (5-5)
- E. Illegal formation, offense (5-5)

2. Punting

- A. Failure to announce to the referee (5-5) and punt is repeated, or the receiving team may take the ball at the spot where the ball is declared dead.
- B. If the kicking or receiving team enters the neutral zone before the punt (5-5) from the spot.
- C. Less than five players on the line of scrimmage for the offensive or defensive team (5-5).
- D. De-flagging a receiver after a fair catch signal (15-10) from the spot of the foul.

3. Passing

- A. If an illegal forward pass is thrown and intercepted, the play will continue until the ball is declared dead. The intercepting team has the option of possession from that spot or accepting the penalty (5-5).
- B. Passer crosses the line of scrimmage (5-5) and loss of down.
- C. Intentional grounding (5-5) and loss of down.
- D. Offensive pass interference (15-10) from line of scrimmage and loss of down.
- E. Defensive pass interference AUTOMATIC first down from spot of infraction for the offensive team
- F. Roughing the passer (15-10) AUTOMATIC FIRST DOWN

4. Delay of Game

- A. Continuing to play after the ball is dead (5-5) from spot where the ball is dead.
- B. Recovering a fumble or falling on the ball (5-5).
- C. Advancing a fair catch (5-5)
- D. Unnecessary delay of game – 30 second/ready for play
- E. All spectators including Team parents must be 5 yards from sidelines (5-5)

5. Flag Wearing and De-Flagging

- A. Tackling (15-10)
- B. Wearing the flags illegally (5-5)
- C. Ball carrier using his hands to prevent de-flagging **SPINNING/HURDLING** (15-10)
- D. Holding, pushing or hitting the ball carrier while de-flagging (15-10)
- E. Leaving one's feet while de-flagging, from spot of foul (15-10).
- F. Wearing one flag (5-5)

6. Illegal Hand Off

- A. If the ball is handed forward beyond the scrimmage line (5-5) and loss of down.
- B. Handing or snapping a ball to a lineman (5-5).

7. Illegal Substitutions

- A. More than eight (8) men on the field (5-5)
- B. Substitution(s) while the ball is in play or before it is declared dead (5-5).
- C. Disqualified player entering game (15-10)

8. Blocking

- A. Leaving feet to block (15-10)
- B. Cross body blocking or roll blocking (15-10)
- C. Pushing or knocking down a player by blocker (15-10)
- D. Holding a defensive player (15-10)
- E. Defensive player blocking or pushing the ball carrier out of bounds (15-10)
- F. Butting, elbowing or knee blocking (15-10)
- G. Defensive player using hands illegally (15-10)
- H. More than two blockers for the ball carrier (on one defensive player) beyond the line of scrimmage (5-5)
- I. Clipping (15-10)
- J. Interlock Blocking from spot of foul (15-10)

9. Ball Carrier

- A. Stiff arming from spot of foul (15-10)
- B. Lowering head to drive or run into defensive player (15-10)
- C. Use of head (15-10)
- D. Use of hand or arms to protect flags (15-10)
- E. Spinning or hurdling (5-5)

10. Unnecessary Roughness

- A. Offensive and Defensive (15-10)
- B. Disqualification of guilty players or players if repeated.

11. Unsportsmanlike Conduct

- A. Fighting (15-10) offenders ejected from game.
- B. Defensive player pulling offensive player's flag to make him ineligible for play (15-10)
- C. Insulting and abusive language (15-10)
- D. Interference with progress of the game by coaches or any other team personnel (15-10)
- E. Illegal play (15-10)
- F. Team leaving field before game is completed (15-10). Failure to return- Forfeit. Win for the team remaining on the field.
- G. Failure of home team to control players or fans (15-10)

RULE 15: PROTESTS

- 1. Only protests involving rules' interpretations, or the eligibility of a player shall be considered. Never the judgment of an official calling a play.
- 2. Protests are decided at the local level in accordance with the administrative procedures of the league.

RULE 16: PERSONNEL

1. Non-credentialed personnel and players not on the roster for that team are not permitted to sit or enter between the 15-yard markers of the field. This area is for the rostered coaches and players only.
2. All spectators must sit or stand between the 15-yard marker and goal line markers on either side of the field.
3. Failure to comply with a request to leave this area can result in ejection from the field.

HELMET SAFETY STATEMENT

Tucson Youth Football and Spirit Federation continually monitors concussion research and athlete safety issues. We have USA Football Heads-Up Trained Player Safety Coaches for each Association and we provide concussion safety training for all coaches prior to each season. The safety of our athletes is paramount to us. Associations have an annual procedure for inspecting, reconditioning or replacing helmets according to the National Operating Committee on Standards for Athletic Equipment. Each Association helmet that is in active use is inspected and given a sticker that it meets NOCSAE standards. Also, each season, each player is individually fitted to his assigned helmet by our Associations according to a standard procedure to ensure proper, safe fit.

GET A HEADS UP ON FOOTBALL HELMET SAFETY



While there is no concussion-proof helmet, a football helmet can help protect your athlete from a serious brain or head injury. The information in this handout will help you learn what to look for and what to avoid when picking out a helmet for your football player.



START WITH THE RIGHT SIZE:

BRING THE ATHLETE

Bring your athlete with you when buying a new helmet to make sure that you can check for a good fit.

HEAD SIZE

To find out the size of your athlete's head, wrap a soft tape measure around the athlete's head, just above their eyebrows and ears. Make sure the tape measure stays level from front to back. (If you don't have a soft tape measure, you can use a string and then measure it against a ruler.)

SIZES WILL VARY

Helmet sizes often will vary from brand-to-brand and with different models. Each helmet will fit differently, so it is important to check out the manufacturer's website for the helmet brand's fit instructions and sizing charts, as well as to find out what helmet size fits your athlete's head size.

GET A GOOD FIT:

GENERAL FIT

A football helmet should feel snug with no spaces between the pads and the athlete's head. The helmet should not slide on the head with the chin strap in place. If the helmet can be removed while the chin strap is in place, then the fit is too loose. Some helmets have a unique fitting system or use an air bladder system that requires inflation with a special needle to avoid puncturing the air bladders. You can find more information on fitting a football helmet on the manufacturer's website.

ASK

Ask your athlete how the helmet feels on their head. While it needs to have a snug fit, a helmet that is too tight can cause headaches.

HAIRSTYLE

Your athlete should try on the helmet with the hairstyle he will wear while at practices and games. Helmet fit can change if your athlete's hairstyle changes. For example, a long-haired athlete who gets a very short haircut may need to adjust the fit of the helmet.

COVERAGE

A football helmet should not sit too high or low on their head. To check, make sure the ear holes line up with the athlete's ears and the pad in the front of the helmet covers the athlete's head from the middle of his forehead to the back of his head.

VISION

Make sure you can see your athlete's eyes and that he can see straight forward and side-to-side.

CHIN STRAPS

The chin strap should be centered under the athlete's chin and fit snugly. Tell your athlete to open their mouth wide...big yawn! The helmet should pull down on their head. If not, the chin strap needs to be tighter. Once the chin strap is fastened, the helmet should not move in any direction, back-to-front or side-to-side.

TAKE CARE OF THE HELMET:

CHECK FOR DAMAGE

DO NOT allow your athlete to use a cracked or broken helmet or a helmet that is missing any padding or parts. For air bladder-equipped helmets, make sure to check for proper inflation. DO NOT alter, remove or replace padding or internal parts unless supervised by a trained equipment manager. Check for missing or loose parts and padding before the season and regularly during the season.

CLEANING

Clean the helmet often inside and out with warm water and mild detergent. DO NOT soak any part of the helmet, put it close to high heat, or use strong cleaners.

PROTECT

DO NOT let anyone sit or lean on the helmet.

STORAGE

Do not store a football helmet in a car. The helmet should be stored in a room that does not get too hot or too cold and where the helmet is away from direct sunlight.

DECORATION

DO NOT decorate (paint or put stickers on) the helmet without checking with the helmet manufacturer, as this may affect the safety of the helmet. This information may also be found on the instructions label or on the manufacturer's website.

LOOK FOR THE LABELS:

LOOK FOR A FOOTBALL HELMET WITH LABELS THAT:

- Have the date of manufacture. This information will be helpful in case the helmet is recalled; and
- Say NOCSAE®¹ certified. That label means that the helmet has been tested for safety and meets safety standards.

If the helmet is not new, you should also look for a label that includes the date the helmet was expertly repaired and approved for use (reconditioned/recertified). Helmets that have been properly reconditioned and recertified will have a label with the date of recertification and the name of the reconditioning company.

KNOW WHEN TO REPLACE A FOOTBALL HELMET:

RECONDITIONING

Reconditioning involves having an expert inspect and repair a used helmet by: fixing cracks or damage, replacing missing parts, testing it for safety, and recertifying it for use. Helmets should be reconditioned regularly by a licensed NAE RA²-member. DO NOT allow your athlete to use a used helmet that is not approved/recertified for use by a NAE RA reconditioner.

10 AND OUT

Football helmets should be replaced no later than 10 years from the date of manufacture. Many helmets will need to be replaced sooner, depending upon wear and tear.



¹ National Operating Committee on Standards for Athletic Equipment: www.nocsae.org

² National Athletic Equipment Reconditioning Association: www.naera.net



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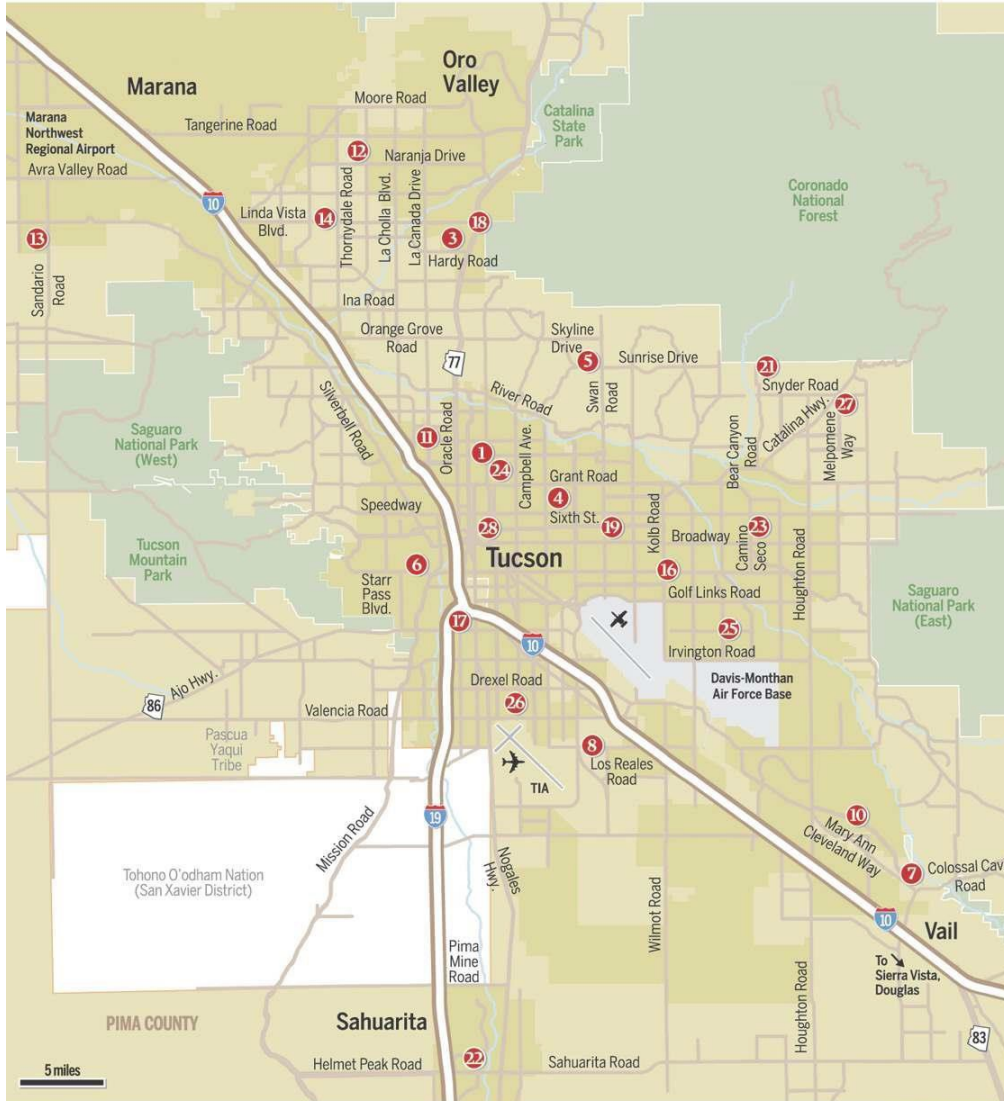
TO LEARN MORE GO TO [-> WWW.CDC.GOV/TraumaticBrainInjury](http://WWW.CDC.GOV/TraumaticBrainInjury)

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE®).

FIELD LOCATIONS MAP (GAME DAY)

Mapping high school football

Locations of Southern Arizona's Class 4A and 5A football schools, as well as 1A-3A varsity teams in Tucson.



8/XX/10

ARIZONA DAILY STAR



- 1 Amphitheater**
125 W. Yavapai Road, Tucson
- 2 Buena**
5225 E. Buena School Blvd., Sierra Vista
- 3 Canyon del Oro**
25 W. Calle Concordia, Oro Valley
- 4 Catalina**
3645 E. Pima St., Tucson
- 5 Catalina Foothills**
4300 E. Sunrise Drive, Tucson
- 6 Cholla**
2001 W. Starr Pass Blvd., Tucson
- 7 Cienega**
12775 E. Mary Ann Cleveland Way, Vail
- 8 Desert View**
4101 E. Valencia Road, Tucson
- 9 Douglas**
1500 15th St., Douglas
- 10 Empire**
10701 E. Mary Ann Cleveland Way, Tucson
- 11 Flowing Wells**
3725 N. Flowing Wells Road, Tucson
- 12 Ironwood Ridge**
2475 W. Naranja Drive, Oro Valley
- 13 Marana**
12000 W. Emigh Road, Marana
- 14 Mountain View**
3901 W. Linda Vista Blvd., Tucson
- 15 Nogales**
1905 N. Apache Blvd., Nogales
- 16 Palo Verde**
1302 S. Avenida Vega, Tucson
- 17 Pueblo**
3500 S. 12th Ave., Tucson
- 18 Pusch Ridge Christian**
9500 N. Oracle Road, Tucson
- 19 Rincon/University**
421 N. Arcadia Blvd., Tucson
- 20 Rio Rico**
1374 W. Frontage Road, Rio Rico
- 21 Sabino**
5000 N. Bowes Road, Tucson
- 22 Sahuarita**
350 W. Sahuarita Road, Sahuarita
- 23 Sahuarito**
545 N. Camino Seco, Tucson
- 24 Salpointe Catholic**
1545 E. Copper St., Tucson
- 25 Santa Rita**
3951 S. Pantano Road, Tucson
- 26 Sunnyside**
1725 E. Bilby Road, Tucson
- 27 Tanque Verde**
4201 N. Melpomene Way, Tucson
- 28 Tucson**
400 N. Second Ave., Tucson

CONCUSSION FACT SHEET

CONCUSSION FACT SHEET FOR PARENTS



WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

SYMPTOMS REPORTED BY ATHLETE:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

SIGNS OBSERVED BY PARENTS/ GUARDIANS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes



DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **SEEK MEDICAL ATTENTION RIGHT AWAY**
A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.
2. **KEEP YOUR CHILD OUT OF PLAY.**
Concussions take time to heal. Don't let your child return to play the day of the injury and until a health care professional says it's OK. Children who return to play too soon - while the brain is still healing - risk a greater chance of having a second concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **TELL YOUR CHILD'S COACH ABOUT ANY PREVIOUS CONCUSSION.**
Coaches should know if your child had a previous concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS BRAIN INJURY?

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
 - However, helmets are not designed to prevent concussions. There is no "concussion-proof" helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

HOW CAN I HELP MY CHILD RETURN TO SCHOOL SAFELY AFTER A CONCUSSION?

Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork
- Reduce time spent reading, writing, or on the computer

Talk with your child's teachers, school nurse, coach, speech-language pathologist, or counselor about your child's concussion and symptoms. As your child's symptoms decrease, the extra help or support can be removed gradually.

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TO LEARN MORE GO TO >> [WWW.CDC.GOV/CONCUSSION](https://www.cdc.gov/concussion)



Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSEAE).

DEHYDRATION FACT SHEET



Dehydration Fact Sheet



What is dehydration?

Dehydration is the excessive loss of fluids from the body. It occurs when the total amount of water lost through sweating, urination, diarrhea, and/or vomiting is greater than the fluids taken in. A child with severe dehydration must be hospitalized to receive intravenous fluids.

What are the signs of dehydration and heat exhaustion?

Dehydration places children at risk for serious conditions like heat illnesses such as heat exhaustion and heat stroke.

Early signs of *dehydration* may include:

- Thirst
- Dry or sticky mouth
- Headache
- Muscle cramping
- Irritability
- Extreme fatigue
- Weakness
- Dizziness
- Decreased performance

Early signs of *heat exhaustion* may include:

- Nausea
- Feeling faint or dizzy
- Heavy sweating
- Rapid, weak heartbeat
- Dark-colored urine
- Cool, moist, pale skin
- Cramps
- Headache
- Fatigue

How to prevent dehydration:

Drink before activity:

12 ounces of fluid 30 minutes before activity begins

Drink during activity:

Children under 90 pounds: 5 ounces every 20 minutes

Children over 90 pounds: 9 ounces every 20 minutes

Drink after activity:

Drink every 20 minutes during the first hour after the activity to make up for fluid loss.

EASY TIP A child's gulp equals a ½ ounce of fluid. Your child should drink at least **10 gulps every 20 minutes** of play.

What to do when dehydration and heat illness occurs:

Treatment of dehydration and heat illness should take place immediately. Depending on the severity of the situation, seek medical attention from a certified athletic trainer or dial 911 for Emergency Medical Services.

- Move the child to a cool place.
- Have the child drink a glass of cool, lightly salted water or a sports drink, such as Gatorade.
- Raise the child's legs 8-12 inches.
- Sponge the child's head, face and trunk with cool, wet cloths.
- Fan the child.
- Keep the child from physical activity for the remainder of the day.

Comparison of Heat Illnesses

Heat Stroke

(The most severe and life-threatening)

- Dry, flushed hot skin
- Very high body temperature
- No sweating
- Life-threatening

Heat Exhaustion

(Less critical, but requires prompt attention)

- Moist, pale, cool skin
- Normal or sub-normal temperature
- Heavy sweating
- Serious, but not life-threatening

For more information:

usa.safekids.org

202-662-0600

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