

SDAYF TACKLE FOOTBALL RULEBOOK

SDAYF is the conference of leaders in youth football and cheer who puts the development of kids both on and off the field first in southern Arizona.



Proudly affiliated
with American Youth
Football and Cheer

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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 for 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 a cloud-to-ground lightning bolt is within 5 miles, 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 flash of lightning within 5 miles is witnessed prior to resuming play.
 - c. Any subsequent lightning strike within 5 miles 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 the start of the season.

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

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 any time.

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.
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 to attend/participate in practice and team functions). Bye weeks do not count toward suspension.

All SDAYF 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 the 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.

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/Conference 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. Respect the integrity and judgment of game/competition officials before, during and after the game/competition.
3. Encourage every player to honor the authority of each official and treat him or her with respect.
4. Refrain from intimidating officials or inciting players, coaches, or spectators to demonstrate.
5. Refrain from using abusive language and/or arguing with officials, coaches or spectators.
6. Be a model for fair play, sportsmanship and proper conduct.
7. Make the player/spirit leader's safety and welfare the high priority.
8. Provide proper instruction and supervision of player/spirit leaders always.
9. Use discretion when providing constructive criticism or reprimanding player/spirit leaders in accordance with established rules.
10. 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 Sonoran Desert AYF.
 - b. AIA Rule Book (NFHS RuleBook)
 - c. USA Football
 - d. AYF Rulebook/AYC
 - e. United States All Star Conference Cheer Safety Rules (USASFCR)
 - f. Flag Football Rules
 - g. Any other applicable and published rule book and/or manual.
11. Respect all equipment and uniforms and to properly instruct in the use and safety of all equipment used.
12. While engaged in a SDAYF 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.
13. Be responsible for controlling the behavior and/or maintain crowd control to the best of my ability.
14. Accept responsibility for the actions of my team and for proper communication with officials and opposing teams.
15. 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.
16. Refrain from the use of profanity, vulgarity and other offensive language.
17. Not engaging in the act of spreading rumors, which is general talk not based on fact, will not be tolerated in SDAYF. It not only hurts your credibility, but affects your team/squad/association, the other team/squad/association or conference that may become involved in the rumor.
18. Refrain from posting or commenting on social media in a way that disparages SDAYF, any other team or association or officials.
19. 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/Conference.
20. 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.
21. TO WIN WITH CHARACTER AND LOSE WITH DIGNITY
22. A violation of any of the above is immediate justification and grounds for removal from SDAYF, subject to due process procedures if applicable.

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 SDAYF Board by the association President (SDAYF reserves the right to hear appeals).

SDAYF POLICY, PROCEDURE, RULE ENFORCEMENT (NOTE) SDAYF reserves the

right to change, modify or enforce rules or policies that may not be addressed in this document or the SDAYF 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 Conference.
4. Individual who has violated association or Conference 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 Conference will not be able to coach with any association or be an association or Conference board or advisory board member until released by the aggrieved association or Conference.

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

Must submit in writing to the Association Presidents 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 Conference Not in Good Standing List:

Association presidents will investigate the allegation(s) and recommend determining 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 SDAYF President.

DEFINITIONS

ASSOCIATION

Associations are organizations that sponsor and administer a minimum of three (3) tackle football teams, one (1) flag football team, and one(1) cheer squad. They raise money, buy equipment, recruit coaches, etc.

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 seven (7) classifications: 8U, 9U, 10U, 11U, 12U, 13U and 14U for CHEER ONLY. The basic ages for each division of play are listed in Attachment I to this rulebook.

INTRODUCTION TO THE SDAYF RULES

The rules contained herein WILL BE ENFORCED by the Conference

The SDAYF regular playing season shall be defined by the Conference Board of Directors through December 31st. All Conference administrative personnel, coaches, players and spirit participants are subject to disciplinary action for violations of SDAYF 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

SDAYF REGULATIONS

1. POWERS/AUTHORITY OF THE Conference

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

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 SDAYF Policies. Each Association will determine how the parent meeting will be conducted.** (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 must adhere to the coaching limitations outlined in the National AYF Rulebook. .
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. There shall be at least one (1) coach holding a Red Cross Card, or of similar equivalency, on each staff.
6. Coaches are to be selected by methods approved by Conference, 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 Conference.
8. Coaches do not make team or Conference 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 Conference 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 SDAYF level for action.
13. All SDAYF coaches must attend the Conference 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 SDAYF 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.

2. 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 Conference. 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 SDAYF Football, Spirit and Dance. All candidates must furnish the following:

3. PARENTAL CONSENT

A written statement from either parent or legal guardian, stating the child has his/her permission to

participate. The Conference will supply a standard form for this.

4. MEDICAL EXAMINATION

A physical form provided to SDAYF, 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 the phone.

The Sonoran Desert Conference 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 SDAYF 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 SDAYF Sports until there is on file with SDAYF 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).

5. 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, State ID cards, and certified wallet-sized certificates issued by a state/commonwealth are acceptable. Hospital or baptismal certificates **are not acceptable.**

6. 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 Conference published scholastic requirements. Home school – need a copy of the Affidavit from the State stating that the participant is home schooled.

7. FORMATION OF TEAMS AND SQUADS

Tryouts of any kind are prohibited in SDAYF. 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 SDAYF. Not more than 36 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 Conference 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.

8. MANDATORY RELEASE/WITHDRAWAL

Any participant must be released who:

1. Is a member of any other SDAYF football/spirit team/squad or non-SDAYF 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 SDAYF
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 SDAYF spirit squad tryouts, only, during the SDAYF 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 SDAYF spirit squad tryouts, only, during the SDAYF season, is allowed.

9. 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 Conference and the Conference shall have final authority as to whether appropriate actions are taken.

10. 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 Conference.
2. Retain parental consent.
3. Maintain sound physical condition.
4. Continue to maintain sound scholastic standards. In cases of doubt, the Conference shall have the right to require a written statement by the school administration, which shall be deemed final.

11. 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 AYF National Rulebook.

12. ALL STARS

All-Star teams or squads are permitted. Approval must come from the SDAYF 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 Conference. 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 Conference.

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

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

Recommendations from Association Presidents are strongly considered.

Traveling All-Star teams or squads that are representing SDAYF 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.

13. AWARDS

1. In compliance with the “team” concept and in view of the ages of SDAYF 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:** Individual trophies presented by an association to its participants shall not exceed \$15.00.
 - a) Cheer Championships, flag, and tackle Football, playoffs and championships. The Conference will supply and pay for the team trophy for the following: first place, second place and third place trophies – 8U through 14U.

14. 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 SDAYF mandatory registrations, this does not include individual association’s additional non-mandatory registration dates.

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

BANNED DRILLS

The following Drills and Warm-up Exercises are hereby banned from all AYF (SDAYF) 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 Conference in establishing a common starting date for all teams within the Conference. **The first week of practice shall be devoted entirely and exclusively to conditioning; however, helmets or shoulder pads shall be permitted.** More time may be added beyond this required first week for the conditioning period.

All practices must be attended by one rostered adult 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 (8 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. Transportation of children in the back-end of open bed vehicles 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).
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 8 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 (8) hours per week or 2-1/2 or 2 hours of allowed practice time.
6. **WATER BREAK:** A mandatory 10 minutes break after each hour of practice shall be required.
7. All participants must practice the minimum hours in order to participate in the week's game, the amount of play will be determined by the head coach.

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 what 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 10 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 staff can instruct and critique their players.
3. Coaching staff 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 break 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.

Scrimmages shall be approved by each association's board.

(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 a 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.

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 number of 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 ten (10) hours of conditioning and actively participate in a minimum number of hours of practice during the week preceding the scheduled scrimmage, exhibition, game, event or competition.

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

The 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.
- B. Schedule practice for early evening, after the sun is low in the 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 ten 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

Associations are responsible for all injury claims.

17. CAMPS

1. The Conference, association or any personnel associated within shall not require or mandate that a SDAYF football team or spirit squad, in part or in whole with or without coach(s) attend a football or spirit camp. However, a SDAYF 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 SDAYF, Association or Team, which does not provide as part of its services, an accident insurance plan for the camp participants

18. IMPORTANT POINT MEDICAL

A minimum of one staff member 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 the 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 participant's 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 Conference Board of Directors shall be charged (if/when applicable) for all regular season, special events (local, state, regional, national games), cheer competitions, flag football championships, football (tackle/flag) playoffs and Football (Tackle/flag) championship games to all those age fourteen (14) and over. 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). A staff member for another age or division is not permitted free of charge. All net proceeds will be used to offset cover the cost of the venue, trophies, and referees

Admission to City Spirit Championships:

An admission fee to be set by the Conference Board of Directors shall be charged for the City Spirit and Dance Championships to all those attending, fourteen (14) and over. There will be no charge to any staff member as shown on the certified roster and wearing the accepted Conference ID badge of those squads participating in the championship event provided the staff member is a part of the staff of the team competing. A staff member for another age or division is not permitted free of charge. For example a football coach is not permitted at the cheer competition free of charge. All net proceeds will be used to cover the cost of the venue, trophies, and judges.

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 Conference. 3.

Teams, Associations and the Conference 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 SDAYF Board of Directors.

SDAYF Exceptions:

REQUIRED EQUIPMENT:

- a) Mouth Guard: Mouth guards are mandatory.
- b) 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 continue 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.

The Association will issue Conference 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 Conference 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. The only exception to this is if they are running water to the players on the field.. 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 an 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 off the line of scrimmage.

3. The 8U Division will participate in a City Championship at a venue chosen based on availability and scheduling restraints of the current Championships.
4. One preseason exhibition game.
5. Blitzing will not be allowed and there will not be a rush of punts, field goals or points 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. 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 will police this policy and enforce it. Any problems will be reported to the Association's Presidents who in turn will report it to the Conference Problem Resolution Committee.

RULE 2: ROSTER

MINIMUM ROSTER SIZE FOR GAMES

A minimum of 13 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 13 players. Any team which forfeits two successive games by reason of an insufficient number of players shall be investigated by the Conference 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 THE MINIMUM NUMBER ACCORDING TO THE MPR

- 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 Conference. 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 games 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 the Tackle Football Commissioner or Conference 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 Conference 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 and 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 President, Vice President, or General Manager, 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, SDAYF personnel assigned by the Associate Commissioner for Football and authorized members of the press.
4. **All SDAYF 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. 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 SDAYF 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. The 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 coaches must not run sweeps, attempt forward passes, use misdirection plays or use reverses.

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 SIDELINES!**
- b. Headsets are NOT allowed.

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 go into overtime.
2. Ties shall be broken in Conference playoff/championship games as well as post-season games using the AIA tie breaker rules.

RULE 13: ENFORCEMENT POLICY, POLICE POWERS/HEARING & APPEALS: SEE SDAYF 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 SDAYF 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 SDAYF and AYF recognize 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 Conference 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, players or other adults.

Officials are subject to the same rules. They must be respectful to all Head Coaches and Presidents who are at the field. They are not allowed to threaten or belittle anyone. If a ref does this the onsite president(s) have the right to remove/ban them and are not required to pay for their services.

GET A HEADS UP ON FOOTBALL HELMET SAFETY

RT WITH THE RIGHT SIZE:

BRING THE ATHLETE

STA

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 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 the athlete's 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

One 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 the athlete's 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, 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 NAERM-member. DO NOT allow your athlete to use a used helmet that is not approved/recertified for use by a NAERA 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.

Mapping high school football

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



- 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**
30701 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. Erigh 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 **Push 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. Boves Road, Tucson
- 22 **Sahuarita**
350 W. Sahuarita Road, Sahuarita
- 23 **Sahuaro**
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

6/20/20

ARIZONA DAILY STAR



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"

DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if 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. SEE A 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.

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

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.



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.