

2024
Season
Gameplay Rules & Regulations

Seminole District Youth: Football

1. All games will be played according to the VHSL rule book unless otherwise amended in the League Bylaws.
2. All teams will be allowed three (3) time outs per half with injury time outs charged to officials.
3. Jersey numbers will not be required to be assigned by position as in VHSL rules.
4. Games will be held on Saturdays, with Location & Time TBD based on league schedules.
5. League will schedule at least seven (7) regular season games if applicable, with a preseason scrimmage (Jamboree), and postseason (Playoffs, Championships)
6. Age groups will be as follows: Mini-Mites (5-6), Mites (7-8), Jr. Varsity (9-10), Varsity (11-13).
7. Member teams will be allowed the use of Headsets for Coaches.

Officials:

Seminole District YFL will use only Officials that are VHSL Certified or Approved by the Board of Directors.

1. The host team will be responsible for compensating the referee crew, no later than half time of the last game.
2. The Official's fee structure will be negotiated prior to each season and approved by the League Board. Any fees or payments will be outlined in the Officials Contract, and provisions relating to games and scheduling.
3. No official will be allowed to officiate any contest in which their child, and/or relative is a participant.
4. Coaches and/or organizations will not be allowed to blackball, only the Board has the authority to make such determinations, if any allegations of impropriety are reported and found to be true. The member organization may submit in writing to have a specific official blackballed, and it will be at the discretion of the Board and the Commissioner of Referees to make final determination.
5. Any and all Officials will report to the scheduled field of play no later than ten (10) minutes prior to the start of the game.
6. Officials will report to the host team's ambassador/GM and introduce themselves and crew prior to the start of the game.
7. No game can be played, if less than a minimum of two certified officials are present at the start of the game, and at least one official for the start of the Mini-Mite's game. If two are present then gm's will provide an assistant to the officials.
8. Clock Keepers will be VHSL Certified and/or an approved person that the League Representative/GM has approved for the Game.
9. Playoffs & Championships will require a minimum of four (4) Officials, and one (1) Certified Clock Keeper.
10. The League Representative/GM and/or Head Coach of each team will be allowed to discuss any decision made by the Officiating crew, by speaking directly to the Head Official at that game.
11. Any Concerns/ Grievances post game will be reported to the League Executive Board, who will discuss with the Head Official's Representative for Clarification and final determination.
12. Officials will have the authority to stop gameplay if the following criteria is not met:
 - a. Offensive Behavior/Threats toward any member of the officiating crew.
 - b. Unsafe/Hostile Environment
 - c. Medical Emergency
 - d. Inclement Weather
 - e. Field Conditions

Equipment:

All Member organizations will be required to have certified equipment that meet VHSL/NFFR guidelines and the helmet face mask and shoulder pads must meet NOCSA approval. It is the ultimate



responsibility of each organization to see that these guidelines are followed to insure the proper and correct fit of the equipment.

1. Shoes: all participants will be required to use approved shoes with rubber cleats and/or tennis shoes. Metal cleats and/or plastic cleats with metal tips are strictly prohibited and any participant found to be in violation will be suspended for that contest unless the action can be immediately corrected.
2. All helmets must be recertified every two years and a record must be on file with the league secretary to insure compliance.
3. Football Sizes by Age: Wilson or Nike Composite or Leather:
 - a. Mini-Mites: Wilson K2 or Pee Wee Size
 - b. Mites: K2 or Pee Wee Size
 - c. Jr. Varsity: Tdt or equivalent
 - d. Varsity: Wilson TDY , youth or equivalent
4. All participants must have a jersey tucked in to pant, or have numbers visible to the official at all times.
5. Face Shield/Visors will be acceptable as long as the official may see the participants eyes in case of concussion or injury.

Fields:

All Seminole District Members will have a Memorandum of Use from their respective municipality and the terms and conditions of said agreement will be abided by.

1. Sideline Marking: Host team will mark off up to 10 yards from the Sideline for non-game personnel and/or Spectators.
2. Field Yard lines must be clear and definitive, and yard markers present.
3. Field will have restrooms and or a secure area for weighing in for all participants.
4. All visiting teams will assist the host in ensuring proper sportsmanship and will be responsible for keeping their sideline clean after each game.
5. League Reps/GM will be responsible for addressing any inappropriate behavior from participants and/or spectators.

Safety:

SDYFL Members will be responsible to enforce and ensure the safety of its participants for any league sanctioned contest.

Heat Index: Approved Temperature requirements;

105* and up – All outside activities will be suspended and/or postponed

95* to 104* - Participants will not be allowed to practice in Helmet, Shoulder Pads during practices.

90* to 94* - Equipment will be removed as often as possible(During breaks, on sideline, for conditioning)

Below 89* - adequate water supply at all practices and contests with breaks given every 20-30 minutes for hydration.

No Member organization will be allowed to participate in any practice and/or contest without at least one (1) First Aid Certified personnel present.

Each SDYFL Member will adopt an Emergency Action Plan and have it readily available in case an unforeseen event should occur. Also only approved Personnel will be able to be on the field with participants unless escorted by a League Rep due to participant injury.



Weight:

All SDYFL Members will have a set of certified scales on site for participants to weigh in prior to contest (Host team's responsibility)

At least one (1) representative from each team will need to be present during the weigh-in process, and will need to witness and sign and date the game rosters as proof of witness.

Only participants that will be advancing the football in a forward manner will be required to meet the following weight criteria:

Weight Class by Age Group:

Mini -Mites: 115

Mites: 130lbs

Jr. Varsity: 145 lbs

Varsity: 165 lbs

Varsity: 130lbs (13 yr old)

Overweight Players: Penny and/or Helmet Penny Cap

An offensive and/or defensive lineman lining up within the interior line between the tackle positions and weighs beyond the maximum weight for their age group must line up in a 3 pt or 4 pt stance. These designated players will be noted on the roster and be required to wear either a penny jersey or helmet cap that distinguishes the overweight status. These participants will not be allowed to be ball carriers and/or eligible receivers, and fumble recovery.

An infraction of the penny rule:

1st offense, the official will give the team a verbal warning, dead ball foul.

2nd offense, official stop play call illegal formation penalty.

Game Clock:

Mini Mites: four (4) 8 minute qtrs. with a 10 minute halftime period.

Clock will run continuously, clock will only stop during a time out and/or change of possession.

Ball starts 40yd. 4 downs elect to punt and return to the 40 yard line.

Mites: four (4) 8 minute quarters with a 10 minute halftime period.

Clock starts on ready for play after kickoff, slow to start to allow ample time to get players on the field and lined up, final two (2) minutes of each half, VHSL rules apply.

Jr. Varsity: four (4) 8 minute quarters with a 10 minute halftime period.

Clock keeper will comply with VHSL rules.

Varsity: four (4) 8 minute quarters with a 10 minute halftime period

Clock keeper will comply with VHSL rules.



Game Play Rules:

All SDYFL Member organizations will follow VHSL rules unless amended in League Bylaws.

1. Whenever a team is ahead by 25 points or more Kick-offs will be suspended for the team that is ahead in points, and the ball placed on its own 40 yard line and the first down.
2. When a team is ahead by 25 points or more, they will not be allowed a time out by game officials in the last three (3) minutes of the half and/or game.
3. All games will start with 11 present eligible playing players for each organization. Each organization can play down to 9 players. Anything less than 9 is considered a forfeit at that time. If an organization has 11 players at weigh-ins with penny players counted, then the ball will be placed on the 40 yard. (Met with representation of each side (not head coaches) before a game is called per a safety concern)

Mini-Mites:

1. No defensive player will be allowed to line up on the center in a Nose Guard Position and/or in A Gap, no Blitzing A Gap.
2. No QB sneaks from under center.
3. Each team will be allowed two (2) coaches on the field at one time to assist participants in lining up.
4. Mini Mites/Mites:
 1. Punt
 2. Not Live, play is dead: Allowed to punt the ball, once the ball is punted it must go a minimum of 20 yards. If the ball doesn't go 20 or more yards, then the ball is spotted 20 yards from the last dead ball placement.

Mites:

1. PAT will be non timed plays. Clock will start after the snap of ensuing possession.
2. Field Goals and PAT, and Punts will not be live, but Field Goals will be timed play.
3. The play clock will be set at 25 seconds.
4. PAT may be attempted in two different ways:
 - a. Kick for point: 2pts awarded. Ball will be placed five (5) yards from the goal post, no defensive rush allowed.
 - b. Rushing PAT: 1 pt awarded. Ball will be placed on the goal line.
 - c. Coach must indicate which method will be attempted and follow through with said attempt.
5. Mini Mites/Mites:
 1. Punt
 2. Not Live, play is dead: Allowed to punt the ball, once the ball is punted it must go a minimum of 20 yards. If the ball doesn't go 20 or more yards, then the ball is spotted 20 yards from the last dead ball placement.

Jr. Varsity:

1. PAT will be non timed plays. Clock will start after the snap of possession.
2. Field Goals and PAT, Punts will not be live, but Field Goals will be timed play.
3. The play clock will be set at 45 seconds after completion of the previous play.
4. PAT may be attempted in two different ways:
 - a. Kick for point: 2pts awarded. Ball will be placed on the goal Line, no defensive rush allowed.
 - b. Rushing PAT: 1 pt awarded. Ball will be placed on the goal line yard line.
 - c. Coach must indicate which method will be attempted and follow through with said attempt.
5. Punts: Can be attempted in two different ways:



- a. Ball can be punted and will be deemed dead upon possession, not live and can not be returned.
- b. Team can elect to go for an attempt on fourth down. If fails to convert will turn the ball over on downs.

Varsity:

6. PAT will be non timed plays. Clock will start after the snap of possession.
7. Field Goals and PAT, Punts will be live, but Field Goals will be timed play.
8. The play clock will be set at 45 seconds after the completion of the previous play.
9. PAT may be attempted in two different ways:
 - a. Kick for point: 1pts awarded. Ball will be placed on 3 yd line yards from the goal post.
 - b. Rushing PAT: 2pt awarded. Ball will be placed on the three (3) yard line.
10. Punts: Are Live plays and can be returned.

Partial rain out of regular season games:

Partial rain out (some teams played on the scheduled date) of regular season division games, General Managers of these teams, are to first to reschedule to Sunday (if field available), second arrange to make up games during the week(s) prior to last regular season game or first playoff round week. Or move the venue on the same day.

Full rain out of regular season games:

Non Divisional games (means all teams did not play on the scheduled date)

The first Non-divisional games missed (schedule game date is all non-divisional) are made up by General Managers agreeing on a field and date to complete the games.

Divisional Games: (means all teams did not play on the scheduled date)

First set of divisional games missed, will require this section of games to move to the seventh week of the season and the seventh week scheduled games moved to the eight weeks, therefore causing the season to extend automatically for one week.

Two or more full rain out (outside of the parameters of the above ruling), will require a meeting of the General Managers to decide on the reschedule

Practice Schedule:

The practice schedules for all teams in the SDYFL shall be at the discretion of the team coaches from the official start of practice, on the first weekday of August through Labor Day weekend. Practice shall not be allowed by any organization after the league Championship game of the current season and until the first day of training camp of the next year's season, except for post-season tournament play approved by the Directors of General Managers. (No practice shall begin until the first Monday in August). Teams can schedule Conditioning and workout days can be scheduled in the offseason, but no equipment can be distributed.

No full equipment or player contact until after five (5) days of practicing. Day 1-3 helmets only; Day 4-5 helmets and shoulder pads; Day 6 + full pads.



Scrimmage Games: All age groups are eligible to scrimmage, but not required, to participate in four (4) scrimmages. The Board of Directors of SDYFL must approve league Events, which may occur before or after the scheduled season, no later than one month prior to the event's scheduled date. (Extreme and unique situations only) These scrimmages are to be coordinated between the team's General Managers, and must be scheduled between the official start of practice and Labor Day Weekend. After Labor Day Weekend, an organization may schedule one (1) additional scrimmage game. This allows an organization the opportunity to play games on their bye weekend. The first official week of practice is a conditioning period and scrimmages may not be scheduled during this time. Participation in functions such as a Jamboree, or any other event involving full equipment and player contact with other organizations, will be considered as one (1) scrimmage per event.

Commencing Labor Day, practice for all teams shall be conducted three days a week. The practice days for each team (mites, JV, & varsity) shall be up to the discretion of each organization's General Manager. The three (3) day schedule may be started earlier than Labor Day if an organization desires, and adhered to by all organizations effective Labor Day. It is recommended that Friday be considered a non-practice night as practice would conflict with high school games in the area.

Seminole District Youth: Cheerleading

1. All games will be played according to the VHSL rule book unless otherwise amended in the League Bylaws.
2. Games will be held on Saturdays, with Location & Time TBD based on league schedules.
3. League will schedule at least (7) regular season games if applicable, with a preseason scrimmage (Jamboree), and postseason (Playoffs, Championships)
4. Age groups will be as follows: Mini-Mites (5-6), Mites (7-8), Jr. Varsity (9-10), Varsity (11-13).



ARTICLE VIII: CHEERLEADING

SECTION I - Eligibility shall be the same as in Article IV, Section I – Age of the SDYFL By-laws with the exception of weight expectancies. Birth certificates are to be presented at the time of registration for each team’s organization. A roster will be required for each organization and must be turned in by the current season.

TRAINEE	5 – 6 YEARS
MITES	7 – 8 YEARS
JV	9 – 10 YEARS
VARSITY	11 – 13 YEARS*

- 13-year olds in the 8TH grade only may cheer as long as they do not turn 14 by November 15 of the current season.
- Mascots may be placed on squads at the discretion of each individual team’s organization.

SECTION II – **If you are between the ages of 5 and 13 (and in the 8th grade) and want to cheer, you must cheer with your age group. Mascots will be 4 years (or younger) of age only and can cheer on any squad but will not be allowed to compete in competition. For example, a five-year-old child will not be able to cheer on a Varsity as a mascot.**

SECTION III - Practice schedules for cheerleaders shall be the same as in the football section.

SECTION IV - Registration for cheerleaders shall be the same as specified in the football section.

ARTICLE XII - AMENDMENTS

SECTION I - All alterations or amendments to the aforementioned rules can be implemented only by a vote of the majority of the Directors of General Managers.

1. Before any rule can be changed, it must be in writing and be presented to all league team managers.
2. Current Rule Changes cannot be made after the March meeting.
3. Once a rule is voted in, it cannot be changed during the season.
4. Cheer chairperson will handle the following:
Cheer fest programs, order and collect money for medallions, contacting judges (booking them), and confirming the venue.