

TCYFL

**FOOTBALL
PLAYING RULES**

2008

ARTICLE I – PRESEASON

Section 1. Activities Calendar

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

July 17: Tryouts may begin

July 25: Organized practice or “conditioning” may begin

August 1: Full equipment use in practice may begin

August 1: Team drafting may begin (Big/Mid 10 first, then MAC, then Pac 10)

Section 2. Equipment Restrictions

From July 17 to August 1, the only football equipment permitted for player use is a helmet and football shoes. Football pants, girdle, rib pads, and shoulder pads may not be worn in any tryout or practice until at least August 1. Contact is prohibited until at least August 1.

Section 3. Conditioning

Every player must complete 10 hours of conditioning calculated using a maximum of 2.5 hours per day, starting no earlier than July 25, before he or she may participate in any practice or activity with full pads and/or involving contact. This conditioning requirement must be completed even if it results in a player becoming eligible for full equipment or contact practice after August 1. Each coach is responsible for recording each player’s compliance with the conditioning requirement and each Member Community is responsible for monitoring each of its coach’s compliance with the TCYFL Conditioning rule. The penalty for any violation of this section is a \$500 fine and probation for the entire offending Member Community for a period of one year.

ARTICLE II – GAME SCHEDULING

Section 1. Regular Season

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

Section 2. Special Scheduling Considerations

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

Section 3. Big 10 and Mid 10 Schedule

The game order for five sequential games is (first/earliest to last/latest): Featherweight, Heavyweight, Bantam, Lightweight, and Middleweight.

In general, Scheduled Kick Off times for sequential daytime Big 10/Mid 10 games will be at 90-minute intervals, beginning with a scheduled kick off time for the first game of the day no earlier than 9:00 a.m. The President may accelerate scheduled kick off times to accommodate daylight conditions as the season progresses and/or to accommodate the conversion from daylight savings time to standard time, provided that such notice is given at least one week in advance. On game days, the referees may accelerate actual kick off times for all games except the first game by a maximum of fifteen (15) minutes before the scheduled kick off time, provided: (1) the immediately preceding game has been completed and the field/sidelines have been cleared; (2) the referees are prepared to begin, and (3) both teams have completed weigh in.

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

Section 4. Post Season

All Big 10 and Mid 10 playoff sites will be determined by a point system with each level earning points in order of final League standings. Point awards: 10 points for first place through (to an absolute minimum) 1 point for tenth place. The total score from all levels of each organization's Big 10 teams will determine the home sites for the first round of the playoffs. For example, 50 points is a perfect score. If a Member Community earning host status refuses its own home site, host status will be awarded to the next Member Community in descending order until that site is filled. All first place teams at each level will have the first choice of available sites. The second place teams will have a choice of the second available site. In general, the playoff format is as follows:

- #1 seed versus #4 seed
- #2 seed versus #3 seed

Winners of first round games play in a Championship. Big 10 and Mid 10 Championships will be played at a neutral site whenever possible.

MAC and Pac 10 playoff formats/sites will be determined each year to take into account the varying number of teams that might participate. Prior to the start of each season, the Executive Board will determine the final format for all playoffs and championships.

Section 5. Postseason Seeding

Eligibility for and seeding in Big 10, Mid 10 and MAC postseason playoffs will be determined in the order below on the basis of:

1. Team regular season record
 - a. Intra-division record
 - b. Head to head result
 - c. Conference record
 - d. Head to head result, if applicable after applying Conference record
 - e. Overall record

2. Postseason Point System in descending order, highest to lowest (see below)
3. Coin Flip

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

1. Overall Record
2. Head to Head Record
3. Postseason Point System in descending order, highest to lowest (see below)
4. Coin Flip

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

Postseason Point System:

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

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

Section 6. TCYFL Trophies

Trophies will be awarded to the first and second place teams and participants at all levels on both a Divisional and League basis as decided by the playoffs unless otherwise agreed upon by the League Council. The League will provide trophies for the number of players on each final roster plus four per team for coaches.

ARTICLE III – QUALIFICATIONS FOR GAME ELIGIBILITY

Section 1. Roster Qualification

Each team will submit a pre-season roster at the TCYFL Coaches Gathering, using the TCYFL roster form (**Schedule J**) and including player weights. League Representatives will sign every pre-season roster from their Member Community. Prior to the second (2nd) weekend of League play, a player is eligible to play on another team within the same level or at another level provided he or she meets that other level’s requirements.

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

roster to the League Representatives of all organizations. The original roster remains in effect unless changed under these provisions.

Member Communities must submit final rosters to the TCYFL Secretary and President by the Wednesday prior to the second (2nd) weekend of play. On the second game of the season, rosters become permanent and may not change with the exception that a player who does not make weight for a game has the option of moving up to the next weight class. If a player does move up a level due to weight after the second game, he or she must stay at that level for the remainder of the season. Member Communities must notify the TCYFL of any such changes and submit revised rosters in accordance with these Football Playing Rules. A player who does not make weight for a game also has the option of sitting out that game and/or additional games until his or her weight complies with the requirements of the level to which he or she is rostered.

Section 2. Player's Playing Limit and Team Change

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

Section 3. Age Qualification

Every TCYFL player must furnish proof of age with a birth certificate or other acceptable type of recognized documentation. A picture identification card may be affixed to the official TCYFL roster form, but is not required.

Section 4. Consequence of Non-compliance

Failure to comply with roster regulations may result in a fines and/or game forfeiture.

ARTICLE IV - FORFEITURES

Section 1. Consequence of Forfeiture

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

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

Section 2. Abusive Forfeiture

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

Section 3. Executive Board Determination

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

ARTICLE V. PLAYING LEVELS AND ELIGIBILITY

Section 1. Levels

A. Specification of Levels

The levels in ascending weight limit order are Bantamweight, Featherweight, Middleweight, Lightweight and Heavyweight.

B. Big 10 and Mid 10

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

C. MAC

The MAC emphasizes competition at an intermediate level with equitable participation, playing under Big 10/Mid 10 Age/Weight Parameters, but with all applicable Pac 10 Football Playing Rules. Member Communities will draft MAC players after completing the Big 10 team draft and prior to the Pac 10 team draft.

D. Pac 10

The Pac 10 emphasizes instruction, development and participation. Pac 10 teams are composed of players not participating in the Big 10, Mid 10 or MAC.

E. Maximum Ages

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

F. Maximum Weights

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

G. Player Participation in Games

The TCYFL strongly recommends that each eligible team player participate in each game for at least one full quarter.

Section 2. Team Selection and Composition

A. Drafting Procedures

Member Communities will conduct player drafts no earlier than August 1st. Member Communities will draft Big 10 players first, then Mid 10, then MAC, then Pac 10. Generally, the Big 10 (or Mid 10) Head Coach has final determination as to player selection. Member Communities should select the best and most qualified players for Big 10 and Mid 10 teams. Member Communities with more than one Big 10, Mid 10, MAC or Pac 10 team at a level will draft teams to distribute player talent evenly among the teams, avoiding creating a relatively “stacked” or dominant team.

B. Roster Size

Each Big 10, Mid 10 and MAC team will roster a minimum of eighteen (18) players, and MAC teams from a Member Community with an in-house program will roster a minimum of twenty two (22) players, unless otherwise approved by the Executive Board. No roster may exceed 31 players. Once a team has more than 31 players, the Member Community will create a MAC or Pac 10 team for that level assuming there are enough MAC and/or Pac 10 teams at that level within the TCYFL for competition. The TCYFL will review exceptions at its regularly scheduled August meeting.

C. MAC Participation

For the Bantam, Featherweight, Middleweight levels, a Member Community will field one (1) MAC team when it has a total of four Pac 10 teams at a level (resulting in one MAC and three Pac 10); two (2) MAC teams when it has a total of seven Pac 10 teams at a level (resulting in two MAC and five Pac 10), and three (3) MAC teams when it has a total of nine Pac 10 teams at a level (resulting in three MAC and six Pac 10). For the Lightweight and Heavyweight levels, a Member Community will field one (1) MAC team when it has a total of three Pac 10 teams at a level (resulting in one MAC and two Pac 10); two (2) MAC teams when it has a total of five Pac 10 teams at a level (resulting in two MAC and three Pac 10). Member Communities will draft MAC teams in a fashion similar to the Big 10/Mid 10 Draft, choosing the best and most qualified players from the Pac 10 player pool.

Member Communities with more than one Big 10, Pac 10 and/or MAC team at a level will draft teams to distribute talent evenly among the teams, avoiding creating a relatively disproportionately advantaged or dominant team.

Any Member Community may volunteer one or more of its Pac 10 teams for MAC play, provided that timely notification is given to the League to allow for game scheduling.

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

A Middleweight player who is twenty (20) or more pounds lighter than the regular weight limit and who is no more than one (1) year older than the regular age limit, is eligible to play at those respective levels. For an Older/Lighter Featherweight player, the lighter weight figure is twenty-five (25) or more pounds. For Older/Lighter Bantam player, the lighter weight figure is thirty (30) or more pounds. This is not a mandatory rule, but can be applied: (1) at the request of a player and/or the player's parents or (2) as decided by the TCYFL. Older/Lighter players will be identified as "OL" on the team roster.

ARTICLE VII – Younger/Heavier Players - Pac 10 Only

Section 1. Pac 10 Younger/Heavier Definition

A Bantam, Featherweight, Middleweight or Lightweight player who is no more than ten (10) pounds above than the regular weight limit, and who is at least two years younger than the regular age limit is eligible to play on an unrestricted basis at those respective levels. Younger/Heavier players will be identified as "YH" on the team roster.

Section 2. Pac 10 Stripers

Member Communities will identify and describe Pac 10 Stripers to the TCYFL using the **Schedule E** form at least two weeks prior to the first game of the season. See **Striper Rules** pertaining to identification, position and role restrictions, Heavyweight striper limit, Stripers in kicking situations and Striper sanctions.

Pac 10 Younger/Heavier Players – Stripers (Y/HP's): These are Pac 10 Stripers who are at least two years younger than the regular age limit and eleven (11) to twenty (20) pounds above than the regular (**Schedule H**) weight limit. Younger/Heavier Striper players will be identified as "YHS" on the team roster. No subsequent changes of any kind will be allowed. Younger/Heavier Striper Players will display a single stripe on their helmets.

Pac 10 Younger/Heavier Exception Players – Double Stripers (Y/HEP's): These are Pac 10 Stripers who are at least two years younger than the regular age limit and more than twenty (20) pounds above the regular (**Schedule H**) weight limit. The Executive Board and League Council must approve proposed Younger/Heavier Exception Players. The Executive Board will conduct an initial review of all proposed Y/HEP requests and may, at its sole discretion, refer selected requests to the League Council for final approval. Y/HEP players will be identified as "YHEP" on the team roster. Younger/Heavier Exception Players will display a double stripe on their helmets.

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

A team may roster no more than six Younger/Heavier Stripers, no more than one of whom may be a Younger/Heavier Exception Player (double striper). A maximum of three

Younger/Heavier Stripers (including no more than one double striper) may be on the field at any one time.

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

ARTICLE VIII – MAC and PAC 10 PARAMETERS

Section 1. Eleven On / Eleven Off (“EOEO”)

The intent of this provision is to promote equal game playing time for ALL MAC and Pac 10 players. Eleven on – Eleven off requires that:

1. All players should have a starting position. On teams with more than 22 players, (1) additional starting positions should be created on kickoff and kickoff receiving teams and (2) coaches should rotate players on offense and defense to accommodate a balanced approach to playing time. A MAC or Pac 10 coach whose team has more than twenty-two (22) active players must inform the opposing coach at weigh in and again prior to kick off when the Referees must also be informed, regarding how the TCYFL goal of equitable playing time will be accomplished. Reasonable accommodation will be made for substitution patterns that appropriately address the spirit of the equitable playing time goal. Such substitution patterns should involve a predetermined rotation plan involving all players and should NOT be varied for the purpose of gaining a temporary advantage at the expense of granting equitable playing time. While the TCYFL recognizes the need to give a certain degree of latitude to coaches with large teams and requires that opposing coaches must grant appropriate consideration in these challenging circumstances, abusive substitution will not be tolerated. To reduce potential conflict or misunderstanding, Coaches of large teams must avoid the appearance of situation-based substitution.
2. To encourage equitable playing time on teams with fewer than 22 players, coaches must designate in advance which players will play both ways, limiting such full-time play for any player to one half of the game.
3. The offensive or defensive unit entering the field must play for the entire possession; that is, until the offense either scores or turns the ball over. The only exceptions are to allow substitutions for injury, significant fatigue, or equipment issues. When more than 22 players are active, coaches may make substitutions during possessions for the purpose of promoting balanced playing time, provided that such substitutions comply with the letter and spirit of #1, above.
4. To enhance Eleven On Eleven Off enforcement when there are twenty-two (22) or fewer players on a team, Referees will assess an Unsportsmanlike Conduct penalty for any player substitution other than: (1) Long Snapper and Punter on fourth down; (2) Snapper and Placekicker for extra point or field goal attempts; (3) substitutions for injured, exhausted, or withdrawing players, provided that injured, exhausted or withdrawing players must sit out a minimum of three plays, after which they may reenter without penalty; and (4) when a team has more than twenty-two (22) players.

5. Substitutions are NOT permitted for the simple purpose of sending in plays. Offensive coaches are strongly encouraged to use quarterback, running back and/or receiver wristbands and if necessary, to call plays from the sideline by having an offensive player come toward the bench to receive a play call. Coaching and teaching should be substantially undertaken during the week to assure that both offensive and defensive units are properly prepared to play.
6. The offensive unit should become the punt or point after touchdown kicking team, with substitutions permitted only to introduce a long-snapper and/or punter/placekicker and/or placekick holder. The defensive unit should become the punt receiving or point after touchdown defensive team without need for substitution.
7. To the greatest extent possible, the kickoff team should be substantially comprised of the defensive unit and the kickoff receiving team should be substantially comprised of the offensive unit.
8. The TCYFL strongly encourages MAC and Pac 10 coaches to teach, develop and provide players game experience at both offensive and defensive positions, as well as on special teams.
9. To avoid confusion regarding eleven on – eleven off compliance, players who are ineligible to play must remove their helmets and shoulder pads. Players might be ineligible for a number of causes including disciplinary reasons, missing weigh-in, injury, significant fatigue, or voluntary withdrawal.
10. To avoid potential confusion regarding eleven-on-eleven-off compliance and enforcement, a maximum of one Coach and two water bearers will enter the playing field to conduct team huddles (during time outs) at least 10 yards from the sideline. Full team huddles are not allowed on the field during the game except at pregame, halftime or postgame. The intent of this provision is to prevent illegal substitutions as specified under the Eleven-On-Eleven Off rules.
11. MAC and/or Pac 10 teams may attempt fake punts and conversion kicks, even though the teams might substitute to introduce a purported kicker and/or purported long-snapper.

In addition to game penalties for unsportsmanlike conduct, failure to comply with Eleven On / Eleven Off provisions may result in game forfeiture and/or coaching suspension.

Section 2. Multiple Pac 10 Teams

All Member Communities with more than one MAC or Pac 10 team at one level must install a draft or other mechanism to distribute players equally in numbers and talent level. If a Member Community is required to field one or more MAC teams, the MAC team participants will be drafted prior to the Pac 10 draft.

Section 3. MAC and Pac 10 Playoffs

In general, the MAC and Pac 10 playoff structure will be similar to the Big 10 structure. The Executive Board will determine the playoff structure prior to the start of the regular season.

ARTICLE IX. FOOTBALL OPERATIONS

Section 1. Home Team (Host Site) Responsibilities

A. General

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

B. Facilities

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

The host will provide:

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

Crowd Control Rules:

- a. No one is allowed on the sidelines INSIDE of the Coaches Box except the Head Coach and up to six (6) Assistant Coaches, all wearing proper Coach badges, equipment manager, team doctor or nurse, team parent, water boys and girls.
 - b. No one is allowed on the sidelines OUTSIDE of the Coaches Box except cheerleaders only when adequate space cannot be provided otherwise, official chain crew, TCYFL approved print or photo media, team statistician, ball boy or other personnel requested by the officials for their assistance, and authorized TCYFL Field Marshall, League Representative or Executive Board Member (League or Member Community).
 - b. Teams ready for next game will remain outside of the barriers, away from the sidelines and out of the end zones and be ready to send out captains for the coin toss. No official displays are permitted unless approved by the home team.
4. Scoreboard and game clock.
 5. Cell phone for emergencies.
 6. Approved digital scale for weigh in.
 7. A tent or other reasonable enclosure in which the weigh in can be conducted in the event of inclement weather.
 8. When performing, Game Announcers will express information that adds to the enjoyment of all. Play-by-play calls during action on the field, making derogatory and/or inflammatory comments and/or expressing personal opinions are inappropriate and will not be tolerated.

C. Field Marshall

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

D. Post Season Host Site Considerations

In addition to the host responsibilities above, during playoff and championship games the host site is responsible for field costs (if any), and providing game balls. The TCYFL will pay officiating fees for the Championship games. Three referees will be provided per game. To offset costs during playoff and championship games (POSTSEASON ONLY), the host may charge an admission fee to spectators no greater than \$1.00 for adults and \$.50 for children. It is understood that football players, cheerleaders and their respective coaches will enjoy free admission.

E. Official TCYFL Game Footballs

	Wilson	Baden	Nike	Rawlings	Riddell/Other
Heavyweight	TDY	FX500Y	Youth	ST5 Youth	Per TCYFL
Lightweight	TDY	FX500Y	Youth	ST5 Youth	Per TCYFL
Middleweight	TDJ	FX500JR	Junior	ST5 Junior	Per TCYFL
Featherweight	TDJ	FX500JR	Junior	ST5 Junior	Per TCYFL
Bantam	K-2	FX500PW	Pee Wee	ST5 Pee Wee	Per TCYFL

Rubber footballs may be used, but leather footballs must be supplied.

Section 2. Responsibilities of Each Team

A. Documentation

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

B. Sportsmanship

Each team is responsible for the conduct and deportment of their coaches, players and fans. Every effort should be to maintain an aura of good sportsmanship. Officials have the right, with proper warning to head coaches, to assess a 15-yard penalty for inadequate

crowd control and unruly behavior on the part of coaches, players or fans. Officials may remove any person from the area. Penalty and/or removal is solely at the discretion of the officials.

C. Referee Evaluation

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

D. Equipment

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

E. Coaches

All head coaches must be minimally ACEP, NYSCA, or TCYFL certified with documentation provided to TCYFL prior to the first game of the season.

F. Score Reporting

All Saturday game scores must be reported to the President or other designated League Official by 12:00 noon on each Sunday immediately following those games. All Sunday game scores must be reported by 8:00 p.m. on that same Sunday (game day). Failure to meet these deadlines will result in a \$50 fine.

G. Practice Limitation

While school is in session, team practice is limited to a total of eight (8) hours per week.

ARTICLE X – WEIGH IN

Section 1. TCYFL Authority

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

Section 2. Weigh In Courtesy

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

Section 3. Weigh In Procedure

1. Each team will weigh in all players one hour prior to the kickoff of their game.
2. Each player must wear a minimum of: football pants with pads and/or girdle if applicable and a shirt. Players may remove only their shoes, socks, helmet, jersey, shoulder pads and rib pads for weigh in. The weight limits specified in **Schedule H** include a two-pound minimum clothing/equipment provision at the Bantam, Featherweight and Middleweight levels and a three-pound minimum clothing/equipment provision at the Lightweight and Heavyweight levels.
3. The host will provide an approved digital scale.
4. The digital scales will be inspected at the August TCYFL Meeting and the Executive Board may inspect scales in use at any TCYFL game site in use for any TCYFL weigh in on any game day.
5. The Field Marshall will supervise the weigh in.
6. Coaches will exchange a copy of their official League roster prior to the weigh in.
7. Any player exceeding the weight limit for his or her level may not play that day.
8. Neither coaches nor the supervising Field Marshall may waive the weight limit or permit any exception to the weigh in rules of any kind.
9. Rosters must be filled out in ascending jersey number sequence with the starting offensive backfield properly indicated (as required under the Excess Score rules).
10. Birth certificates must accompany the roster and be sorted in ascending jersey number sequence.
11. Team weigh in should be scheduled one hour prior to the Scheduled Kick Off.
12. Weigh in unconditionally ends thirty (30) minutes prior to the Scheduled Kick Off, or fifteen (15) minutes prior to the earliest possible Actual Kick Off time. Players missing weigh in are ineligible.
13. The Field Marshall will record and promptly report to the TCYFL President the team, name and weight of any player failing weigh in. Coaches will provide a roster to both the opposing coach and the Field Marshall at weigh in.
14. The Field Marshall will provide Referee names to each Coach at weigh in.

ARTICLE XI. GAME RULES

Section 1. Basis of Rules

A. IHSA

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

B. TCYFL Predominance

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

C. TCYFL Constitution

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

Section 2. Pac 10 Eleven On – Eleven Off

Eleven On / Eleven Off is a game rule unique to the MAC and Pac 10.

Section 3. Game Duration

A. Heavyweight and Lightweight levels

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

B. Middleweight and Featherweight levels

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

C. Bantam level

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

D. Halftime duration

Halftime for all games will equal the length of one quarter of the game.

Section 4. Scoring (Conversions)

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

Section 5. Officials (Referees)

A. Number of Officials

Three (3) credentialed referees will officiate Big 10 and Mid 10 games.

Three (3) referees, at least two of whom will be appropriately credentialed, will officiate MAC and Pac 10 games.

B. Referee Absence

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

C. Communicating with Referees on the Field

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

Section 6. Prohibited Communications

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

Section 7. Time Outs

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

Section 8. Player Non-Participation

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

Section 9. Jersey Numbers

Team jersey numbers need not correspond to the positions played (exception to IHSA rule). Jersey numbers should not be duplicated on an individual team. This does not constitute grounds for a protest.

Section 10. Excess Score Rule

A. Excess Score Margin

The Excess Score Rules take effect if a team leads by 24 or more points.

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

When rosters are exchanged at weigh in, coaches will appropriately identify the four starting offensive backfield players. When the Excess Score margin becomes effective at any time in the game, the leading team will substitute for its starting offensive backfield. The leading team may keep any of the four starting offensive backfield players on the bench while on defense without regard for Eleven On Eleven Off provisions. If any such player is withdrawn during defense, the player may return to defensive play during a subsequent possession.

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

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

1. Running Clock

The game will be played with a running clock with no timeouts for either team. The clock will stop only for injury, score and change in quarter. After the Excess Score Rule becomes effective in the second half, the clock will not revert back to a stop clock. All other game rules will remain the same as a regular game.

2. Kick Off By Leading Team

A Kick Off from the leading team is a “free kick”, NOT a live ball. The trailing team will take possession after the Kick Off even if it fumbles. If the leading team recovers a fumble at any time during a Kick Off, the play will end immediately and the trailing team will take possession at the point of recovery.

3. Time Outs for the Trailing Team

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

4. Other Restrictions

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

D. Removal of Certain Excess Score Margin Provisions

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

Section 11. Tiebreaker

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

Tiebreaker Procedure:

1. In accordance with the Kansas City Tiebreaker format, the winner of a coin toss will select to play either offense or defense. The other team has the choice of end zones. The end zone does not change with a change of possession. Each team is given an alternating series of four (4) downs, starting from the ten (10) yard line, to score either a touchdown or field goal. Each team receives an equal number of possessions with the maximum being two. The number of downs used is not relevant unless the play moves to mid-field. Extra points will count in the total points scored on a possession after a touchdown. Extra points must be attempted. The first team to outscore the other team after an equal number of possessions wins.
2. If the score is tied after two equal possessions from the ten yard line, the ball is placed at mid field, and the winner of a coin flip will choose the direction of the final overtime.

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

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

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

A team cannot attempt a field goal.

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

Section 12. Striper Rules

A. Identification of Stripers

Players with weight restrictions are identified by a 1 ½" stripe provided by the League, positioned horizontally to the back of the helmet from ear hole to ear hole in a contrasting color. Players requiring a stripe are identified in **Schedule H** and will be referred to as Stripers.

B. Striper Position and Role Restrictions – Stripers are Linemen

Stripers may never advance the ball either offensively or defensively. A Striper may not be the recipient of a handoff/pitch or an intended pass receiver on offense. The ball is considered to be "dead" when it comes under a Striper's control. A Striper is permitted to recover any fumble, intercept a pass or receive a kick provided that the ball may not be advanced.

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

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

C. Heavyweight Striper Limit

At the Heavyweight level, a team may never have more than five (5) Stripers on the field at a time.

D. Stripers in Kicking Situations

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

E. Striper Sanctions

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

Section 13. Featherweight Level Rules

A. Punting

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

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

B. Extra Point (Conversion) and Field Goal Kicks

All kicking attempts (or fakes) are considered live and can be rushed accordingly. The center may not move after the snap. The defense may not hit the center.

C. Free Center-Quarterback Exchange

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

Section 14. Bantam Level Rules

A. Delay of Game Limit

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

B. Bantam On-Field Coach

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

C. Punting

A team must inform the other team and the officials of their intention to punt. The Bantam punt is a free kick with no rush allowed. Contact may not occur until after the ball has been punted. The punter must kick the ball from a minimum of five (5) yards behind the line of scrimmage, even if the snap is errant. The punting team must line up in a punt formation and snap the ball from the center position. The punter may not take a direct snap. A long snap must be attempted on every punt. The receiving team must line up with eight (8) players on the line of scrimmage and three (3) players in the secondary.

Any kicking action, kickoff or punt, is live after any score (extra points, for example).

D. Extra Point (Conversion) and Field Goal Kicks

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

E. Free Center-Quarterback Exchange

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

F. Long-Snapping for Conversion Kicks and Punts

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