



**ZIONSVILLE**  
**YOUTH FOOTBALL LEAGUE**  
**RECREATIONAL LEAGUE**  
**RULES**

REVISED JULY 12, 2016

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## Section I: Introduction

1. Zionsville Youth Football League, Inc (ZYFL) is a non-profit organization that sponsors youth football in Zionsville, Indiana.
2. In accordance with its articles of incorporation and by-laws, the ZYFL Board of Directors (Board) adopts these rules. All parents, players, coaches, volunteers, spectators or other persons participating or seeking to participate in ZYFL activities shall comply with these rules.
3. The Board may review these rules annually or from time to time. The Board reserves the right to amend these rules by the affirmative vote of the majority of Directors present at any regular meeting of the Board in accordance with Article V of the By-Laws.

## Section II: Mission and Equal Opportunity Statement

1. The mission of ZYFL is to help its players learn and enjoy the game of football, develop their athletic skills, and build character through hard work, fair competition, sportsmanship, and teamwork.
2. ZYFL is dedicated to providing eligible players an equal opportunity to play football in a fair and competitive environment. ZYFL encourages tolerance and prohibits discrimination or harassment based on race, color, religion, sex, or national origin.

## Section III: Eligibility and Registration

### 1. Format

- a. If participation levels meet expectations, there will be four Divisions in this program; a Rookie Division consisting of 2nd grade students, a Pee Wee Division consisting of 3rd grade students, a Minors Division consisting of 4th grade students, a Major Division consisting of 5th and 6th grade students and an IEFA/Travel Team Division consisting of 4th through 6th grade students.
- b. Players must play in their fall grade.
- c. The ZYFL Board must approve any exceptions.
- d. Any player that is 13 + years old before Aug 1st of the season will need to get a waiver from the Board of Directors in order to play in the league.
- e. The parent of any 1st grade player may petition the board for that player to be evaluated for play within the Rookies Division. The player shall be evaluated by selected board members during a scheduled evaluation session, followed by a review and decision by the board to grant or deny an exception to this section.

- f. Athletes may play up with parental consent and adequate evaluation scores, as determined by the ZYFL Board of Directors.
2. Absent an exception granted by the ZYFL President, a person is eligible to practice and play for a ZYFL team during the regular season or in the All-Star program only if;
  - a. He or she lives in the Zionsville Community School district;
  - b. Has paid and provided a complete registration form;
  - c. Has provided ZYFL with an equipment release form.
3. Registration will generally start March 1st and end on June 30th unless the Board determines that an extended registration period is necessary.
4. ZYFL, in its sole discretion may close registration early if the number of players registered reaches the maximum numbers of players determined by the Board to be the limit for the year. Any player seeking to register after registration is closed will be placed on a waiting list and assigned to a team only if space permits.

## **Section IV: Fees**

1. Each player must pay a registration fee for the regular season.
2. The board will review and may change the amount of the fee annually.
3. The board in its sole discretion may offer one or more scholarships to defray some or the entire fee of any player that makes a request and demonstrates need.
4. The President and Treasurer, in their sole discretion, may refund the fee (or any portion) paid by a player who quits and requests a refund before the draft. With the exception of players moving out of the area, there will be no refunds after the draft has taken place.
5. ZYFL coaches may collect fees for additional, personal equipment and the league may charge a fee for participation in All-Stars or other similar activities.

## **Section V: Draft**

1. The Commissioner of each Division shall conduct a draft involving the Head Coach of each team (or representative determined by the Head Coach). The draft will be conducted after evaluations and before the start of practices at a time determine by the Board. The draft will be conducted using the following format:
2. The number of teams in each Division will be determined by the Commissioners and Operations Board members (based on resources available to ZYFL (i.e. number of fields, available referees, etc.) and based on the number of registered players in the division. The goal will be to divide teams into approximately 15 to 17 players with each team having a minimum of 15 players to start the season.
3. Head Coaches will then be selected by the ZYFL Board for the number of teams in each Division. Alternate Head coaches may also be selected. Head Coaches will be

allowed to designate one primary Assistant Coach prior to the draft. If the coach has no preferences a primary Assistant Coach will be assigned. Primary Assistant head coaches must be designated by the conclusion of the evaluations.

4. Evaluation scores of each player will be compiled and shared with all Head Coaches prior to the draft.
5. Coaches without a player in the league will be assigned a player or players by the Commissioner, with input from an Independent Committee comprised of the President, Vice President, and Operations Director.
6. Coaches with multiple players will be assigned those players accordingly based on input from other Head Coaches during the Draft process.
7. Players will be assigned in an attempt to balance the talent level across the teams. The Commissioner, with input from the Independent Committee, will then rank the players placed on each team to estimate their draft round. Teams will then be ranked from “weakest” to “strongest” based on the assigned players. This ranking will represent the draft order.
8. A coach’s draft will then be conducted. All Head Coaches must be present or send a representative. The commissioner or league representative at the draft will determine the order of the draft based on strength of teams.
9. The draft will continue in this format until all evaluated players have been selected.
10. For players registering after the draft has been completed, the following process will be followed, the names of the next three teams that were due to pick at the end of the draft will be put into a hat. One of the teams will be drawn and the player will be assigned to that team. If a team(s) has had a player drop out of the league after the draft, but before assigning any new player to a team, then that team(s) will be added to the hat in place of the team(s) that is furthest down in the draft order.
11. Players must have 3 practices with their respective team before playing in their first game.

## **Section VI: League Rules for Game Play**

### **1. General**

- a. ZYFL Rookies, Pee Wees, Minors, and Majors (Rec. Leagues) will use IHSAA rules with the following exceptions listed in this section.
- b. Travel Team rules will be defined by IEFA (Indiana Elementary Football Association).

### **2. Practices**

- a. Practices will be limited to 12 team practices before the first game (including the Jamboree and any camps provided by the league).
- b. Practices will be limited to no more than two practices per week once the season begins (after the first game).

- c. Players must have 3 practices with their respective team before playing in their first game.

### 3. Equipment

- a. The Rookie, Pee Wee, and Minor League will use the Wilson K2 football or comparable.
- b. The Major League will use the Wilson TDJ football or comparable.
- c. All players must wear a mouthpiece during all practices and games.

### 4. Weight Limits and Striping Restrictions

- a. There will be two weigh-ins for all players. The first will be prior to the Jamboree and the second will be during the season.
- b. The dates and times of the weigh-ins will be determined by the Board and communicated to all coaches.
- c. All athletes will weigh in on the scale at the designated weigh-in site without pads or a helmet, but should be wearing shorts, socks, and a t-shirt. Football pants and cleats may be worn, if desired.
- d. Weight Limits

|                | Rookies       | Pee Wees       | Minors         | Majors           | Travel                 |
|----------------|---------------|----------------|----------------|------------------|------------------------|
| <i>Grade</i>   | <i>2nd</i>    | <i>3rd</i>     | <i>4th</i>     | <i>5th / 6th</i> | <i>4th / 5th / 6th</i> |
| Non-Striper    | ≤ 75 lbs      | ≤ 85 lbs       | < 95 lbs       | ≤ 115 lbs        | < 115 lbs              |
| Striper        | > 75 - 95 lbs | > 85 - 105 lbs | > 95 - 115 lbs | > 115 – 145 lbs  | > 115 – 170 lbs        |
| Double Striper | > 95 lbs      | > 105 lbs      | > 115 lbs      | > 145 lbs        | > 170 lbs              |
| T-Striper      | > 115 lbs     | > 125 lbs      | > 135 lbs      | > 170 lbs        | N/A                    |

- e. “Strippers” must wear a single contrasting stripe, at least ¾ inch wide, down the center of their helmet. “Double Strippers” must wear two, separate contrasting stripes, at least ¾” wide, one on each side of the center of the helmet separated by a space of at least ½”. “T-Strippers” must wear two, separate contrasting stripes, at least ¾” wide, one on each side of the center of the helmet separated by a space of at least ½” with a ¾” wide stripe perpendicular to the Double Stripe located on the front of the helmet. No other players may have a stripe or other marking down the center of their helmet.
- f. Cutting weight is strongly discouraged in the ZYFL. Therefore, a maximum weight loss of 10 lbs from the date of evaluations to the date of the first weigh-in will be allowed. Athletes may weigh-in twice during their teams allotted 15-minute time slot.
- g. Once a player exceeds the weight limit at an official weigh-in, then that player will be designated as a striper (or double/T striper) for the

remainder of the season. The weigh-ins at evaluations are for information purposes only and do not count as an official weigh in.

h. General Striping Restrictions

- i. Stripers may not possess the ball at any time on offense or defense with the following exceptions;
  1. pass interception,
  2. fumble recovery,
  3. kickoff, or
  4. punt.
- ii. In these cases, the ball is dead and the whistle is blown upon possession control and NO advancement is permitted.
- iii. A team found illegally pulling stripers or illegally lining up stripers will be assessed a 15-yard penalty for unsportsmanlike conduct.

i. Offense Striping Restrictions

- i. On offense, all Stripers must play the interior line positions, either the center, guard, or tackle position. A Striper may not be lined up more than two positions from the center.
- ii. Single stripers in the Minor, Pee Wee, and Rookie divisions may not pull from the offensive guard and center positions;
- iii. Single stripers in the Major League may pull from any position on the line of scrimmage.
- iv. No single stripers will be allowed to be in motion at any time.
- v. Double stripers may not pull from any position.
- vi. T-Stripers may only play offensive line from Tackle to Tackle and will be restricted in the same manner as the double striper. If a T-Striper would like to move up in a division, they may do so and play under the weight restrictions and rules of the upper division. This must be declared at the time of Evaluations weigh ins.
- vii. A striper (single or double) may not be down field on any pass play. They are not eligible receivers.
- viii. A striper (single or double) may serve as the punter, but may not advance the ball if the snap is not successful.
- ix. A striper (single or double) may be used for field goal kickers, as kickoff men, and as holders for field goal kickers and PAT's.

j. Defense Striping Restrictions

- i. On defense, Double Stripers must line up in a down position and on the line of scrimmage from tackle to tackle (they may not be line up

in the C gap). Single Stripers may play every position but may not be the deepest player.

## 5. Participation

- a. All games will consist of four 8-minute quarters. The game clock will be stopped per IHSAA rules.
- b. Each team may start the game with a minimum of 10 players and may continue to play as long as they have a minimum of 9 players on the field.
- c. Each player on each team must have a minimum of one starting position on either offense or defense for no less than the first 12 plays per half. At the coach's discretion, a player may play fewer plays if it is in the best interest of the athlete.
- d. Injured players must sit out at least one play. The referee may call time-out and order a player from the field for this reason.

## 6. Coaching, Referees, and Disputes

- a. Coaching
  - i. Each team can have one coach on the playing field during play.
  - ii. Each team should have a different coach on the field for offense, defense, and special teams whenever possible.
  - iii. The coaches must stand at least 10 yards behind the deepest players and may not say, signal or direct anything once the offensive quarterback puts his hands under the center, or begins his cadence. Coaches in the Rookies and Pee Wees division will be given some latitude in order to make sure the players are in a legal football position at the snap of the ball.
  - iv. The coaches on the field must remain silent until the whistle has blown, indicating the end of the play. Failure to follow this rule will be a 15-yard penalty.
  - v. In the Majors Division, no coaches shall be on the field during the game except for time outs.
- b. Referees will be organized by an impartial referee who will supply referees for all the games at all the locations.
- c. Disputes will be handled by the Officer of the Day and/or the Commissioner.

## 7. Offense

- a. Numbering of the Running Backs, Quarterbacks and Receivers will be universal throughout the entire league. Offensive gaps will also be universally numbered for uniformity.
- b. Rookies, Pee Wees, and Minors



- i. Teams will line up with 2 wide receivers, they will be at least 5 yards' wide
  - ii. Teams will use shotgun snap
  - iii. Above formations do not apply in the Red Zone, on 4th down, or inside their own 10-yard line
  - iv. Kicker may line up as far as they would like on Extra Points or Field Goal attempts
  - v. Teams will use league terminology, as well as a core set of plays
- c. Majors
  - i. Teams will line up with 2 wide receivers, they will be at least 5 yards' wide
  - ii. Teams will use a shotgun snap
  - iii. Coaches will not be on the field after the Jamboree
  - iv. Above formations do not apply in the Red Zone, on 4th down, or inside their own 10-yard line
  - v. Teams will use league terminology, as well as a core set of plays

## 8. Defense

- a. Blitzing
  - i. Refers to the LB, CB, or Safety lining up closer to the line of scrimmage than designated in this section
  - ii. Blitzing is only permitted on 4<sup>th</sup> down when the defense is inside its own 20-yard line.
  - iii. Blitzing is never permitted during the Jamboree
- b. Rookies, Pee Wees, and Minors
  - i. Teams will use a 4-3 defensive formation, with no player covering the center or in the A gap
  - ii. Interior Defensive Linemen (excluding Defensive Ends) must line up in a 3 or 4-point stance position (i.e. they may not be standing)
  - iii. LB will be 4 yards off the ball at snap except during a permitted blitz.
  - iv. CB (2) will be 5 yards off the ball at snap except during a permitted blitz.
  - v. Safety (2) will be 10 yards off the ball at snap except during a permitted blitz.
  - vi. Above formations do not apply in the Red Zone or on 4th down
- c. Majors
  - i. Teams will use a 5-2 defense
    - 1. The Nose Tackle will cover the Center
    - 2. The Defensive Tackles will cover the Offensive Tackles

- ii. Interior Defensive Linemen (excluding Defensive Ends) must line up in a 3 or 4-point stance position (i.e. they may not be standing)
- iii. LB will be 4 yards off the ball at snap except during a permitted blitz.
- iv. CB (2) will be 5 yards off the ball at snap except during a permitted blitz.
- v. Safety (2) will be 10 yards off the ball at snap except during a permitted blitz.
- vi. Coaches will not be on the field after the Jamboree
- vii. Above formations do not apply in the Red Zone or on 4th down.

## 9. Special Rules for the Rookies Division

- a. Safety Rule - In the event a safety occurs in the Rookies Division, the ball shall be placed on nearest 45-yard line (i.e. the 45-yard line of the defending team).
- b. There will be NO nose-guard allowed on defense on ANY down, including Goal line or 4th down situations.
- c. Teams are NOT required to use a shotgun snap.
- d. Interior Defensive Linemen must align HEAD UP on the offensive guards and/or tackles, as applicable. There will be NO lining up in "A", "B" or "C" gaps EXCEPT on 4th down or Goal line situation (inside 10-yard line). Defensive players may "shoot" the gaps upon the snap of the ball in all situations.
- e. Defensive Ends may line up either Head Up or in and Outside Shade position.
- f. GOAL LINE / 4th DOWN RULE – Interior defensive lineman may line up in the gaps ("A", "B", "C" gap) in a goal line (inside the 10-yard line) or 4th down situation. There is still NO nose guard permitted.
- g. Punt Rule - There will be NO punt in the Rookies Division. Rather, there will be a 20yd walk off rule. The offensive coach must declare that the offensive team intends to punt. In no case, may the ball be placed inside the 20-yard line on a declared punt. For example, if the offensive team has the ball on the defending team's 25-yard line and elects to punt – the ball would be placed on the 20-yard line (not the 5-yard line).
- h. Kick Off Rule - There will be NO kickoff for the Rookies Division. The ball will be placed on the 35-yard line at the beginning of each half and after all touchdowns.

## 10. Unsportsmanlike Conduct and Illegal Helmet Contact

- a. Any violation to the Codes of Conduct outlined in Section X of the rules is an automatic 15-yard unsportsmanlike conduct penalty and is charged against the Head Coach.

b. **Illegal Helmet Contact**

- i. Illegal helmet contact is an act of initiating contact with the helmet against an opponent. Butt blocking, face tackling and spearing are examples of illegal helmet contact. Illegal helmet contact may be considered a flagrant act.
- ii. Butt blocking is an act by an offensive or defensive player who initiates contact against an opponent who is not a ball carrier with the front of his helmet.
- iii. Face tackling is an act by a defensive player who initiates contact with a ball carrier with the front of his helmet.
- iv. Spearing is an act by an offensive or defensive player who initiates contact against any opponent with the top of his helmet.
- v. No player shall strike an opponent above the shoulders using his helmet, shoulder or arms.
- vi. Illegal Helmet Contact will be penalized as a 15-yard penalty AND, if deemed flagrant by the referee, will cause the disqualification of the player committing the penalty. An automatic disqualification of any player committing two illegal helmet contact penalties in the same game is mandatory.

**11. Punting and Kicking**

a. Punting

- i. In the Rookie, Pee Wee, and Minor Leagues, there will be no rush on any punts.
- ii. In the Minor, Pee Wee, and Rookie Leagues the punt must be made from a standard punt formation.
- iii. The referee will place the ball on the ground at the feet of the punter and blow the whistle signaling a live ball and the start of the play. The punter must punt the ball from where he picks up the ball.
- iv. Punts must be declared for Pee Wees, Rookies, and Minors. No Fakes Allowed.
- v. General HS rules apply for a punt in the Major League if the offense chooses to snap the ball to the punter (may fake), if the ball is placed next to the punter – no fakes. All are live rush.

b. Kickoffs

- i. All games will start with a kickoff in all leagues.
- ii. All kickoffs will take place from the 40-yard line.

**12. Extra Points & Field Goals**

- a. After a touchdown is scored, either a 1 or 2-point conversion can be attempted.

- b. Running for the conversion will be:
  - i. from the 3-yard line and will count as 1 point, or
  - ii. from the 5-yard line and will count as 2 points.
- c. Kicking the conversion will count as 2 points.
- d. If kicking,
  - i. the line of scrimmage will be set at the 3-yard line and the holder must be 7 yards behind the line of scrimmage;
  - ii. the referee will place the ball next to the tee (the holder may not touch the ball);
  - iii. the referee blows his whistle;
  - iv. the holder may place the ball on the tee and the kick may take place.
  - v. In the Rookie, Pee Wee, and Minor Leagues:
    - 1. There shall be no rush.
    - 2. If the holder drops the ball or the ball falls off the tee, the play is dead and the attempt is unsuccessful.
    - 3. The ball may not be advanced by a runner since there is no rush.
  - vi. In the Major League:
    - 1. A rush shall be allowed at the snap of the ball for a LIVE snap, or when the referee blows his whistle if the kicking team chooses to place the ball next to the holder. If the kicking team chooses to place the ball next to the holder, there is NO FAKE. If the kicking team chooses a live snap, they may FAKE the extra point try.
    - 2. On a LIVE snap, if the holder drops the ball, if the ball falls off the tee, or if the holder chooses to run the ball, then the play may continue. If the result is a successful running or passing conversion, it shall be counted as a 1-point conversion, since the original line of scrimmage was the 3-yard line. If the ball is placed next to the holder, there is NO FAKE and the play is blown dead if the holder drops the ball or the ball falls off the tee.
    - 3. The holder's knee may be touching the ground at the start of the play.
  - vii. Section VII 10 d ii through vi shall also apply to field goals.

### **13.Overtime Games**

- a. Each team will be given equal offensive opportunities.

- b. In all leagues the ball will be put in play from the 10-yard line in the first overtime and from the 5-yard line thereafter.
- c. Overtime play will continue for all leagues for two possessions per team. The game will be declared a draw if the score remains tied. Playoffs games will continue until there is a winner.

#### **14. Courtesy Rule**

- a. In order to keep all games competitive, fun, and interesting for all athletes, the following COURTESY RULE will be observed:
  - i. Any team ahead by 18 points or greater must replace their starting backfield (quarterback and both running backs). Courtesy rule in the playoffs will be 22 points.
  - ii. The starting backfield players may remain in the game, but may only be placed in striper positions (Center, Guard, or Tackle).
  - iii. If the score becomes less than an 18 points difference, then the leading team may go back to the original backfield.
  - iv. This will happen each time the score differential becomes 18 or greater until the game is over.

#### **15. Playoff Seeding**

- a. Playoff seeding will be determined by a random draw of all teams at the end of the regular season. This is intended to both mimic the IHSAA approach as well as focus on the developmental aspects of the League for all players.

## **Section VII: All Star Program**

- 1. ZYFL may conduct one or more all-star programs following the regular season.
- 2. Each team will have a maximum of 24 players. The ZYFL Board of Directors will be responsible for scheduling all post season games and will provide each player with the following equipment:
  - a. Helmet
  - b. Shoulder pads
  - c. Team Jersey
- 3. Coach selection
  - a. The coaching staff of each All-Star team will consist of up to: 1 Head coach, 4 assistant coaches and 1 team parent
  - b. Coaches of the 3rd, 4th, 5th and 6th grade All-Star teams will be selected from the pool of approved coaches in each respective Division, including approved Travel Team coaches.

- c. All coaches wishing to be either an assistant or head coach for an All-Star team will make written notice to ZYFL by the end of week #3. Notice of coaching staffs will be posted on the ZYFL web site as soon as approved.
  - d. All coaches will be approved by majority vote by the ZYFL Board of Directors.
4. Nomination of Players – Players may be nominated for All-Star consideration by:
    - a. The Head Coach of their recreational team – Minimum 1 player, Limit 5 per team
    - b. The Head Coach of the All –Star team
    - c. A Head coach in that respective division
    - d. NOTE: Nominations must be submitted by the end of the 3rd week of the recreational league season. The All-Star head coach and his staff will review and determine the final list of nominees for consideration for each grade.
  5. The All-Star coach and his staff will be permitted to run up to 3 “invited” team practices to further evaluate the players. These practices may not begin until the 4th week of the recreational seasons and shall be limited to no more than 2 hours per session. Each player nominated will be informed of the practice dates and times the by the All-Star head coach. The All-Star coach and his staff will be responsible for planning and running the practice.
  6. NOTE: “Invited” Team Practices - The invited team practices are completely optional to the nominated players. Attendance at the practices does not guarantee a player selection to a team. Likewise, players who do not attend will not be excluded from being selected. It will be recommended to the Head Coaches that there be positions left open to be filled later in the season upon further evaluation of players who develop throughout the season.
  7. Selection of Players – The player selection date will be on or about, but no sooner than, the end of the 5th week of the recreational season. The selection of players for each team will be determined by the following:
    - a. Pre-season evaluations;
    - b. Play during the season;
    - c. Invited Team Practices;
    - d. The specific team and position need of the All-Star team
    - e. Joint meeting of All –Star head coach and rec. coaches in that division for final input
      - i. NOTE: The All-Star roster will be selected by the All-Star Head Coach with input from the Assistant Coaches. The team selections will be posted on the ZYFL web site. Head coaches are expected to evaluate all nominees.

- ii. Every effort should be made to have a minimum of one player from each Recreational team be on the All-Star roster.
  - iii. NOTE: Players must play for the team for which they were selected – they may not play up or down on another team.
- 8. All Star Practices
  - a. The All-Star Teams will be allowed to practice once per week for no more than two hours beginning during the 5th week of the recreational season or upon the completion of the selection process whichever is later. Upon completion of the Rec. season the teams will be allowed to practice up to 3 times in preparation for tournament play.
- 9. Parents of All-Star players
  - a. Parents of players selected for the team will be responsible for all other equipment and expenses related to post season play. Expenses will be estimated and a set fee will be determined and charged in an effort to cover all costs of jerseys and tournament entry fees. Parents will also be responsible for providing transportation to all games. Any hardship/scholarship cases will be presented to the President of the Board of Directors of ZYFL for approval.
  - b. Parents understand that there is no guarantee of playing time for the players. Players will participate in the games at the direction of the Head Coach or Assistant Coaches.

## Section VIII: Equipment

1. The League will provide each player with a helmet, shoulder pads and a game jersey. Each player will keep his/her game jersey, but the helmet and shoulder pads belong to ZYFL.
2. Abuse or misuse of player equipment is strictly prohibited.
3. Equipment is intended only for the ZYL player it was issued to.
4. Head coaches may tape players' names on their helmets to help remember names, but the tape must be removed before the first game.
5. Head coaches may put removable decals on helmets, but all decals must be removed before ZYFL equipment is turned in at the end of the season. **No decals or decorations should be placed down the center of the helmet - this space is reserved specifically to designate strippers in the league.**
6. Players must return the helmet and shoulder pads at the end of the season. The equipment must be thoroughly cleaned before being returned. Any player that does not return ZYFL equipment in good shape by the specified date shall pay a \$25.00 fee. Any player that does not return their equipment will be responsible for the cost of replacement.

7. ZYFL will provide each coach with a coach's bag containing team equipment. The bag belongs to ZYFL and must be returned to ZYFL at the end of the season.
8. ZYFL will also make other team equipment available to its teams such as blocking dummies and hand pads. The dummies and pads shall be stored at designated practice locations or at Z Storage and shall be returned to these storage locations by coaches at the end of each practice. Equipment is available on a first come/first served basis, but Coaches shall cooperate in sharing the equipment in a reasonable manner.

## Section IX: Coaches

1. Any person wishing to be a head or assistant coach for a ZYFL team must provide the Board with a completed Coaches Application and Agreement by the deadline established by the Board.
2. The Board has the sole discretion to select ZYFL head and assistant coaches that, in the Board's opinion, will best serve the interests of the players and the League.
3. All Head Coaches and their First Assistants must complete all requirements of USA Football's Heads Up Football Program, of which ZYFL is a member. These requirements must be completed prior to the start of the draft for coaches assigned at draft time.
4. Head Coach Responsibilities:
  - a. Ensure compliance with these rules by players, assistant coaches, and parents, including the Code of Conduct.
  - b. Be responsible for the performance and conduct of the team and its players.
  - c. Understand the rules of the game and require the team to play by them.
  - d. Teach and use any uniform numbering or play system required by the Board.
  - e. Appoint a Team Parent.
  - f. Attend all Coach's meetings or training sessions.
  - g. Prepare an official roster for league officials.
  - h. Prohibit the use of abusive language or conduct, alcohol, drugs, or tobacco products by ZYFL players or coaches during practice, games and other ZYFL activities.
  - i. Lead the team and practice in the "end of the game handshake" with the opposing team in a sportsmanlike manner.
  - j. At least once, meet with parents of team players to discuss safety, rules, and other matters of interest.
  - k. In the event a player requires medical care as a result of an injury during any practice or game: Instruct the person transporting the player to the



hospital or other medical facility to recover, seal, mark and retain for return to ZYFL the player's equipment as soon as it is removed from the player; and not allow the player to participate in any conduct until after the player provides ZYFL an updated physician's approval form or other medical authorization showing the player is able to play.

- l. Coaches will be responsible to inform their commissioners of the practice times and locations on a weekly basis.
- m. All coaches must attend a Coaches Clinic sponsored by the league. In the event a coach is not able to attend, it will be the responsibility of the coach to schedule a 1 on 1 with their commissioner to discuss game plans, practice schedules and coaching philosophies with the respective commissioner.
- n. All head coaches will participate in, encourage and lead the character program provided by the league for each division.

## Section X: Code of Conduct

### 1. Coaches

- a. Be on time and attend all practices and games-unless there are extenuating circumstances.
- b. Accept decisions of officials on the field as being fair and called to the best of the official's ability;
- c. Not criticize officials, players, coaches or spectators in an inappropriate manner.
- d. Not use or allow the team's players, parents or spectators to use abusive or profane language under any circumstances.
- e. Remember that the game is for the players-not the adults.
- f. Provide players a broad, constructive and positive view of athletic competition.
- g. Not recruit players for particular team, but rather for the league.
- h. Emphasize good sportsmanship, teamwork, fair play and academic responsibility
- i. Forbid a player from taunting, threatening or harassing any player during a game, at school or otherwise.
- j. Not use alcohol, drugs, tobacco products or abusive language during practice, games and other ZYFL activities.
- k. Taking action to correct the behavior of any team player, parent or spectator who engages in inappropriate conduct or conduct otherwise inconsistent with these rules.
- l. Abide by all local, state and federal laws.

## 2. Players

- a. Be on time and attend all practices and games unless there are extenuating circumstances.
- b. Notify the head coach in advance if the player will be absent from a practice or game.
- c. Accept decisions of officials on the field as being fair and called to the best of the official's ability.
- d. Not criticize officials, players or coaches or spectators in an inappropriate manner.
- e. Not use abusive or profane language under any circumstances.
- f. Participate in the "end of the game handshake" with the opposing team in a sportsmanlike manner.
- g. Engage in good sportsmanship conduct at all times
- h. Not taunt, threaten or harass any player during a game, at school or otherwise.
- i. Not use alcohol, drugs, tobacco products or abusive language during practices, games and other ZYFL activities.
- j. Abide by all local, state and federal laws.

## 3. Parents and Spectators

- a. Accept decisions of officials on the field as being fair and called to the best of the official's ability.
- b. Not criticize officials, players or coaches or spectators in an inappropriate manner.
- c. Not use alcohol, drugs, tobacco products or abusive language during practices, games and other ZYFL activities.
- d. Abide by all local, state and federal laws.
- e. Remember that the game is for the players not the adults.
- f. Provide players a broad, constructive and positive view of athletic competition.
- g. Encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every practice and game.
- h. Place the emotional and physical wellbeing of players ahead of any personal desire to win.
- i. Ensure that players play in a safe and healthy environment including diligence to ensure that coaches and others uphold these codes of conduct.
- j. Support coaches and officials working with players in order to encourage a positive and enjoyable experience for all
- k. Do their best to make youth football fun for all players.

- l. Ask their child to treat other players, coaches, fans, and officials with respect regardless of ability, race, color, religion, sex or national origin.
- m. Help their child enjoy youth football experience by doing whatever they can, such as being a respectful fan, assisting with coaching or providing transportation.
- n. Remember always that the adults organizing and operating ZYFL and its league activities are volunteers who need support and assistance and will benefit from criticism only if it is constructive and accompanied by practical suggestions for improvement.

#### **4. Violations**

- a. Players, coaches, or parents that violate the Code of conduct may be required to appear before the Board of Directors. The Board of directors may call a special meeting with at least 8 members present and hand down penalties from a verbal warning to an expulsion for the remainder of the season.