

Ponchatoula Youth

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Football League

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I. Philosophy

The specific purpose of the PYF Ponchatoula Youth Football League is to promote safe play by adhering to our constitution, by-laws, rules and regulations and by having strict control over ages, equipment and behavior of the participants, their coaches, and the spectators.

Additionally, this program is to acquaint the player with such fundamentals as proper blocking and tackling techniques, mental and moral conditioning pertaining to football.

Our aim is to have the best possible program for ALL CHILDREN. Help from everyone participating with the league is needed to accomplish this goal.

The following pages contain rules and regulations. All were designed for the purpose stated in the paragraph above and not as a prime method of disqualification of any child or team. These rules were set up to eliminate the cause of disqualifications by giving each coach a governing policy in working with their teams.

II. Football

A. Eligibility

- 1) The players of the teams shall consist of
PYF Flag
ages 4-6,
PYF Tackle Conference and ages;
Little Conference 7-8
Junior Conference 9-10
Senior Conference 11,12, and 13
- 2) Participants must be at their conference age on September 1st of their current year of PYF play. A copy of a valid birth certificate is required at the time of first registration with the league.
- 3) Players can play Little Conference for a maximum of 3 years, Junior Conference for a maximum of 2 years, and Senior Conference for a maximum of 3 years.
- 4) A player can play in the PYFL League as long as the age requirements are met for the conferences of (Flag, Little, Junior and Senior).
- 5) Legal written proof of guardianship for children who live with someone other than their parents is required for participation. PYFL Commissioner/Board should be notified and made aware of these particular circumstances.
- 6) All eligible players can play in every game (for which they are present) unless the commissioner has been presented (in writing) a validated reason for (disciplinary or other) prior to the game the player is to sit out.
- 7) Participants cannot be a part of any other football team or football league/program.

B. Hardship Cases

- 1) All requests for hardship cases must be brought before the Commissioner and the Board of Directors for consideration. No coach will be allowed to make the decision to grant hardship status for a participant.

C. Siblings

Players

- a) If two or more siblings are to be drafted and, because of age, are required to be in the same age group, then they must be taken together by the team which makes the pick. If the oldest sibling is already on a team, then the new sibling is added onto the squad automatically prior to selection time. If the one sibling is chosen in the draft, then the other sibling is added to the squad and counts as one of the coaches draft picks in his next turn in the draft.

D. Length of Ownership

- 1) Each player drafted shall, for the duration of their conference career, be the property of the team making the draft unless subsequently released by the coach of that team to another team to achieve team balance – an equal amount of players for each team. The release of a player by a team to which they were drafted must first be approved by the Commissioner. (In the event of new teams being formed, see draft section under General Rules and Regulations).
- 2) No player can be dropped from a team because of inability. A player can be dropped due to disciplinary reasons through the following process: The head coach must provide a written notice to the commissioner/board outlining the recommendation for disciplinary expulsion from a team. The Board will investigate the request and decide whether there is merit for disciplinary expulsion. The decision for the disciplinary expulsion of a player from league play is the responsibility of the board.

E. Draft

- 1) The draft will be held at a date, time and location to be determined each new season. This information will be announced to all head coaches. Team finishing last place prior season will have first pick, third place will have second pick, second place team will have third pick, and first place team will have fourth pick. After last pick order in the draft the picks start back at 1st pick order and so on till draft is complete.
- 2) There will be NO transfers after draft day.
- 3) Head coach and 1 assistant coach must be determined before the draft. 2 or more other assistant coaches can be chosen after the draft.
- 4) In the event of new teams' need being formed, all players in that age conference will go back in the draft. Head coaches will draw a number to determine the order of the draft (i.e.: the team that draws #1 will have 1st pick, the team drawing #2 will have second pick, and so on until draft order is determined).

F. Coaches

- 1) All personnel, including coaches, shall abide by the rules, regulations and decisions made by the Commissioner and or in conjunction with the Board of Directors.
- 2) Five (5) coaches per team maximum and assistant coaches must sign head coaches copy of coaches' rules and regulations of PYFL.
- 3) Maximum of 5 coaches are allowed on sidelines during game time and must wear identifying shirts provided to the Head Coach and 1st Asst. by the league. Head coach and 1st Asst will have Collared Shirts and 2nd and following Asst.'s will have team colored T-Shirts.
- 4) All coaches are to be interviewed and approved by the Commissioner or Board of Directors or both. All coaches, head and assistant(s), will have a background check.
- 5) Sportsmanship and teamwork along with teaching proper HEADS UP blocking and tackling techniques are, and should be, the primary concern for all coaches.
- 6) In case of injury, head coach and 1 assistant coach may go onto the field at any time without penalty.
- 7) Other than specified for Little and Junior Conference's LHSAA Football rules apply. Senior Conference uses High School Football Rules for play.

G. Rules and Regulations for All Coaches

- 1) All HEAD/ASST COACHES are required to be USA Football HUF (Heads Up Football) Certified. And are responsible to adhere to their training and make sure their coaching staff adhere to the same. Head coach may ask his 2nd asst to get certified, but not mandatory. Any Team without both Head and First Asst. HUF Certified will not be allowed to play and will forfeit all scheduled games until HUF cert is completed.
- 2) Teaching basic football fundamentals (proper HUF tackling and blocking), good sportsmanship, and teamwork in a safe manner must be the primary concern for all coaches.
- 3) The first practice will start TBD and set by commissioner after the draft, normally the Monday following the draft. The first week of practice will be an acclamation period. Following USA Footballs guidelines. Getting your players use to the heat and wearing equipment. (HYDRATION, HYDRATION HYDRATION!!!!!! There will be no "hitting).
- 4) It is mandatory that each coach drill his team with the proper stretching and calisthenics at the beginning of each practice session. This greatly reduces the risk of injury such as pulled muscles.
- 5) All practice games **must** be approved by the Commissioner. Notify three (3) days before such game.
- 6) A scrimmage will be considered as a practice – two (2) scrimmages per week are allowed before the season opener.

- 7) A team must have at least 11 eligible and capable players present for a game to start. The team will be allowed a 10minute delay to allow for players to arrive before game is declared a forfeit. Note: Injury during a game in progress that leaves a team with less than 11 eligible and capable players will be stopped and declared a forfeit.
- 8) All rosters must be turned in on week prior to jamboree and MUST be in numerical order. If jersey numbers change once official roster is submitted, the coach must inform the Commissioner to make the change on the roster.
- 9) Teams should report to game site 30 minutes prior to game time in order to ensure adequate time for teams to warm up. A team that fails to be at the game site and ready to play by game time - plus 10 minutes – will forfeit.
- 10) Any player that is ejected from a scheduled game shall be required to leave the playing field within one minute and must sit out the next league game his team plays in. Said player must be wearing his jersey and on the bench in support of his teammates. Player will sit out until requirements of ejection are met. **This includes playoff games and championship games** NO EXCEPTIONS!!
- 11) Any coach seen by an official or board member consuming alcoholic beverages before or during a scheduled game or practice shall not be permitted to participate in said game or practice and will be removed from the park and may be suspended from coaching for the rest of the season.
- 12) Any coach involved in a fight at any organized league practice or game shall be suspended from coaching for the rest of the season.
- 13) Profanity, vulgarity, unnecessary roughness, and/or misconduct of any kind will not be permitted. Players and coaches shall be ejected from the game and if deemed flagrant, the person shall be suspended for the remainder of the game, the teams' next scheduled game, and possibly the season.
- 14) Should a coach strike or even threaten a league member or official, the offender shall be suspended form coaching indefinitely.
- 15) It will be the responsibility of the HEAD COACH to make certain that the sidelines are clear of unauthorized personnel. The persons allowed on the sidelines are the players, head coach, and a maximum of 4asst coaches are allowed on the sidelines. It's the head coaches responsibility to clear sidelines of unauthorized personnel, if resistance is met, Do Not push the issue. Stop and call for the commissioner or board member to have the person(s) removed.
- 16) During and after a ball game, coaches who pursue the game officials for the purpose of complaining about a call, making profane and derogatory remarks about how the official officiated the game, shall be suspended for the next scheduled game for their team.

H. Applications/Registrations

- 1) Notice of application disbursement will be made public by the Board of Directors. (i.e.: newspaper, signs, applications in schools, etc...)
- 2) The deadline for all applications will be set by the Board of Directors in advance. No applications will be accepted after the deadline.
- 3) Birth certificates and registration fees are to accompany all applications each year.

I. Officials

- 1) The officials PYF use are Louisiana High School Athletic Association certified officials and we abide by Louisiana High School Football rules.
- 2) There will be a minimum of three (3) officials for each game.
- 3) Officials ruling is final, no appealing to commissioner or board member during game day play or half time. Follow up with the commissioner the following Monday before practice.

III. General Rules and Regulations

1. No player will be allowed to play without a complete uniform which consists of a legal helmet with proper padding and face guard, mouthpiece, chin strap, shoulder pads, jersey, team football pants, hip and knee pads, socks, and cleats.
2. Jerseys must be league distributed. No equipment can be altered. All outside helmets must be solid white/Gray with no decals. Decals are NOT allowed on helmets.
3. No barefoot playing or metal cleats. A soft rubber molded cleat must be worn during each game and at practice.
4. All players must use a mouthpiece at practice and in games. NO EXCEPTIONS. Any type of approved mouthpiece is acceptable.
5. League will furnish all basic equipment – helmet, shoulder pads, chinstrap, jersey, and first mouthpiece. The player must furnish team pants, hip and knee pads, socks, and cleats.
6. If a coach or an assistant coach goes onto the field (other than as allowed under the section titled Coaches, item #6) they will be subject to penalty and possible ejection from the game.
7. Little Conference will move the ball 30 yards from the line of scrimmage instead of punting. Junior Conference has a choice at the start of the game (has to be declared to the head referee at start of game) to move the ball 30 yards from line of scrimmage for a punt, or to punt the ball, but there will be NO rushing on punts and no one can move until the ball has been kicked. Senior Conference High School Rules Apply.
8. All Conferences can run any defense they like with the Little Conference EXCEPTION any defensive lineman on the line must be in a 3pt stance. Junior Conference can run any defense they like, with the only exceptions being NO outside Blitzing, Blitzing allowed only in the A gaps with NO ONE head up with the center.
Senior conference are HIGH SCHOOL Football Rules.
9. 30 seconds are allowed in the team huddle – offense only.
10. The shotgun formation may be used; however, a punt must be declared – only ~~Little~~ Junior Conference play.
11. All Conference's will play eight (8) minute quarters

- Time generally stops at the discretion of the officials – time outs, injury, clock stoppage rules etc...
12. Teams are allowed three (3) time outs per half and not accrued to the second half. Teams will also exchange goals at halftime.
 13. Coaches and all players not involved during a play on the field should remain in the bench area and within the twenty-five (25) yard lines.
 14. Any player whose name is not on the team roster and/or any player who has not been approved by the Commissioner will not be allowed to play.
 15. No team will be allowed to practice unless their coach is present or the assistant coach takes charge of the team.
 16. Practice time will be limited to two (2.5) hours per practice day with numerous hydration breaks.
 17. Teams can practice a maximum of three (3) days per week; excluding game day.
 18. Teams will not practice on Sunday. Walk thru are allowed the day prior to games.
 19. All eligible players must play at least six (6) plays per game for all players that they are present for, unless for safety reasons the player is held back from playing.
 20. Bull in the ring is not allowed at any practice session. NO BLIND HITTING
 21. There must be at least two (2) calendar days between games.
 22. No practice of any kind will start prior to dates set by the Commissioner/Board of Directors for said season.
 23. All Conferences when within the 10-yard line blitzing is allowed but no one being over the center High School Rules apply.
 24. Blitzing in Little Conference is allowed by linebackers only when the ball is inside the opponents' 10-yard line with NO ONE OVER CENTER, and NOT LINED UP IN "A" GAP.
 25. No walkie-talkies, cell phones, digital devices or portable communications devices are to be used in the vicinity of the playing field to include benches, sidelines, restraining fences or any other field areas during game time. Spying on other teams is not allowed.
 26. All practices must be at PARD. Practice fields will be assigned.
 27. All news releases are to be first submitted to the Commissioner for approval.
 28. The age determining dates for PYF Flag, Little, Junior and Senior Conference football is midnight on September 1st of current season.
 29. If a player is playing organized football in another league besides PYF, then he/she is ineligible for play in the Ponchatoula Youth Football league. If a player is found to be ineligible, the PYF team that the player is on will be disqualified from any game he/she participated in and all such games will be forfeited.
 30. Commissioner is responsible for assuring that a field is in the best possible playing condition.
 31. Commissioner/Asst Comm. or acting Commissioner will determine if weather conditions and/or field conditions are such that a game must be postponed. PYF follows the Louisiana High School Football rules regarding football fields and weather.
 32. Any player, coach, or person affiliated with PYF caught using illegal substances will be banned from PYF.
 33. There will be NO foul language on or around the football fields used for games or practice. Any player, coach, assistant coach, or parent caught cursing the kids or officials will be subject to ejection from the park.

34. Only players and their coaches will be allowed inside the retaining fences during football games. Head Coach and Assistants are to make sure no one other than authorized person(s) are on their sideline. If Coaches have trouble with a person not wanting to leave the field, commissioner needs to be notified. ***NO EXCEPTIONS***
35. Weight limits:
Little Conference “Ball Carrier” and crack back blocker shall weigh no more than **105** pounds.
Junior Conference “Ball Carrier” and crack back blocker shall weigh no more than **120** pounds.
Senior Conference “**NO Weight Limit**” for ball carrier.
Quarter backs and receivers are considered as a “Ball Carrier” and the weight limit applies to them as well.
36. The league schedule will be made by the Commissioner.
37. All games will be played on Saturday with the first game to begin at 8:30am. (Subject to changed accordingly) Occasionally for unforeseen circumstances PYFL may have to adjust games schedules and play games on other days and times other than specified above or on a posted season schedule.
38. Registration notification will begin January of the current season year. When registering, a birth certificate with determined fee must be submitted.
39. No canopies will be allowed within the fenced area and within 25 feet of fences. The only canopies allowed will be those used by the league.

IV. Penalties for Ineligible Participation

- A. Explanation of Penalties: Penalties for individuals participating illegally where as falsified or intentionally incorrect information about said participant as it pertains to age, dual participation and falsified waivers create an unfair advantage for a specific team/teams the following shall be enforced.
- 1) A player is ineligible if he is not listed correctly on the official team roster or game roster. Possible forfeiture of games.
 - 2) A player is ineligible if he is not registered as a player with PYF. Forfeiture of games and possible suspension of head coach.
 - 3) Age Ineligibility: The participant will be automatically eliminated from the involved sport once a determination has been made about invalid information and shall be continued as ineligible to again participate for the next two (2) consecutive seasons as played by Ponchatoula Youth Football Flag, Little, Junior and Senior conference football league.
** A protest on age during league play may be filed at any time.
 - 4) Dual Participation: forfeiture of all games played in and removal from the league.

- 5) Waiver Fraud or Birth Certificate Fraud: Forfeiture of all games played in by the specific player and possible coach suspension for the season. Also, possible fraud charges against parent could be levied.

V. Duties of Parents

1. Parents will have participants at practice on time and will pick-up participants on time as requested by the head coach. Parents will have a 15minute grace period past the established pick up time...after this time, the coach is authorized to leave the player at the care of the Tangipahoa Parish Sheriff's Office should the coach have to leave.
2. Parents are not to have any confrontation or argument with coach while practice session is in progress. Any complaints are to be brought before the commissioner and the board members.
3. Parents are urged to attend general meetings if they are having an issue.
4. Parents are urged to help the league whenever possible.
5. Parents will abide by the rules and regulations.
6. Parents are not to bring any food or drinks to the games.
7. Parents are not to bring any signs with derogatory or degrading remarks whether it is against a team, coach, official, parent, etc...
8. Parents are not to go on the field for any reason including injury without permission from the commissioner or board member. Permission will only be granted if commissioner or board member is aware of serious injury.
9. Parents are urged to see that their child attends all games and practices.

VI. Deviations and/or Alterations

- a. If none of the above-mentioned rules cover the situation, then the final decision shall be that of the commissioner or the board of directors. If there is a vote in question, the commissioner will serve as a tie breaker or the final decision.
- b. Any deviations or alterations of any of the rules and regulations must be approved and voted on by the board members.