

# ROCKY MOUNTAIN YOUTH FOOTBALL LEAGUE

## By Laws, Rules, Regulations and Procedures Spring 2019

### 1.0.0 PURPOSE

1.1.0 The name of the organization shall be "Rocky Mountain Youth Football League"

1.2.0 The principal location of the Rocky Mountain Youth Football League (RMYFL) is in the state of Utah.

1.3.0 The following are the purposes for which this organization has been organized:

1.3.1 **Our mission** in the Rocky Mountain Youth Football League is to allow youth an opportunity to participate in the game of football on an outdoor or indoor field while coaching/teaching them the fundamentals of the game to further developing their skills with an emphasis on sportsmanship, teamwork, discipline, respect and interaction with youth their age while being coached/mentored by adults who emulate these standards. Every youth who has the desire and means to play, regardless of experience, skill or ethnicity, will be afforded that opportunity in the RMYFL.

The RMYFL recognizes that the youth of today are the future leaders of our country and world, and they will build strength, success, and confidence while participating in our league in order to reach their great potential. Winning does not make a winner and losing does not make a loser...it's how you play the game, on and off the field!

### 2.0.0 GENERAL

2.1.0 The RMYFL will have a treasurer/accountant.

2.2.0 The Fiscal Year of the RMYFL shall begin on August 1 and end on July 31 of the following year.

#### 2.3.0 Definition of Terms:

2.3.1 **"League"** is the organization in its entirety.

2.3.2 **"Region"** is a geographical area based on counties which include Cache County, Weber County, Davis County, Salt Lake County, Utah County and any other counties in and out of the state of Utah with teams that participate in the league.

2.3.3 **"Player"** is a youth between the ages of 7-15 and that is registered to play in the RMYFL as listed on an official team roster.

2.3.4 **"Division"** is a group of teams based on ages and weights.

### 3.0.0 ADMINISTRATIVE ORGANIZATION

Revised 03-7-2019

3.1.0 The President of the organization by virtue of his office shall be Chairman of the Board of Directors and the Executive Director.

3.2.0 The Board of Directors shall select from one of their members a secretary.

3.3.0 A director may be removed when sufficient cause exists for such removal, by 2/3 vote of the Board of Directors.

3.4.0 The Board of Directors of the organization shall be as follows:

Board Members: Chris Fisher, Darick Fisher, Monte Markos, Daniel Fisher

Carly Felter

President: Chris Fisher

Vice President/Commissioner: Carly Felter

Trustee: Monte Markos

Secretary/Treasurer: Daniel Fisher

3.5.0 The business of this organization shall be managed by a Board of Directors.

3.6.0 The Executive Committee consists of the President and the Vice President with the President being the Executive Director.

## **4.0.0 DUTIES AND RESPONSIBILITIES OF THE BOARD OF DIRECTORS**

### **4.1.0 BOARD OF DIRECTORS**

**4.1.1** Elects the League President, Vice-Presidents Commissioner, Trustee, and Treasurer/Secretary.

**4.1.2** Ratifies approved amendments to this document as submitted by the members of the board.

**4.1.3** Requests Regional Directors and/or other league volunteers to undertake specific actions as may be required from time to time.

**4.1.4** Performs duties as directed by the President of the Board of Directors.

**4.1.5** The Board of Directors shall have the control and management of the affairs and business of this organization.

**4.1.6** Enacts, amends, repeals, adopts and enforces League articles of incorporation, by-laws, rules, policies and procedures.

**4.1.7** Investigates and rules on allegations of violations of the League and assesses penalties to parties found guilty of such violations.

**4.1.8** Reviews and rules on submitted appeals.

**4.1.9 Appoints Regional Directors**

**4.2.0 PRESIDENT/EXECUTIVE DIRECTOR**

**4.2.1** Oversees and conducts all League operations and performs the direct and implied duties of all Board of Directors and Regional Directors in their absence or inability to perform their duties as needed.

**4.2.2** Has the responsibility of the interpretation and construction of these Bylaws. Any and all decisions made by the President may be appealed to the Board of Directors, however items shall be overturned only if found by the Board of Directors to be unnecessary.

**4.2.3** Preside at all Board Meetings.

**4.2.4** By virtue of his office be Chairman of the Board of Directors.

**4.2.5** Presents an annual report of the work of the organization at each annual meeting of the organization.

**4.2.6** Appoints all Executive Committees, temporary or permanent.

**4.2.7** Ensures all books, reports and certificates required by law are properly kept or filed.

**4.2.8** Will be one of the officers who may sign the checks or drafts of the organization.

**4.2.9** Has powers as may be reasonably construed as belonging to the chief executive of any organization.

**4.2.10** Establishes annual League budget.

**4.2.11** Acts as the Executive Director and oversees the Executive Committee.

**4.3.0 VICE PRESIDENT**

**4.3.1** In the event of the absence or inability of the President to exercise his/her office, the Vice President will become acting president of the organization with all the rights, privileges and powers as if he/she had been the duly elected president.

**4.3.2** Is a member of the Executive Committee.

**4.3.3** Performs any additional duties as directed by the President of the Board of Directors and the Executive Director.

**4.4.0 COMMISSIONER**

**4.4.1** Ensures the regulation of all the leagues rules, policies, and standard operating procedures.

**4.4.2** Oversees the Regional Directors and the Arbiter of Officials.

**4.4.3** Responsible for league weigh-ins either by being present at a league weigh-in or insuring a league representative is present at a weigh-in.

**4.4.4** Over any vendors, concessions, items sold, or sponsors for RMYFL events.

**4.4.5** Over league operations, advisory board, volunteers and anyone acting on behalf of the League outside the Board of Directors.

**4.4.6** Acts as the liaison between the League and the board of directors.

**4.4.7** Performs any additional duties as directed by the President of the Board of Directors.

#### **4.5.0 TREASURER**

**4.5.1** Will have the care and custody of all monies belonging to the organization and shall be solely responsible for such monies or securities of the organization.

**4.5.2** Must be one of the officers who shall sign checks or drafts of the organization. No special fund may be set aside that shall make it unnecessary for the Treasurer to sign the checks issued upon it.

**4.5.3** Will render at stated periods as the Board of Directors shall determine a written account of the finances of the organization and such report shall be physically affixed to the minutes of the Board of Directors of such meeting.

**4.5.4** Performs any additional duties as directed by the President of the Board of Directors.

#### **4.6.0 SECRETARY**

**4.6.1** Keeps the minutes and records of the organization in appropriate books.

**4.6.2** Gives and serves all notices to members of this organization.

**4.6.3** Is the official custodian of the records and seal of this organization.

**4.6.4** May be appointed one of the officers required to sign the checks and drafts of the organization.

**4.6.5** Will be present at any meetings as communicated to him/her as Secretary of the organization.

**4.6.6** Submits to the Board of Directors any communications which shall be addressed to him/her as Secretary of the organization.

**4.6.7** Attends to all correspondence of the organization and shall exercise all duties incident to the office of Secretary.

**4.6.8** Receives and keeps on file all team and coach registration forms submitted by the players, coaches, and/or Regional Directors.

**4.6.9** Performs any additional duties as directed by the President of the Board of Directors.

#### **4.7.0 Trustee**

**4.7.1** Performs any duties as directed by the President of the Board of Directors.

### **5.0.0 ADVISORY BOARD AND REGIONAL DIRECTORS**

**5.1.0 ADVISORY BOARD** – The advisory board are league representatives that advise the board at any board meetings and disciplinary meetings. To advise on possible changes within the league and to assist with in season issues. These positions are appointed by the board of directors and are subject to change at the discretion of the board. These positions will be posted to the website.

#### **5.1.1 MANAGER OF GAME DAY OPERATIONS**

A) Schedules games for the season.

B) Recruits, organizes, schedules, and trains the Game Day Supervisors for each field in coordination with the Regional Directors.

C) Performs duties as directed by the Board of Directors.

#### **5.1.2 MARKETING ADIVSOR**

A) Assists with marketing for the league.

B) Performs any duties as directed by the Board of Directors.

#### **5.1.3 AUXILIARY ADVISOR**

A) Performs any duties as directed by the Board of Directors.

### **5.2.0 REGIONAL DIRECTORS**

**5.2.1** Act as liaison between the Commissioner and the players, parents, coaches and teams within his/her region.

**5.2.2** Conducts region meetings.

**5.2.3** Oversees all activities on football fields and game day operations of those fields in coordination with the Manager of Game Day Operations.

**5.2.3** Reviews each of his/her association's team registration materials and coach certifications to ensure they are in compliance with by-laws.

5.2.4 Hears allegations of these by-laws within his/her region and forwards recommendations to the Commissioner.

5.2.5 Accept appeals to rulings and forwards them to the Commissioner; if unable to resolve said appeal.

5.2.6 Promotes the league within their region.

5.2.8 Performs any additional duties as directed by the Commissioner or RMYFL Board.

## **6.0.0 THE ARBITER OF OFFICIALS**

**6.0.1** Recruits, organizes, schedules, and trains officials.

**6.0.2** Participates in/conducts rules meetings for coaches, Directors, and others interested prior to the season.

**6.0.3** Interprets and clarifies playing rules.

**6.0.4** Performs duties as directed by the Commissioner or RMYFL board.

## **7.0.0 ADMINISTRATIVE PROCEDURES**

7.1.0 The Advisory Board and Regional Directors for the ensuing season will be chosen at the pre-season meeting of this organization in the same manner and style as the officers of this organization. They will be in those positions for that season.

### **7.2.0 MEETINGS**

**7.2.1** The pre-season membership meeting of this organization shall be held on a day to be determined in the month prior to season registration opening.

**7.2.2** The Secretary shall cause to be emailed to every board member in good standing at his address as it appears in the membership roll book in this organization a notice telling the time and place of such pre-season meeting no later than 7 days prior to meeting.

7.3.0 The presence of not less than seventy-five (75%) percent of the board members shall constitute a quorum and shall be necessary to conduct the business of this organization; but a lesser percentage may adjourn the meeting for a period of not more than two (2) weeks from the date scheduled by these by-Laws and the secretary shall cause a notice of this scheduled meeting to be sent to all those board members who were not present at the meeting originally called. A quorum as herein before set forth shall be required at any adjourned meeting.

### **7.4.0 SPECIAL MEETINGS**

**7.4.1** Special Meetings of this organization may be called by the president when he/she deems it for the best interest of the organization.

**7.4.2** Notices of such meeting shall be emailed to all board members at their email addresses as they appear in the membership roll book at least three (3) days before the scheduled date set for such special meeting. Such notice shall state the reasons that such meeting has been called, the business to be transacted at such meeting and by whom it was called.

**7.4.3** At the request of fifty-one (51%) percent of the members of the Board of Directors, the president shall cause a special meeting to be called but such request must be made in writing at least fourteen (14) days before the requested scheduled date.

**7.4.4** No other business but that specified in the notice may be transacted at such special meeting without the unanimous consent of all present at such meeting.

## **7.5.0 VOTING**

**7.5.1** At all meetings, except for the election of officers and directors, all votes shall be by voice. For election of officers, ballots shall be provided and there shall not appear any place on such ballot that might tend to indicate the person who cast such ballot.

**7.5.2** At any regular or special meeting, if a majority so requires, any question may be voted upon in the manner and style provided for election of officers and directors.

**7.5.3** At all votes by ballot the chairman of such a meeting shall, prior to the commencement of balloting, appoint a committee of three who shall act as "Inspectors of Election" and who shall, at the conclusion of such balloting, certify in writing to the Chairman the results and the certified copy shall be physically affixed in the minute book to the minutes of that meeting.

**7.5.4** Two-thirds (2/3) of the members of the Board of Directors shall constitute a quorum and the meetings of the Board of Directors shall be held regularly one month prior to season registration opening.

**7.5.5** Each member of the Board of Directors shall have one vote and such voting may not be done by proxy.

**7.5.6** The Board of Directors may make such rules and regulations covering its meetings as it may in its discretion and as determined to be necessary.

**7.5.7** Vacancies in the Board of Directors shall be filled by a vote of the majority of the remaining members of the Board of Directors for the balance of the year.

## **7.6.0 ORDER OF BUSINESS**

1. Roll Call
2. Reading of the Minutes of the preceding meeting
3. Reports of Officers
4. Old and Unfinished Business

5. New Business

6. Adjournments

**7.7.0 EXECUTIVE COMMITTEES** shall consist of the President who will act as the Executive Director and the Vice President.

**8.0.0 SALARIES**

**8.0.1** The Board of Directors shall hire and fix the compensation of any and all employees which they in their discretion may determine to be necessary for the conduct of the business of the organization.

**9.0.0 ORGANIZATION AND FORMING OF TEAMS**

9.1.0 Teams shall be organized by divisions based on age and weight. Players will be placed on teams closest to their residency, or if recruited by a coach he/she may play on that coach's team provided the player falls within the proper age/weight limits.

9.2.0 A team shall consist of a Head Coach of at least 21 years of age and at least one (1) team representative at least 18 years of age. The team may have up to six (6) assistant coaches at least 18 years of age and up to 25 players unless otherwise approved by the League.

9.2.1 The minimum number of players per team is 18, maximum 25 (see 9.2.0)

9.3.0 A coach or player may request to keep players together provided the team is not full.

9.4.0 Each team shall complete a RMYFL Team Roster and it shall be on file with the League no later than two (2) weeks prior to the first game and an updated as soon as players are added or dropped after two (2) weeks prior to the first game.

9.4.1 **REGISTRATION:** All players must complete the registration process online at RMYFL.ORG to include uploading a birth certificate for age verification and a photo of the player into their profile for identification verification. They are also required to agree to any waivers as set forth by the league. They are also to complete the requirements set forth by the concussion policy. Players not having completed this process will not be eligible to play.

9.4.2 **ADDITIONS** to the team roster must be submitted to the Commissioner at least three days prior to participating in League games to include completing the registration process. Teams can add players up until the 3rd game of the season as long as that player meets the team's division height and weight requirements. No players may be added to a team after the 3rd game unless otherwise approved by the Board of Directors.

9.4.3 In the event that a player is injured and cannot return for the remainder of the season, another player may be added to the team roster after the 3rd regular season game as long as it is approved by the Board of Directors. This player must play in at least one (1) regular season game prior to play-offs. The registration fee for the new



player shall be as follows: if the player plays in Game 4 \$175, Game 5 \$140, Game 6 \$105 and Game 7 \$70.

## **10.0.0 RECRUITING**

10.1.0 Recruiting and encouraging the youth of our community to participate in our football program is essential to our mission. Rocky Mountain Youth Football provides an opportunity for youth to develop athletic and character-building achievement. Recruiting effort by all League members to this program is strongly encouraged.

10.2.0 If a player has already been recruited and agreed to play with one team, another coach MAY NOT recruit that player, unless an acceptable agreement is reached with original recruiting coach. Region Directors may mediate if necessary and they have the authority to make the final decision. Violation of this By-law will cause disciplinary actions for the coach in violation up to and including being suspended indefinitely, subject to 23.4.0.

## **11.0.0 COACHES DUTIES, RESPONSIBILITIES, AND CODE OF CONDUCT**

11.1.0 Each coach must complete an online application for a volunteer role as either a head coach or assistant coach at RMYFL.ORG in order to be considered for a coaching position. All coaching personnel must be of unquestionable character and have a profound interest in and knowledge of youth and the game of football.

11.2.0 An interview may be required by the Region Director and/or members of the Board of Directors.

11.3.0 A FULL CRIMINAL BACKGROUND CHECK must be conducted on every coach and they must complete USA FOOTBALL LEVEL ONE TACKLE CERTIFICATION. Concussion training is required as described in the concussion policy. All coaches are expected to have a thorough knowledge of PLAYER SAFETY. Player safety information can be found on the website RMYFL.ORG.

**11.4.0 AGE:** Head Coach minimum age is 21 years old, assistant Coaches and team representative minimum age is 18 years old (see 9.2.0)

**11.4.1 Trainee Coaches:** The RMYFL will allow coaches under the age of 18 to begin training to be coaches. The intention of this position is to allow the league to train and prepare coaches through a training program that the Head Coach provides. Trainee coaches are required to complete the same requirements and hold the position of assistant coach. A trainee coach does not fulfill the requirements of a coach being at every game or practice and cannot be the medical coach. This does count as one of the coaches towards the maximum coaches allowed.

**11.5.0 RESIDENCY:** There are no residency requirements for coaches or players. However, where you practice will determine what region you are in. Coaches are required to notify the Commissioner of their home/practice field.

**11.6.0 CERTIFICATION:** All members of the coaching staff must be certified by the Commissioner as having completed training sanctioned by the Executive Board to include being USA Football level one tackle certified and concussion training set as required in the concussion policy. There shall be at least one certified adult coach at every game for each

team. At least one adult coach will be at the games and practices that has completed the medical requirements.

**11.7.0 FIRST AID:** The safety and well-being of our players is a top priority of the league. Each team must carry a first aid kit to practices and games. The first aid kit must always be readily available at the field. The medical person is required to be at each practice and game.

In the absence of a specialized, trained person affiliated with the team in the designated area according to the sideline policy (e.g., physician, paramedic, nurse, specially trained volunteer – that has concussion training and is verified through the commissioner).

At least one coach (that is present) should be the holder of one of the following.  
Red Cross certificate in community CPR and first-aid.  
NFHS's First Aide, Health, and Safety.

**11.8.0 COACHES DUTIES:** Coaches are, first and foremost, teachers and mentors. They shall model appropriate behavior at all times. They are to ensure the development of each and every player on their team. Above and beyond anything else, coaches are responsible for the safety of their players. Coaches who do not ensure the safety of their players will be considered for removal from their position as a coach by the Board of Directors.

**11.8.1 THE HEAD COACH** is responsible for the team to include coaches, players, and parents whenever the team is together for any activity such as practices, games or any other team function.

**11.8.2** Coaches carry out League policies; therefore, the coaching staff shall not be interfered with, except in cases of by-laws or rules violations or other conduct deemed by higher authority to be contrary to the welfare of youth participants.

**11.8.3** Use discretion in allowing a player to re-enter a game after becoming injured. When in doubt, keep them out of the game and do not allow the player to play.

**11.8.4** A player must sit out at least one play following a minor injury.

**11.8.5** Do not permit "sweating down" tactics in order for a player to meet weight requirements. Any procedure that may be hazardous to the health of the players will not be tolerated.

**11.8.6** Refrain from running up the score where the outcome of the game is no longer in doubt.

**11.8.7 COACHES ON THE FIELD:** One coach may be on the field for the Jr. Mite and Mighty Mite divisions as long as that coach does not interfere with the execution of a play. Coaches who interfere with the execution of a play may be removed from the field at the discretion of the Officials, the Arbiter, Field Supervisors, the Game Day Manager, and/or the Commissioner or board of directors of the League. No other coach may be on the field during play.

**11.8.8 INJURY REPORTING** Coaches are required to notify the head official of any possible injuries, including concussions, by the end of the match. The league tracks this information and in order to accurately track injuries and follow necessary protocols for

these injuries, it is essential that all injuries be reported to the league. If there is even a chance a player might have a concussion the player must complete the leagues CONCUSSION PROTOCOL which can be found under the PLAYER SAFETY tab at RMYFL.ORG. PLAYER SAFETY SHOULD BE THE PRIMARY CONCERN FOR ALL COACHES!

**11.9.0 COACHES CONDUCT:** The following behaviors shall be adhered to at all times:

**11.9.1** Coaches are expected to have read the by-laws and ask the league if they have any questions. Coaches are expected to understand and adhere to these by-laws. Any disciplinary action will be referred to these by-laws.

**11.9.2** Have an in depth understanding of the PLAYER SAFETY; how to prevent injuries, how to handle potential injury, how to report injuries to the league, and to make PLAYER SAFETY their main priority whenever conducting any team activity or function.

**11.9.3** Refrain from smoking (including e-cigarettes), use of any tobacco product, any type of illegal substance, or drinking in front of players during practices, games, and any RMYFL activity.

**11.9.4** Refrain from using profane or abusive language or gestures while participating in any RMYFL activity.

**11.9.5** Do not criticize or demean players or coaches of any team at any time; *positive, constructive communication* can be done privately or in the presence of the team so that all my benefit.

**11.9.6** Accept decisions of game officials in an attitude of good sportsmanship. We try to provide the best officials available but all of us are human and make mistakes. Please handle all of your interactions with officials with respect and professionalism.

**11.9.7** Strive to make every football activity an opportunity to have fun, grow at the game of football, serve as a training ground for life for your players, and provide a positive experience that will encourage players to continue to enjoy playing football.

## **12.0.0 PLAYER REGISTRATION**

12.1.0 All registration of players and volunteers can be completed online at RMYFL.ORG. Please see the registration tab.

12.2.0 Registration dates and deadlines shall be provided each season. Players must pay their full registration fee by the deadline. Those deadlines will be determined each season.

12.3.0 The FOLLOWING MUST BE COMPLETED by each player PRIOR TO THE PLAYER PRACTICING OR PARTICIPATION IN A GAME: (1) Uploading a BIRTH CERTIFICATE for age verification during the online registration process (2) accepting the understanding of the leagues WAIVER/registration form by a parent or guardian of that player during the online registration process (3) pay the player's REGISTRATION FEE (as set on the website) or a portion of the player's registration fee making payments received by the league and be in full prior to the first game (4) uploading a PHOTO OF THE PLAYER to the player's online profile for identification purposes at the game day check ins (5) at any time a player may be required

to furnish a physician’s statement as to the ability of the registrant to participate in the program, or who has special medical consideration (6) complete the requirements set forth by the concussion policy.

12.3.1 A player will not be considered registered unless the registration process in 12.3.0 has been completed. A player who has not met these requirements will be considered an illegal player and the coach will be suspended by the league for playing or attempting to play an illegal player and the team will forfeit that game, subject to 23.4.0.

12.4.0 There is no residency requirement in the RMYFL. However, where the head coach chooses to practice will determine what region that team is in.

**12.5.0 REFUND POLICY:** Refunds may be given up to the first game in the amount of \$200 dollars. A full refund will only be given to players up to 2 weeks prior to the first game.

**13.0.0 DIVISON ORGANIZATION AND AGE/WEIGHT REQUIREMENTS**

| 13.1.0 Players shall be classified by DIVISIONS as follows: | AGE AS OF July 31 <sup>st</sup> , 2018 | “X” PLAYER WEIGHT<br><br>Weights are without equipment/pads | OLDER BUT LIGHTER (OBL) Weight<br><br>Weights are without equipment/pads |
|---|--|---|--|
| Jr. Mite  | 7-8 OBL 9                              | 95  | 65   |
| Mitey Mite  | 8-9 OBL 10                             | 100   | 75   |
| Jr. Pee Wee   | 9-10 OBL 11                            | 120   | 90   |
| Pee Wee   | 10-11 OBL12                            | 135   | 101  |
| Jr. Midget  | 11-12 OBL 13                           | Unlimited   | 116  |
| Midget  | 12-13 OBL 14                           | Unlimited   | 135  |
| Bantam  | 13-14                                  | Unlimited   | Unlimited  |

13.2.0 If there are not at least four (4) teams in a division, then those teams in that division will play in the division above or remove the team from the league.

**13.3.0 An “X” Player** is a player that exceeds the weight for their age listed in (13.1.0) but may still participate according to rules in (20.9.0)

**13.4.0 An Older But Lighter (OBL) player** can play down in a division based on their weight. They must meet the Older but Lighter (OBL) age and weight requirements listed in (13.1.0). Each team may have up to 6 Older But Lighter (OBL) players on their team. However, only 4 Older But Lighter (OBL) players may be on the field at one time. If a team has more than 4 Older But Lighter (OBL) players, each Older But Lighter (OBL) player must be designated by placing a 4 inch Z on both the front and back of their helmet. The “Z” will be black or white depending on the color of the helmet, so that is contrasting.

**13.4.1** A player may play up a division if it allows him/her to remove an "X" playing in the upper division if his/her weight is under the upper divisions X player requirements. The player must have signed approval by the Commissioner.

13.5.0 The Board of Directors empowers the President to make decisions on classifications of players in special hardship cases when petitioned. Requests shall be sent through the Commissioner.

### **13.6.0 WEIGH-INS**

**13.6.1** There will be one (1) official weigh-in no sooner than four (4) weeks prior to the first game performed by the Commissioner, or a league representative assigned by the Commissioner and in accordance to the procedures set up by the Board of Directors.

**13.6.2** A second optional weigh-in (or first weigh in if a team chooses to wait) will be held within an hour before a team's/player's first game. The purpose of the second weigh-in is to allow a player that was close to an X-player weight or an OBL player to weight to reweigh-in.

**13.6.3** Additional weigh-ins must be pre-approved through the Commissioner. In general, players will only be afforded the first and second weigh in opportunities.

**13.6.4** For an X player, the team needs to place an **"X" on the helmets** of all players on their team that are X players per league weight rules. These X's **must be placed on the front and back of the helmet**. This can be done by using at least a 4-inch X sticker or by using tape to form at least a 4-inch X. The X stickers or tape must be placed on helmets prior to the first game. The "X" will be black or white depending on the color of the helmet, so that is contrasting. This may only be removed at the second weigh-in if the player meets weight requirements that would allow him to play without the X player designation.

### **14.0.0 PRACTICE SESSIONS**

14.1.0 All coaches are expected to have a thorough knowledge of PLAYER SAFETY and conduct practices with PLAYER SAFETY being their number one priority. Limiting hit drills that are high impact or any drill that increases the chances of injury is essential for PLAYER SAFETY practices.

14.2.0 Official practice sessions may begin 4 weeks prior to the first game.

14.3.0 The number of days to practice, the times of practice, and the location of practices are all determined by the head coach, but are not to exceed 6 hours per week, or 2 hours per practice session. It is at the coaches' discretion to practice less. Where you practice will determine which region you are in.

14.4.0 Full equipment, full contact is permitted for every practice although it is highly recommended that no pad conditioning is conducted at least the first 3 days of practice. It is also highly recommended that at least half your practice time per week is devoted to no hit drills to ensure the safety and well-being of our players. Safety and well-being of the league's players should always be first priority.

## 15.0.0 GAME SCHEDULES

15.1.0 The game schedules will be organized by the Manager of Game Day Operations or by appointment of the Commissioner.

15.2.0 Each division shall be provided a complete schedule of League games no later than seven (7) days prior to the first League game.

15.3.0 Schedule changes shall require approval of the Manager of Game Day Operations or appointed scheduler and the opposing team must be notified of the change no later than Wednesday prior to the game.

## 16.0.0 PLAYER PARTICIPATION

16.1.0 There are no minimum number of plays a player must play. Players agree to play for a Head Coach and that coach will coach based on what is best for the team. Any disputes about playing time are to be resolved between coaching staff, parents, and players.

## 17.0.0 EQUIPMENT

17.1.0 All equipment issued to players and coaches by the league is the property of the League. Any equipment issued to a player by the league that is not turned in after the season will be charged to the player or coach at the full \$ of the equipment. JERSEYS are for the players to keep.

17.2.0 Each coach will be required to account for and deliver its equipment to such place as approved the Board of Directors. All equipment must be returned to the league within two (2) weeks after the final game of the season.

### 17.3.0 EQUIPMENT SPECIFICATIONS

**17.3.1** All uniform equipment, including protective equipment, are to be brought by the player. The league will provide, on it's website (RMYFL.org), information where they can rent equipment from. The league is not responsible for that equipment.

- A) The only exception is the uniform Jersey.
- B) All shoulder, hip, kidney, tailbone, thigh and knee pads shall meet the standards of the NFHS and the NOCSAE and shall not be altered by players or team staff in any way. It shall be of good quality to provide adequate protection.
- C) All logos and uniforms must be submitted for approval by the league.

**17.3.2** All players must be fully equipped with a complete line of quality equipment while participating in any contact sessions. **The following equipment items are mandatory:**

**17.3.3 Helmet and Face Mask:** The helmet and face mask must meet the NOCSAE test standards.

**17.3.4 Shoulder Pads:** Shoulder pads should be completely covered by jersey

### **17.3.5 Hip, Thigh and Knee Pads in Football Pants**

**17.3.6 Game Jersey:** Teams may request color for jerseys on a first come, first serve basis until such time it becomes necessary for the League to assign colors. Returning teams will have first rights of their color from last year.

**17.3.7 Teeth Protector/Mouth Guard:** Provided by player

**17.3.8 Athletic Supporter** must wear supporter during all practices and games and is to be provided by player.

**17.3.9 Shoes** shall conform to Federation of State High School Association Rules and is provided by player.

**17.4.0 Optional Items:** Athletic "skins" are recommended to protect the arms on indoor turf. They are to be the same matching color as the uniform.

## **18.0.0 OFFICIALS**

18.1.0 Shall be appointed by the Arbiter of Officials who will recruit, organize, and train all officials.

18.2.0 Interprets and clarifies playing rules (especially League changes to high school rules).

18.3.0 Will resolve official-related problems in consultation with the Arbiter of Officials, the Commissioner or the Board of Directors.

18.4.0 Will be certified and shall have a working knowledge of the current NFHS and RMYFL rules.

18.5.0 A minimum of two officials shall be assigned to each game. More officials will be assigned to the older divisions.

18.6.0 The League representative at the field should attempt to complete scheduled games even if officials do not show up. In this case if both head coaches and the League representative at the field agree, non-certified personnel may be recruited to officiate, and the game may be played.

18.7.0 The official on the field keeps the time.

18.8.0 All decisions regarding rules and situations during a game shall be made by the game officials and shall be final.

18.9.0 Shall complete concussion training as described in the concussion policy.

### **18.10.0 Reports**

**18.10.1** The head official for a game shall be responsible to fill out any necessary reports regarding the game they officiated. Those reports will be sent to the Arbiter who will review the reports to ensure they are complete. The Arbiter will then forward them to the Commissioner.

A. "OFFICIALS REPORT"

- a. Reporting of any game injuries.
- b. Reporting any possible concussions.
- c. Reporting any ejections or unusual circumstances.

B. Written notification

- a. Scores of each game.

**19.0.0 STANDARDS OF THE GAME**

19.1.0 All players will be in full uniform and have all equipment at check in and when on the field of play.

19.1.1 There will be a team check-in within one hour prior to each game. Any coach playing or attempting to play an illegal player will be suspended by the league and that team will forfeit the game the player was involved in. Subject to 23.4.0.

**19.2.0 PLAYING FIELD**

**19.2.1** Setting up of the playing field(s) will be the responsibility of the home team and the indoor fields without walls will be marked off from spectators at least ten (10) feet from the out-of-bounds lines from end zone to end zone. If this requirement cannot be met, spectators are to be kept clear of this area. Spectators must remain clear of the team and coaches and their ability to participate in the game fully.

**19.2.2** All divisions will play on at least 90-yard football fields. The field and/or the field size may have the option to change with the approval of the coaches, field personnel, and/or board of directors.

**19.2.3** All fields will be marked as follows:

- a. The out-of-bounds limits, end zones, and ten (10) yard distances will be plainly marked.
- b. Cones or other visible markers with numbers will be placed at ten (10) yard intervals on both sides of the fields.
- c. Goal Lines and end zones will be visibly marked.

19.3.0 First Down, Ball Markers, and Yard Markers will be provided by league and operated by the team designated by the field personnel, based off the field layout.

**20.0.0 RULES OF THE GAME**



**20.1.0** All games are played under the rules and regulations of the National Federation of State High School Associations (NFHS) rules in addition to RMYFL rules, additions and changes:

**20.1.1** The following game balls or equivalent shall be used: Jr. Mite, Mighty Mite – K2 ball; Jr Pee Wee, Pee Wee – TDJ; Jr Midget, Midget – TDY; Bantam, High School – TD.

**20.2.0 Ball Placement:** On a 100-yard field, kickoff shall be placed on the 40-yard line.

**20.2.1** On a 100-yard field, the ball shall be placed on the twenty (20) yard line.

**20.2.2** After each touchdown, the scoring team will be given the choice of a one (1) point or two (2) point conversion. If the team selects a one (1) point conversion, the ball shall be placed on the three (3) yard line. If the team selects a two (2) point conversion, the ball shall be placed on the five (5) yard line. Once the selection has been declared the team cannot reverse its decision.

**20.2.3** On fields where field goals are feasible, a team may choose to kick for the PAT. The ball shall be placed on the three (3) yard line. One (1) point will be awarded for successful PAT. Three (3) points shall be awarded for a field goal with ball placement where down marker indicates. A freeze kick will be in place for Jr Mite, Mighty Mite, and Jr. Pee Wee divisions. No rushing is allowed during a freeze kick. This is to allow teams to learn how to kick field goals.

### **20.3.0 LENGTH OF THE GAME:**

The game shall consist of four (4) quarters with 8 minutes each quarter. Halftime will be 5 minutes. In between quarters will be a minute or less, long enough for the field to be prepped for the next quarter.

**20.3.1 DELAY OF GAME:** The officials will keep a 25 second play clock. Once the official has placed the ball ready to play, the offensive team has 25 seconds to put the ball into play. Failure to do so will result in a delay of game penalty of five (5) yards but no loss of down.

**20.4.0 MARGIN OF VICTORY RULE:** As soon as the margin of victory reaches 40 points, the official may stop the game with the consent of the coach of the team with the fewest points during the fourth quarter and declare the score as final.

**20.5.0 TEAM COLORS:** Teams may choose and declare their color choices to be approved by the league. Three choices must be submitted to the league for final decision and approval. The league reserves the right to assign colors should it become necessary as determined by the Board of Directors. Team colors are given priority to teams who submit requests first or to the team who has the most seniority (played the most years in the league).

**20.6.0 MAXIMUM PENALTY:** The maximum penalty for all teams on a 100-yard field fifteen (15) yards. If a team, coach or non-player receives multiple dead ball penalties (personal fouls, unsportsmanlike conduct) they can be marked off as multiples of ten (10) or fifteen (15) yard infractions per field size.

**20.6.1** Any foul deemed flagrant by the official (i.e. unnecessary roughness, flagrant personal foul) shall be fifteen (15) yards or ten (10) yards and automatic first down or loss of down depending on whether infraction is offensive or defensive.

**20.6.2** Any player or coach receiving (2) Unsportsmanlike Conduct fouls shall be ejected for the remainder of the game and shall be suspended for all the next game. The official on the field shall make the determination depending on the nature of the foul. Subject to 23.4.0.

20.6.3. On indoor fields with walls and pads, players may push another player into the wall, but unnecessary roughness of a flagrant nature would be driving a player into the wall.

20.7.0 A certified roster for each team will be used for check ins. Each team will have to check in a player through a designated league rep in order for that player to play in the game. Failure to do so, or playing an unapproved player will be met with disciplinary action up to including suspension from the league indefinitely. Fielding illegal players will not be tolerated by the league! Our PLAYERS SAFETY is our number one priority to include ensuring players meet the divisions age and weight requirements.

20.8.0 Jr Mite and Mitey Mite teams may have one (1) coach on the playing field during offense and defense. The coach may assist in positioning and instructing the players but cannot interfere with the play.

20.8.1 **FREEZE PUNT RULE:** Jr Mite and Mitey Mite teams will have the option on 4th down to declare they are punting. This shall be a freeze punt. Both teams shall line up in punting and receiving formations, and the punter receives a "free" snap. All players are frozen until the ball is kicked, then it becomes a "live ball" and full play is resumed. The penalty for offensive or defensive violation of the "Freeze Punt" rule shall be ten (10) yards.

## **20.9.0 X PLAYER RULES**

**20.9.1** All X players will be designated with an X on the player roster.

**20.9.2** All X players shall wear a 4-inch black or white X (based on the color of the helmet, so that it is contrasting) on the front and back of the players' helmet.

**20.9.3** X players must play as follows:

a. Each team may have a maximum of 5 X players participate during a down. (One of which can be a tight end)

b. Positions at the snap:

(1) All X players shall be on their line of scrimmage and shall be in a 3 or 4-point stance. The X player may be in a 2-point stance as long as their hands are below their knees.

(2) Defensive X players may "shade" to the outside of the tackle or tight end. They may not line up further outside than this.

(3) Offensive X players shall not be more than three positions from the snapper.

(4) An X player may play a tight end, but must be within one yard of the adjacent interior lineman.

(5) X player tight ends are eligible for a forward pass but are prohibited from directly receiving a hand-off or backward pass.

- (6) Any X player may advance any ball that he legally possesses (forward pass reception, interception, fumble recovery, punt/kick reception).
- c. X players may play on any free kicks on the front line only unless kicking the ball which X players are allowed to do. X Players may advance the ball if recovered from the front line position.

## **20.10.0 OLDER BUT LIGHTER RULES**

**20.10.1** Each team may have up to 6 Older But Lighter (OBL) players on a team. However, only 4 Older But Lighter (OBL) players may be on the field at a time. If a team has more than 4 Older But Lighter (OBL) players, they must designate each Older But Lighter (OBL) player with a 4 inch Z on the front and back of the helmet. The "Z" will be black or white depending on the color of the helmet, so that is contrasting.

## **20.11.0 OVERTIME**

**20.11.1** There shall be no overtime in regular season games. If the score is tied at the end of regular play, the game ends as a tie.

**20.11.2** In the event of a tied score at the end of playoff game or a Rocky Mountain Bowl game, there will be a coin toss by the official at midfield. The winning team chooses to kick or receive, and each team receives an offensive possession starting at the ten (10) yard line.

20.12.0 A team failing to have a certified coach for their team will forfeit the match and will be subject to 23.4.0.

## **21.0.0 PLAY-OFFS AND ROCKY MOUNTAIN BOWL QUALIFICATIONS**

21.1.0 Single elimination play-offs will be held for the four teams per age division with the highest win record.

21.1.1 If any teams have identical records, the winning team will be determined first by the team that won the head to head match up in the regular season. If that is also a tie, then the winning team will be determined by the team with the highest point spread in their winning games.

21.1.2 If enough teams enter an age division, the league will divide the division as it sees fit to provide the best experience for the teams.

21.2.0 Playoff and Rocky Mountain Bowl times and locations to be determined by the League.

## **22.0.0 AWARDS AND SOCIAL FUNCTIONS**

22.1.0 The following awards and trophies will be awarded by the League:

- a. A team trophy will be presented to each "RMYFL" championship team.
- b. Each player on the championship team will receive an individual trophy.

22.2.0 The League encourages and approves of awards banquets, parent's participation, game treats, or other activities which build and aid the League or teams in a constructive way.

## 23.0.0 STANDARDS OF CONDUCT

**23.0.1** The standards of conduct in this section are designed to maintain a fair and safe environment for all. There are a few individuals involved with any program for which the concept of fairness, respect, and honesty are foreign. These standards apply to EVERYONE involved in the RMYFL; players, coaches, parents, spectators, and fans.

23.1.0 Any infraction of the by-laws, rules, policies, and procedures contained in this document may be cause for forfeiture of game or games, probation and/or suspension from the league of spectators, fans, parents, players, coaches, or teams. Subject to 23.4.0.

23.1.1 All of the above mentioned people are subject to the concussion and sideline policy. Penalties subject to 23.4.0.

23.2.0 Scouting in any manner of an opponents practice session is strictly prohibited.

23.3.0 NO RMYFL affiliated person to include parents, spectators, players, coaches, or staff:

- a. Will strike or make inappropriate contact with another individual
- b. Will allow or encourage an ineligible, illegal, uncertified or otherwise unqualified individual to participate in League activities.
- c. Will verbally encourage any player to intentionally inflict physical harm on another player, use profane, racial slurs, other abusive language, or use gestures that are derogatory to other teams.
- d. Will use abusive profane language by a parent of a player or spectator.
- e. Will use threats of ANY kind (verbal, gestures, physical) by ANYONE (player, coach, parent, spectator, etc.) to ANYONE including Field Officials or League Officials. If this occurs, the person using the threat will be subject to league reprimand up to and including immediate ejection, law enforcement involvement, and possible suspension from any further involvement with the League. Subject to 23.4.0.

## 23.4.0 COACH'S/PLAYERS OFFENSES AND DISCIPLINE

- a. Running up the score;
- b. Endangerment of Youth
- c. Teaching prohibited or illegal techniques
- d. Fighting
- e. Cheating
- f. Threats to any player, League official, Field Official, other coach, etc.
- g. **Having illegal/ineligible players** on the team (falsifying documents, not registering a player, age or weight violations, etc.) If a team wins a game with an illegal/ineligible player that team will forfeit that win and take a loss on that game. The team may also face other sanctions by the league.
- h. **Forfeiture of games:** there is a \$500.00 team fine for teams that forfeit games because they choose not to show or participate. This fine must be paid before the next scheduled game otherwise the team will forfeit the remaining of its scheduled games for that season with no player refunds issued.

**23.4.1** Players and/or Coaches that are ejected from a game for any reason are immediately ineligible and cannot participate during the remainder of the game, and for the 1st ejection of the season, he/she shall not be eligible for the next scheduled game which will be determined by the Commissioner with the information provided by the

game officials and in consultation with the Arbiter. For the 2nd player or coach's ejection of the season, he/she shall not be eligible for the next game and up to the next two (2) games, which will also be determined by the Commissioner with the information provided by the game officials and in consultation with the Arbiter.

**23.4.2** The Commissioner and Board of Directors will take into account the circumstances, severity of the violation, the individual and teams history.

**23.4.3** Any person (coach, team official, spectator, parent, player, or so on) is subject to the below penalties.

A. The League may suspend from participation in all league activities for the appropriate amount of time including up to permanent suspension from the League.

B. Fine the team an appropriate amount for the violation. Fines must be paid before the next scheduled game otherwise the team will forfeit the remaining of its scheduled games for that season with no player refunds issued.

C. Require the team to pay for Law Enforcement presence to a rate that is competitive and a reasonable amount of time to cover before, during and after the involved team would have been on the field. The amount to be determined by the Commissioner. This fine must be paid for at least two days prior to the teams next game or is subject to forfeiture as laid out in 23.4.3.B.

D. Deem the person ineligible for participation in post season playoffs or Rocky Mountain Bowl Game.

**23.4.4** Penalties for above violations will be determined by the Commissioner. Counsel with the Board of Directors shall occur for serious or repeated violations.

**23.4.5** All other infractions/violations will be taken under consideration by Board of Directors.

## **24.0.0 ALLEGATIONS, APPEALS, AND PROTESTS**

### **24.1.0 CONFLICT RESOLUTION**

**24.1.1** It is expected and normal that in athletic competition there will be disagreements. These disagreements have the potential to escalate into conflicts. The Board of Directors, and the Regional Directors have the authority and responsibility to resolve disputes. As much as is reasonable, opposing parties are expected to view the issues from a neutral perspective.

**24.1.2** All allegations concerning the violation of these by-laws, Rules, Policies and Procedures shall be sponsored by a member of the Board of Directors or a Regional Director. Parties shall first take the allegation/complaining to the appropriate head coach, then the Regional Director. Any allegation or complaint going to a Regional Director, or above, should be filled out in the appropriate form.

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**24.1.3** If a satisfactory agreement cannot be made through the head coach or Region director, it may be presented to the Commissioner for review by the appropriate form. Parent or coach input may be presented **ONLY** by a Regional Director to the Commissioner. The Commissioner's recommendations shall be given to the Region Director. The decision of the Commissioner will be final.

## **24.2.0 APPEALS**

**24.2.1** Appeals regarding decisions of the Commissioner shall be filed in written in the appropriate form within 48 hours of the decision Appeals of decisions by the Commissioner shall be submitted to the Commissioner who will forward it to the Board of Directors. The Board's decision will be final.

**24.2.2** The Appeal must set out specifically the basis for the appeal and the reasons why the decision is believed to be clearly erroneous, arbitrary or capricious. It must be signed by the Commissioner. Appeals must be received within 48 hours

## **25.0.0 Rocky Mountain Youth Dance & Cheer** (*See Dance and Cheer bylaws*)