



SCARDSDALE REC YOUTH FOOTBALL LEAGUE

2011 - QUICK RULES

ADMINISTRATION / PRE-SEASON

As of: August 3, 2011

Mission:

The Scarsdale Recreation Youth Football League (SRYFBL) is a collaborative effort among the players, coaches, parents, guardians, fans, and officials to create an atmosphere that nurtures a life long love of the game of football with an emphasis on safety, instruction, full participation, and fun.

Sportsmanship:

All players, coaches, fans, and officials shall show the highest respect for one another. Modesty and respect shall be displayed in victory, and graciousness and respect shall be displayed in defeat and in times of disappointment. Unsportsmanlike conduct will not be tolerated, and all adults are expected to set a positive example. Officials are authorized to remove anyone not acting appropriately.

Team Eligibility:

- Every team must be properly registered and in good standing with the League office, which will require, at a minimum:
 - Home Field availability for at least three (3) Saturdays and special schedule requests due August 1.
 - League Fee payment due September 1.
 - Certificate of Insurance, Coach Certification, Coach Contact Information, Team Rosters and Birth Certificates (**new players only**) due September 1.
 - Community Contacts attendance required at all mandatory league meetings.

Player Eligibility:

- Every player must be properly registered with the League office, which will require, at minimum:
 - A copy of the Birth Certificate by weigh-in.
 - Attendance in 3rd through 8th grade; No 2nd graders; No involvement in other football programs.
 - A fully completed Roster, including Player Jersey Numbers due September 1.
 - Incomplete rosters will result in teams NOT eligible to participate in league scheduled games.
- Every player must be weighed by a League official prior to competing.
 - A league formula of age and weight will determine player eligibility (supplied by league).
 - Players exceeding the ball carrier weight (an "X Player") shall be limited to playing Center, Guard, Tackle and Defensive End. In addition, an "X" player may punt and may play any position on a P.A.T.
 - Players exceeding the X Player limit (a "XX Player") shall be limited to playing Right Tackle on Offense and Left Tackle on Defense. In addition, a "XX" player may play any position on a P.A.T. and may punt, but shall proceed immediately to the sideline after punting the ball.
 - X and XX Players must have a corresponding 6" x 6" X or XX of contrasting color on the back of their helmet. Players without proper markings before game starts will not be permitted to play.
 - Players exceeding the Maximum Limit may play up 1 division.
 - Players may not play below their age or grade level.

Designation Limit	3 rd & 4 th	5 th & 6 th	7 th & 8 th
Maximum Ball Carrier (weight)	85	110	135
Maximum X Player (points)	10	23	161 & UP => OT, DT
Maximum Limit (points)	14	27	



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Practice:

- Official practices on **Saturday, August 20, 2010**, and the following weekly limits apply:

Maximum Permitted Practice Sessions and Hours per Week of Practice			
Starting with the 1 st Practice	3 rd & 4 th	5 th & 6 th	7 th & 8 th
With No Pads	3 sessions / 6 hours	3 sessions / 6 hours	3 sessions / 6 hours
In Pads	3 sessions / 6 hours	3 sessions / 6 hours	3 sessions / 6 hours
After 1 st Week of Games	3 sessions / 5 hours *	3 sessions / 5 hours *	3 sessions / 5 hours *

* The 3rd practice shall not exceed 1 hour / may only be a walk through the day prior to the game / no equipment may be worn.

Officials / Conduct / Goal:

- League Director will coordinate the scheduling of all games and all officials.
- Each community is responsible to provide League Director of their respective divisional practice schedules.
- To emphasize safety on the field, the officials will use a quick whistle.
- Coaches are responsible for the conduct of players, coaches, and parents on the sideline.
- Coaches must have a copy of these “Quick Rules” at every game.
- Tobacco and Alcohol use are strictly prohibited.
- Scouting of other teams is not permitted.
- League Director or Game officials may request the removal of individuals from the area or call the game at any time.
- League director MUST be notified of any player, coach, parent or guardian that is removed from a game. An automatic one game suspension will be levied against such individuals removed and/or ejected from a game. League director will review each incident, on a case by case basis, to determine if further actions need to be taken.
- Head Coach is responsible to report all “Major” accident/injuries “WITHIN 24 HOURS” whether they occur during official scrimmages, practices or games, to League Director. The definition of a “Major” accident/injury is one that requires the assistance of an EMT, Police and/or Fire personnel, hospital Emergency Room or Medical Doctor visit. Obvious examples include a broken bone, head blow (concussion), bone separation, etc.

2011 Regular Season Schedule:

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|------------|--------------|--------|--|
| ○ Saturday | September 17 | WEEK 1 | |
| ○ Saturday | September 24 | WEEK 2 | |
| ○ Saturday | October 1 | WEEK 3 | |
| ○ Saturday | October 8 | WEEK 4 | (BYE Week – Scarsdale/Edgemont/Irvington – Yom Kippur) |
| ○ Saturday | October 15 | WEEK 5 | |
| ○ Saturday | October 22 | WEEK 6 | |
| ○ Saturday | October 29 | WEEK 7 | |
| ○ Saturday | November 5 | WEEK 8 | (BYE Week / Rain Date / Makeup Date) |
| ○ Sunday | November 13 | WEEK 9 | (Super Bowl II) |