

**Stamford Youth Foundation  
Elementary Football  
(Children entering grades 3-5 in the fall)  
League Rules 2017  
Updated 4/28/17**

**UPDATES NOTED IN RED**

Introduction:

The primary goal of SYF Elementary School Football is to teach the youth of Stamford football techniques, teamwork and responsibility to oneself and the team. *The players must know that their participation in the league is a privilege, not a right.* As such, their privilege to remain on the team is constantly evaluated against a list of criteria that include, but are not limited to: grades, behavior in school and in practice, school/practice attendance and being good citizens.

It is the responsibility of the coaches to enforce the League Rules and to conduct themselves according to the Coaches Agreement they have signed. Infractions of the rules will require disciplinary action to be taken by the football board. The extent of the sanction to be determined by the league Director. Sanctions could range from warnings to suspension, game forfeiture or removal of the coach from the league. Basic and accepted common football rules will be utilized except with the league modifications noted below. Any change or modification to the league rules noted below require a SYF BOD member approval.

A player that weighs below 100lbs will have their position determined by the individual teams coaching staff .(ie- not all players that fall within the ball carrying weight limit will carry the ball).

**Parent's Responsibility**

The parents are expected to uphold and support the agreement they made, with their child, in the Player and Parent/Guardian Contract.

**Parents are required to have their children's league fees current before equipment will be distributed. Requests for refunds will be honored before July 31 and will incur a \$50 processing fee, requests for refunds after July 31 will NOT be honored. IF A CHILD REGISTERS AFTER JULY 31, THEY WILL BE ASSESSED A \$50 LATE CHARGE.**

Parents are required to have all of their children participating in SYF Football gear returned or reimbursed to the league. Siblings of players that have not returned their equipment will not be allowed to play until all of their gear is returned.

Parents are required to either pick up, or make alternate pick up arrangements, for their children that coincide with the ending practice time. Coaches are required to remain at the field until all players are picked up. Parents who do not arrange for pick up, or are habitually late in pick up, put their child at risk of being removed from the program. It is within the coach's right to request that a player be removed from his roster for habitually late pick up or lack of appropriate pick up arrangements.

In the spirit of good sportsmanship, it is expected that parents and other spectators will cheer for their team, not against the opposing team.

Taunting, verbal abuse and profanity directed at any participant, coach, official and support staff of SYF **will not be tolerated**. A parent and/or spectator identified in one Incident Report will be suspended from entering a Facility hosting a SYF activity for the following week's game/activity.

**IN ADDITION, THE LEAGUE WILL NOT TOLERATE THE USE OF PROFANITY AND INCITEFUL LANGUAGE DURING THE COURSE OF THE GAME. IF ANY PLAYER, COACH OR SPECTATOR IS HEARD TO HAVE USED THIS INCITEFUL TYPE OF LANGUAGE, THE HEAD REFEREE WILL STOP THE GAME AND CALL BOTH COACHES TO THE CENTER OF THE FIELD AND GIVE EACH TEAM A WARNING. THIS WARNING WILL EXTEND TO THE PLAYERS, COACHES AND SPECTATORS. THE SECOND TIME THE REFEREE HEARS THIS TYPE OF LANGUAGE, THE TEAM RESPONSIBLE WILL BE ASSESSED A 15 YARD PENALTY. THE THIRD TIME THIS TYPE OF LANGUAGE IS HEARD DURING THE COURSE OF THE GAME, THE HEAD REFEREE**

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**WILL ASSESS A 15 YARD PENALTY TO THE OFFENDING TEAM AND THAT PERSON, (PLAYER, COACH OR SPECTATOR) WILL BE EJECTED FROM THE GAME AND FACILITY IMMEDIATELY. THAT PERSON WILL THEN BE SUBJECT TO HEARING TO DETERMINE THEIR ELIGIBILITY TO PARTICIPATE FOR THE REST OF THE SEASON AS A PLAYER, COACH OR SPECTATOR. ANY PERSON RECEIVING A SECOND OFFENSE WILL NOT BE ALLOWED AT AN SYF EVENT FOR THE REMAINDER OF THE SEASON AND WILL HAVE TO APPLY TO BE REINSTATED BY THE SYF COMMITTEE AND/OR BOARD. BASED UPON THE SEVERITY OF THE OCCURANCE—A REFEREE MAY CHOOSE TO ASSESS A PENALTY OR EJECT A PLAYER/SPECTATOR/PARENT OR COACH AT THEIR DISCRETION WITHOUT FOLLOWING THE GUIDELINES ABOVE.**

A second offense will result in a season long suspension for that parent/spectator. The player's eligibility will not be affected. If the suspended parent/spectator attempts to attend an SYF event while under suspension, the player will then be suspended for the remainder of that season.

Players that have NOT returned their equipment from the prior football season OR any other SYF sport will NOT be allowed to participate unless every item is returned or the league is reimbursed for missing items.

**Any parent/spectator that physically assaults a referee, player, spectator or coach in a game or in a practice will immediately and permanently be barred from any SYF sponsored game or event and they will be prosecuted to the fullest extent of the law. That person's child (children) will be immediately removed from their team for the remainder of the season.**

#### **Player Eligibility**

Elementary-

**PARENT/GUARDIAN AFFIRMS CHILD HAS SEEN A DOCTOR IN THE LAST 12 MONTHS AND HAS BEEN CLEARED TO PLAY A CONTACT SPORT.**

All players must agree to code of conduct

Players in this division must be entering the 3<sup>rd</sup>, 4<sup>th</sup> or 5<sup>th</sup> grade in the fall of the season playing.

Returning players will be placed onto their team from the prior season unless a parent requests otherwise (***hardship required for team change***).

Players will be placed on teams by using the LEAGUE district breakdown. Once a roster has reached reasonable size, players will be placed onto a team's roster with the greatest need for players. The league HIGHLY suggests registering as early as possible to be placed on the team in your district. It is at the league director discretion to place a player on a team outside his district. At Directors discretion, players may be accepted from surrounding communities. These players will be placed onto teams with the greatest player need and are located near their home geographic location. **RECRUITING TO A TEAM OUTSIDE A PLAYERS DISTRICT IS NOT ALLOWED.**

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**Coaches Eligibility**

All coaches must sign the Coaches Code of Conduct.

Coaches MUST maintain Good Citizenship on and off the field. Any type of legal issues, abusive language aimed at the children or any other type of behavior that the football director deems detrimental to the welfare of the children could be cause for immediate suspension.

Coaches must read, understand and follow the guidelines set forth in the Stamford Youth Foundation Safety manual.

Any coach that is ejected from a game for unsportsmanlike behavior will also be suspended for the following week's game(s). A coach that is ejected - must **immediately** leave the **field/playing area/stadium**. They will NOT be allowed to coach their remaining games during that weekend (if any). **A SUSPENSION INCLUDES ALL COACHING DUTIES THE FOLLOWING WEEKEND, PLAYOFFS AND CHAMPIONSHIP GAMES INCLUDED. AFTER BEING EJECTED FROM A GAME AND WHILE SERVING THEIR SUSPENSION - THE SUSPENDED COACH WILL NOT BE ALLOWED TO REMAIN IN (or, BE IN) THE STADIUM OR STANDS. THIS INCLUDES ALL GAME DAY ACTIVITIES INCLUDING ANY PRE-GAME WARM-UPS OR PREPARATION. COACHES TRYING TO CIRCUMVENT THIS RULE WILL RECEIVE AN INDEFINITE SUSPENSION AND THEIR TEAMS' GAME(s) ARE SUBJECT TO FORFEIT.**

**Any coach that physically assaults a referee, player, spectator or opposing coach in a game or in a practice will immediately and permanently have his coaching privileges revoked.**

**Weight Restrictions**

There is no minimum or maximum weight to participate in the Elementary division of SYF Elementary Football.

A Weight Restriction has been placed on ball handlers (Quarterbacks, Running Backs and Receivers). The max weight for ball handlers is 100 lbs for Elementary. No player may be placed in a traditional ball handling position if that player is above 100lbs for Elementary on the official weigh in roster. Literally meaning, no player in excess of 100lbs for Elementary can ever line up in a traditional back field position. Tight ends may weigh more than 100 lbs provided they are never used as runners and/or passing primary targets or decoys.

During plays from scrimmage--A player over 100lbs for Elementary may not run with the ball unless he is the player that recovered a fumble, caught the ball via a tip or interception. Hand-offs and laterals to players in excess of 100lb for Elementary Mites are not allowed.

Interceptions and fumbles recovered by players in excess of 100lbs for Elementary will continue as live plays with that player eligible to run the ball only if that player made the interception or fumble recovery.

**There will be no designed plays that would put the ball in the hands of a player in excess of 100lbs for Elementary.** Any play other than those described above in which a player in excess of 100lbs for Elementary runs the ball will result in stoppage of the play and returning the ball to the initial contact point, or the point of infraction whichever provides less desirable field position.

Linebackers, Cornerbacks and Safety's are limited to 100 lbs for Elementary max weight.

Official Weigh-In for the Elementary League will be on a date determined by the Elementary commissioner or league director. There will only be one weight-in per team, NO EXCEPTIONS (unless allowed by league director). If a player is not at the teams official weigh-in or registers after the weigh-in, he will be listed at 110lbs for Elementary

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regardless of his actual weight. From that time, the player's participation will be limited to the Elementary Weight Restrictions. There will NOT be any re-weighting allowed.

**Practice/Scrimmages**

A practice is defined as a meeting between the players and the coach in which football technique and/or strategy are reviewed, practiced and/or discussed. This would include meetings and film sessions. A player must attend 5 conditioning practices before he can be issued equipment and participate in contact drills and 5 practices in pads before he can participate in a scrimmage or a game. A player must be eligible to play in a game by the second week of the season. If by that time they are not eligible, they will be removed from the roster

A player and his parent/guardian must sign the Player and Parent/Guardian Contract before he is issued any equipment.

Attendance must be taken at every practice. Habitual absence and/or tardiness are sufficient reasons for removing a player from the squad. Documentation must be provided and the Football Board notified before any player is removed from the squad.

In addition to the basic football equipment, coaches must insure that the following items are available at the practice field for every practice:

- Cell Phone
- Water
- Medical Kit

At least one coach must remain at the practice facility until the last player has been picked up. The coach is not required to put up with habitual tardiness from a parent picking up a child. Habitual tardiness on the part of a parent is sufficient grounds for removing the child from the squad. A coach must document this using the Incident Report Form and present his request for removing the player to the Football Board before taking any action.

Scrimmages with other teams are allowed under the following conditions:

- A scrimmage counts as a practice.
- Only one scrimmage per week is allowed.

Scrimmages with teams outside of the SYF Elementary School league are not allowed.

It is the responsibility of the coaches to arrange for the location, trainers and permits for scrimmages where required.

**A practice week is designated as Monday- Sunday.**

**Practice limitations MUST be adhered to as follows:**

- **Aug 15- Equipment Distribution UPTO 5 days a week for NO more than 90 minutes per day**
- **Equipment Distribution- Week ONE game UPTO 4 Days per week (No Mondays), ONLY ONE DAY PER WEEK FULL CONTACT other days players may ONLY wear their helmet (NO OTHER GEAR) 90 minutes per day**
- **Week One- End of Season UPTO 3 days per week (No Mondays or Saturdays), ONLY ONE DAY PER WEEK FULL CONTACT other days players may ONLY wear their helmet (NO OTHER GEAR) 90 minutes per day**

**If a coach violates these practice guidelines the below will be the consequences:**

- 1<sup>st</sup> offense- Head Coach Suspended One COMPLETE WEEK (Including ALL practices and games)**
- 2<sup>nd</sup> offense- Entire coaching staff Suspended One COMPLETE WEEK (Including ALL practices and games)**
- 3<sup>rd</sup> offense- Entire Coaching staff removed for balance of the season and the following game is forfeited**

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**Injuries**

A Football Injury Reporting form must be completed for any player who requires medical attention from either the coaching staff or Emergency Personnel. **The form must be completed and submitted to the Safety Coordinator within 24 hours of the occurrence.**

**Any injury that requires Emergency Personnel to be called to the field must be reported to the Safety Coordinator or league director. In the event either of these two people is unavailable, the Coach should contact any other member of the Football committee.**

**Incident Report**

An Incident Report form has been developed in order that inappropriate and/or dangerous behavior can be documented and brought formally to the attention of the Football Board. This form covers the actions of anyone who is involved or attends a Stamford Youth Foundation Event – Players, Coaches, Parents and Spectators. All Incident Report forms should be submitted to the Elementary School Commissioner who will address the issue. The Commissioner will bring the Incident Reports to the attention of the Football committee as they deem necessary – repeat offenders, health and safety issues, etc. The board will take action that is deemed appropriate up to and including removal from the league.

**Game Day Requirements**

Each AWAY team will arrange for 3 parents at every Elementary game, to serve as the chain crew.

**Game Rules – Elementary**

- Games will be divided into four (4) ten (10) minute stop time quarters. Halftime will be 10 minutes. There is NO overtime for games that end in a tie.
  - Intermission after the first and third quarters will be the time that it takes for the officials to switch direction on the field of the teams on the field.
- **KICKING/PUNTING-----THERE WILL NOT BE ANY KICK-OFFS. THE BALL WILL BE PLACED AT THE 30 YARD LINE TO BEGIN THE GAME, AFTER ANY SCORE OR HALF TIME POSSESSION CHANGE.**

**PUNTS ARE OPTIONAL—IF THE COACH CHOOSES HE MAY EITHER PUNT THE BALL OR ELECT TO HAVE A POSSESSION CHANGE 20 YARDS DOWN FIELD.** (ball may not be moved inside receiving teams own 10-yard line). **PUNTS ARE NON CONTACT. IF THE COACH ELECTS NOT TO PUNT THE BALL ON FOURTH DOWN, THAT PLAY SHALL NOT BE COUNTED TOWARDS A PLAYERS MPR. *If a coach elects to punt, the ball shall be turned over at the point at which it comes to rest. Punts may not be returned (safety purposes) Since returns are not allowed, punts may NOT be downed and any ball that comes to rest inside their opponents 10-yard line will be placed at the 10. If a punt enters the end zone the ball shall be placed at the 20-yard line.***

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**EXTRA POINT KICKS ARE ALLOWED AND ENCOURAGED--- PLUS THEY REMAIN NON CONTACT.**

- All players dressed and eligible for a game will play a minimum of 8 plays. Special teams plays will count toward that total.
- If the offensive coach chooses to punt the ball the clock will be stopped and the opposing team shall then be allowed enough time to change its backfield defense to receive the punted ball. The punt will be a non-contact play until the ball is kicked. Both teams shall not move downfield until after the ball is kicked. When the ball is kicked the play will become live—FAKE PUNTS ARE NOT ALLOWED.
- Extra points after touchdowns shall either be kicked or run. If kicked, the offensive team must notify the referee. The opposing team will then be notified by the referee not to rush on the play. A running or passing play is a live play.
- There shall be no chop blocking, crack back blocking, head tackling or spearing techniques taught or used at any time. If such techniques are taught by coaches, said the Football Board shall dismiss coaches after review of the situation.
- Game Point Breakdown

Touchdown	6 points
Safety	2 points
Extra Point Kicked	2 points
Extra Point not kicked	1 point
Field Goal	3 points
- Three (3) timeouts per half are allowed to each team.
- Defensive Formations are limited to those noted below.
- **4 Defensive lineman NO Nose Guard (NEVER HEAD UP ON CENTER):**

**1. Two defensive lineman must line Head-up one yard from the line of scrimmage in a three or four point stance inside the tackle box. NO BLITZING IN THE TACKLE BOX / INTERIOR LINE. NO EXCEPTIONS---**

**2. Two Defensive Ends must line Head-up one yard from the line of scrimmage in a three or four point stance inside the tackle box. If there is a wide receiver to cover, a defensive end can line up 1 yard from the line of scrimmage head-up on the wide receiver. NO BLITZING IN THE TACKLE BOX / INTERIOR LINE. NO EXCEPTIONS---** (if the opposing team does not have a TE the DE must be no further outside than the outside shoulder of the OT OR 4 Defensive Lineman where ALL 4 lineman are in a three or four point stance.

**3. Four defensive linebackers must be three yards or more from the line of scrimmage. Outside Linebackers(OLB) must be lined on the outside shoulder of the Defensive End. If there is a wide receiver to cover, a defensive linebacker can line up 1 yard from the line of scrimmage head-up on the wide receiver. NO BLITZING IN THE TACKLE BOX / INTERIOR LINE. NO EXCEPTIONS---**

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**4. Three defensive backs must be seven yards or more from the line of scrimmage on the outside shoulder of OLB. If there is a wide receiver to cover, a defensive back can line up 1 yard from the line of scrimmage head-up on the wide receiver. NO BLITZING IN THE TACKLE BOX / INTERIOR LINE. NO EXCEPTIONS---**

- **The offensive center may NOT be touched at any point during the snap and there will not be any defensive lineman lined up over the center.**
- **Blitzing inside the tackle box is not permitted. Defense Must Be Set.**
- 4 Linebackers that must be at least 5 yards behind the deepest lineman. A linebacker may move parallel to the line prior to the snap, but may not move any closer than 5 yards behind the deepest lineman until the ball is snapped. If a linebacker moves forward before the snap of the ball a 15-yard unsportsmanlike conduct penalty will be imposed.
- 3 Defensive backs must be at least 3 yards behind the deepest linebacker until the ball is snapped. If a defensive back moves forward from this position before the ball is snapped, a 15-yard unsportsmanlike conduct penalty will be imposed.
- Blitzing of linebackers and defensive backs is strictly prohibited and subject to a penalty. Linebackers and defensive backs must be taught to read and react to the ball **with at LEAST ONE INITIAL LATERAL OR BACKWARD STEP.**
- Defensive alignments do not have to balance the offensive alignments.
- Inside the ten-yard line, any defensive alignment can be used. The no blitzing rule remains in effect.
- Lateral movement of defensive linebackers, defensive backs and defensive ends are unrestricted.
- Defensive rush NOT allowed during punts and extra-point kicks.
- **Teams which attain an eighteen point or more lead during a game must remove their entire starting offensive backfield and defensive linebackers. Play selection at this time should be conservative to avoid embarrassment or criticism. No sweeps or passing is allowed. The team in the lead should take this opportunity to give players all players on their team into the game in excess of the minimum play requirement. The team that is losing should also, but is not required to, substitute in players who have received minimum playing time up to that point. ANY COACH FOUND NOT TO COMPLY WITH THIS REQUIREMENT WILL BE SUSPENDED FOR HIS NEXT GAME AND WITH A SECOND OCCURANCE WILL BE SUSPENDED FOR THE BALANCE OF THE SEASON (INCLUDING PLAYOFFS AND CHAMPIONSHIP GAMES)**
- One coach is allowed to be on the field with his team for the first 3 games only (this will include any scheduled scrimmage game(s)). Once the offensive team breaks the huddle, both coaches on the field must remain silent. They are not allowed to re-position players by physically moving them or by giving verbal instructions. The coaches must position themselves 10 yards behind their deepest player.
- A maximum of four coaches are allowed on the sidelines during the game. An additional 5<sup>th</sup> coach is optional and only allowed if the 5<sup>th</sup> coach acts as the MPR coach stationed on the opposing team's sideline. Only registered coaches are allowed on the field/sideline during the game. No parents and/or siblings are allowed on the sidelines. The head coach will be responsible for maintaining his respective sideline during the game.



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- The use of cell phones or walkie-talkies or any other means of electronic communication by the coaches during the game is prohibited.
- Games played on week one are scrimmage games and do NOT count toward playoffs
- **IF A PLAYERS HELMET COMES OFF HIS HEAD DURING THE COURSE OF A PLAY, PLAY MUST BE STOPPED AND THE PLAYER MUST LEAVE THE FIELD FOR THE NEXT PLAY**
- Football director reserves the right to modify or update any rule before, during or after the season
- Playoffs will consist of all teams. In case of a tie, head to head records will be the next level to determine position then, if needed, a coin toss.

Playoff schedule:

Week One: 1<sup>st</sup> vs 4<sup>th</sup>  
              2<sup>nd</sup> vs 3<sup>rd</sup>

Week two: Championship

**Mandatory Play Requirement Rules and Procedure**

Procedure:

1. Each team will assign coaches to be responsible to assist with the MPR Rule. Each Team will have an MPR Referee assigned to them to make sure that the MPR Rule is followed.
2. One of the MPR coaches will remain on his team's sideline and will be responsible for assisting the MPR Referee assigned to his sideline.
3. At halftime, the MPR Referees will report to the head Referee the status of the Both Teams players relative to their MPR status so that the Head referee can inform Both Head Coaches of all players still shy of the minimum play requirement.
4. At the start of the 4<sup>th</sup> Qtr, the MPR Referees on both sidelines will approach the Head Referee and advise him of any players still short of the minimum play requirement.
5. The Head Referee will instruct the coaches of Both Teams that they must **immediately** put all players into the game until they have completed their minimum plays. The Head Referee will also immediately assess a 15 Yard penalty to the team or teams that do not complete the MPR Rule by the fourth quarter. If both teams are in violation of the rule the penalty will be assessed when that team is in possession of the ball.
6. As soon as all players on a team have reached the minimum play requirement, both MPR Referees must sign the MPR sheet.
7. At games end, the signed MPR sheets must be turned in to the elementary Commissioner.

Rules:

1. All players dressed and at the field will play a minimum of 8 plays
2. Players arriving after the start of the game, but before the start of the second half must play 8 plays. Players arriving after the first half ends must get a minimum of 4 plays
3. Each Head Coach is responsible for supplying the MPR Referee a sheet with their players names and game jersey numbers neatly written. Any player that is injured or is otherwise ineligible to play must be noted on the MPR Sheet.
4. The MPR coach that is stationed on his sideline has the responsibility to assist the MPR REFEREE ASSIGNED TO HIS TEAM.



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5. The MPR REFEREE AND COACH should move together on the sideline and keep a respectful distance from the coaches on the sideline to allow for privacy
6. Plays must be from the line of scrimmage and will include special teams with the exception of extra points which are kicked (unless the MPR player happens to be the kicker)
7. Any play ending in a dead ball penalty (illegal procedure, false start, delay of game) does not count as a mandatory play
8. Spiking the ball or taking a knee do not count as a mandatory play
9. **At the start of the 3RD Qtr., THE HEAD REFEREE WILL BE INFORMED OF ALL PLAYERS THAT HAVE NOT MET THE MINIMUM PLAY RULE. AT THE START OF THE 4<sup>TH</sup> QUARTER ALL THOSE PLAYERS THAT HAVE NOT MET THE MINIMUM PLAY RULE WILL BE INSERTED IMMEDIATELY INTO THE GAME AND STAY IN THE GAME UNTIL THEY HAVE MET THE MINIMUM PLAY REQUIREMENT. IN ADDITION, THE HEAD REFEREE WILL ASSESS A 15 YARD PENALTY TO THE TEAM THAT HAS NOT MET THE MPR.**
10. The MPR REFEREE has the final say in the event that there is a question regarding a player's MPR count
11. If a Head Coach does not fulfill all the necessary MPR requirements for a game, he will receive a one game suspension. A second infraction and the Head Coach will be suspended for the remainder of the season.
12. Any game in which a team does not fulfill their MPR requirements will result in a forfeit.
13. The football director reserves the right to change or modify any rule during the season.
14. Composite football provided by the league are the ONLY allowable ball for practice and games
15. All decisions rendered by the football director and or the football committee are FINAL.
16. All game day rulings by the referees will be final and the football committee is not able to change, modify or overturn their rulings.
17. Player position will be determined by the individual teams coaching staff and will not be bound by weight categories (ie- not all players that fall into the ball carrying weight limit will carry the ball).
18. If a regular season game ends in a tie there is NO OVERTIME. Overtime is ONLY permitted during the playoffs and championship games
19. A maximum of five coaches are allowed on the sidelines during the game. Only registered coaches are allowed on the field/sideline during the game. No parents and/or siblings are allowed on the sidelines. The head coach will be responsible for maintaining his respective sideline during the game.
20. The use of cell phones, walkie talkies or any other means of electronic communication by the coaches during the game is prohibited.

**Weather Policy:**

In case of LIGHTNING, THUNDER OR SEVERE WEATHER the league will follow a 30 minute delay after the last reported LIGHTNING STRIKE OR THUNDER. Games may be delayed up to 30 minutes. (15 Minutes for MM)

If a game can not be continued the league will follow these guidelines:

If a game has been started and was called before the end of the second quarter due to weather or any other issue the referees deem necessary, a tie of 7-7 will be declared regardless of what the score was when play was stopped.

If a game is called after the end of the second quarter for the same reasons noted above, the final score will be whatever score was noted.

Games that are not able to re-start or be played may not be made up. If a game can not be played or re-started, a tie will be declared of 7-7.

As with ALL game day situations, the referees have the final say and will act in the best interest of the children.