

Peninsula Youth Football and Cheerleading Organization Coaches and Blue Hats

Welcome to Training 2018

Agenda

- 1. General Blue Hat Information**
- 2. PYFCO Forms**
 - Game Day Roster
 - Official Evaluation Form
 - Official Number Change Form {3-Part-Form (triplicate issued by PYFCO)}
 - Game Summary Sheet
- 3. Practice Guidelines**
 - Conditioning Week
 - Practices
- 4. High School Rule Changes for 2018**
- 5. Player Safety Coach**
- 6. ID Procedure**
- 7. By-law Points for 2018**
- 8. Exceptions to NFSH Playing Rules**
- 9. Protest Procedures**
- 10. Violations of Rules**

1. GENERAL BLUE HAT INFORMATION:

1. Blue Hats are Representatives of PYFCO
 - a. Must Identify yourself to the Officials
 - b. Remain in View of Officials
 - c. Remain Neutral and Don't Coach (**no picking impact players or counting plays per player**)
 - d. Know the Rules (By-Laws/NFHS Rule Book)
 - e. Virginia High School League Heat Guideline
 - f. Lightning Guidelines
2. Blue Hats are needed as an extra set of eyes to ensure PYFCO rules are adhered to
 - a. They handle all disputes at the lowest level prior to Commissioner involvement
 - b. Maintain Control of Sideline and Spectators
 - c. Ensure accurate completion of 3-Part-Form (triplicate)
 - d. Verify jersey numbers if required
 - e. Monitor Half-time to ensure only Cheerleaders, Cheer Coaches and Team Moms are on the field
 - f. Blue Hats cannot go onto the field during the game unless:
 - o A time out is called by the head coach

2. PYFCO FORMS:

🚩 **Game Day Roster:** Coaches must complete rosters in its entirety, meaning all players who are absent, injured or disciplined are marked. Head Coaches of each team must sign the rosters and Blue Hats will check for them for accuracy. Starters are not marked on the roster anymore. Plays for each player will be tracked to ensure that each player plays the correct number of plays each game. Both sidelines will track this.

🚩 **Official Evaluation Form:** Please use this form to tell us about the officials, and turn them in to your league President or designated representative so he/she can consolidate and get it to the commissioners with the rest of the games paperwork

****Keep in mind, PYFCO uses the official's evaluation form to select officials for post-season play****

🚩 **PYFCO Official Number Change Form:** Temporary number changes require a 3-part-form (triplicate). The form includes player's name, birth date, weight, old/new jersey#, league, team, & reason for change.

- o Coaches prepare form in triplicate & get opposing Blue Hat/coach signatures.
- o Each Blue Hat gets a copy to be turned in w/paperwork

🚩 **Game Summary:** Game Summary sheets are mandatory.

🚩 **Ethics Forms :** Coaches must sign Ethics form prior to taking the field

3. PRACTICE GUIDELINES:

🚩 Practices:

- o The first two days of practice will be shirts, shorts and cleats only.
- o Third day helmets are allowed.
- o The fourth and fifth days shoulder pads may be added.
- o From the sixth day forward, full equipment can be used.

4. HIGH SCHOOL RULE CHANGES FOR 2018

5. PLAYER SAFETY COACH

- Standards include league-wide completion of the Level 1 Coach Certification Course as well as conducting a Heads Up Football Coaches Clinic and a Heads Up Safety Clinic for coaches, parents and players within their leagues
- PSCs monitor their leagues' practices and games throughout the season
- NOT allowed on sidelines during games

6. ID CHECK PROCEDURE

- At half time of the previous game the teams are to assemble in a pre determined location with their Blue Hat or President
- The PLAYERS will remove their helmets and hold their ID so the opposing Blue Hat or President can easily compare the Id to the player.
- The PYFCO form will be completed and each team can return to warm ups
- Any player that has not had their ID checked is not allowed to play. If any player is found to have played prior to ID check they will be considered an ineligible player and the team will be subject to disciplinary action (game forfeiture and suspension).
- If a player arrives late, after ID check but before the start of half time, a coach/Blue hat will take that player to the opposing designated person to check in with their ID
- A player that does not check in prior to the start of half time will NOT be allowed to play.
- PYFCO will no longer require Sideline Cheer ID's.

7. BY-LAW POINTS FOR 2018

Sideline Personnel:

- In addition to the coaches for the game being played and team personnel listed below, only the league Presidents or their designee, the Blue Hat for the game being played, no more than two youth water people and the team photographer are allowed to be on the sideline when the game is being played. An exception shall be made for leagues that have two sides. No other league personnel will be allowed on the sideline. Note: One photographer, video or still, shall be allowed on their own sideline from the 25 yard line to the end of the end zone, outside the coaches box. A spotter with a walkie talkie, assisting the announcer, shall be allowed on the home side of the field.

Player Eligibility:

- Mini Mites: 5 and 6 yr old unlimited; 6 yr old cannot play Mini Mites and Mites
- Mites: 7 and 8 yr old unlimited
- Mighty Mites: 9 yr old & 10 yr old unlimited
- Midgets: 11 yr old & 12 yr old unlimited
- Juniors: 13 yr old unlimited; 14 yr old 185 lbs;
- Age cut off is July 31
- ****Mighty mites now on 100yd field**

Late Team Entry

- If a league cannot field a team by the third week of the Organization's scheduled season, that league will not be allowed to field said team for the remainder of the season.
- If said league does have a team roster submitted to the PYFCO Commissioners by the Thursday prior to the third scheduled week, they may play the remainder of the season. However, the first and second scheduled games of the season will be forfeited.

✚ **Superbowl Eligibility**

- A player must be eligible (meet all PYFCO criteria), be suited and must play in at least 50% of scheduled Organization games. As an exception, the affected league can ask the Board of Directors for a waiver due to extenuating circumstances

7. EXCEPTIONS to NFSHSA PLAYING RULES

✚ **OFFICIALS:** All games when possible will have **four** game officials. There can be three game officials for Mite games, which can actually start with only two officials if both league Presidents agree to do so. **Mighty Mite, Midget, or Junior Division Games will not start with less than three officials present on the field.** PYFCO Games can start earlier than scheduled if the officials receive approval from both league Presidents involved. We are always looking for new referees so if you know someone please pass on our information.

✚ **COACHES:** All football coaches must be certified by the PYFCO approved program prior to any on-field activities.

- PYFCO will allow only up to **eight** certified coaches and two team moms/team dads to be on the sideline in the designated team area for all four divisions: Mites, Mighty Mites, Midgets and juniors.
- A maximum of **three** coaches may be in the restricted area until the ball is live. Mites and Mighty Mites Divisions can have two coaches on the field of play during games.
- They may not direct or coach by words or motions once the quarterback is set to receive the ball
- Additionally, the coaches on the field are required to be at least **three yards** behind the deepest official on either side of the ball.
- **Midgets** and **juniors** are allowed one coach on the field during timeouts.
- Head Coaches are responsible for assistants and are subject to disqualification/ejections if they are unable to control them.
 - When a team reaches **three** total unsportsmanlike conduct penalties on Coaches, the head coach will be ejected on that third penalty.

✚ **PLAYER JERSEY NUMBERS:** Players are not required to have jersey numbers that correspond to their playing position. Duplicate jersey numbers are not allowed. (i.e., 0 & 00, 1 & 01, etc.)

✚ **FIELDS:** We have two fields that are 80 yards, Seaford Elementary (York-Seaford), and Dozier Middle (Tri Citi). Also, keep in mind there's no smoking, alcoholic beverages, or drugs at our fields and pets are not allowed on most fields; get with the League President if you need more information

✚ **PENALTIES:** Fifteen yard penalties, by rule, are 10-yard penalties on an 80-yard field.

- ✚ **Mite Division PAT Exception:** Mite Division Point After Touchdown (PAT) Exception: points awarded are as follows: one point for a successful run and two points for a successful forward kick or pass on a PAT. The offense must announce its intent to the referee if the kick option is selected the referee will inform the opposing team. Once a kick selection is decided, kicking is the only option unless there is a penalty or time out called to reset the play.

****Note**:** The pass must break the plain of the line of scrimmage

✚ **Game Start Times**

- Mini Mites 8:30 AM
- Mites Division 9:30 AM
- Mighty-Mites Division 11:00 AM
- Midgets Division 12:30 PM
- Juniors Division 2:00 PM

- ✚ **Mandatory Playing Rule (24-Point Rule):** In the second half, if there is a 24-point difference, the team that is ahead by at least 24 points will pull all impact players (up to 11). See Attachment 7 for the penalty for violation of this rule. Call timeout – if proven get time out back. Note: Coaches shall deliver to the blue hat a list of the opposing team’s impact players at the beginning of half time up to a maximum of 11.

- ✚ d. 3rd Quarter Rule: As soon as the Mandatory Playing Rule goes into effect in the 3rd quarter, the team that is ahead by at least 24 points on ensuing kickoff shall remove the impact players that have been designated by the opposing team. Once removed an impact player cannot return to the game at all, unless an injury or ejection occurs that bring the team's numbers below 11 players or the lead becomes less than 24 points.

- ✚ e. 4th Quarter Rule: At the beginning of the fourth quarter, if there is a 24-point lead, both teams must pull selected impact players. As long as the Mandatory Playing Rule remains in effect players chosen must not return to the game unless injuries occur or the score changes.

- ✚ Note: An “impact player” is described as a player having a dramatic effect on the outcome of the current game. Any coach violating this rule or caught trying to stratagem (a clever ruse or scheme that is designed to deceive others or achieve a goal) the system will be subject to an ethics violation complaint.

Example of an illegal strategy: *Choosing a team is second and third string quarterback just to take out skilled positions*

- ✚ As long as the 24-point rule is in effect, impact players that are pulled cannot re-enter the game unless:

- the lead drops below 24 points
- The number of players that are eligible to play (non-impact players) drops below 11 (injury, ejection, etc). The opposing team chooses the players that are allowed to re-enter the game.

✚ **Failure to adhere to the 24-Point Rule results in the following penalties:**

- For the first offense, a 10-yard penalty will be assessed on an 80-yard field, 15 yards on a 100-yard field.
- For the second offense, an unsportsmanlike penalty will be assessed against the head coach.

- ✚ **All Players Shall Play:** All players in every league shall play at least four plays per PYFCO game; including special teams. In the event the player is chosen as an impact player, this by-law shall not apply. The penalty for violation of this rule is in Attachment 7.

NOTE: Organization Leagues may set higher number of mandatory plays but not less.

- ✚ **Coaches' and Players' Box:** The coaches' box will be from 25-yard line to 25-yard line on both the 100-yard field and the 80-yard field, regardless of the marking on the field.

- ✚ **Kick-Offs:** It is legal to kick from the ground free kicks. Scrimmage kicks: must occur in or behind the neutral zone. The ball may be placed, punted, dropped kicked, etc. Place kicks: (field goals & point after touchdown) the ball must be kicked from a kicking block. When the kicking team has a **24-point** lead the receiving team will get the ball at their 40-yard line, **regardless of the quarter of the game.** (Exception: On an 80-yard field, the ball will be placed on the 30-yard line.) **During any kick off the referee will hand the ball to the placer or the kicker only. Once the ball is received from the referee no more coaching on the field will be allowed either verbal or by motion. Coached will no longer hand the ball during kick offs.**

- ✚ **Overtime:** A "10 yard line" overtime procedure as identified in the NFSHSA Rule Book will be utilized for each game that ends the fourth quarter in a tie. One series of downs is allowed per team. The defense cannot score. Change of possession ends a scoring drive. PAT procedures apply as in regular game play. Following the second team's drive, if the score is tied, a second series of downs will be played. The resulting score is final.

- ✚ **Ejections:**

- Ejected adults (coaches, team parents, spectators, etc.) must leave the playing area (including the spectator area) before play can resume. Ejected players can remain on the sideline but must remove equipment (helmet and shoulder pads).
- Any individual coach that receives two unsportsmanlike penalties will be ejected. When a team reaches three total unsportsmanlike conduct penalties on coaches, the head coach will be ejected on that third penalty.

- ✚ **Uniforms:**

- Wrist coaches can be worn anywhere on the arm.
- Pink towels are allowed for the month of October.
- Eye black and wrist jewelry – first offense – warning; second offense results in a 15-yard penalty on a 100 yard field (10 yards on an 80-yard field); third and subsequent offenses will result in unsportsmanlike penalty on the head coach.

- ✚ **Miscellaneous:** In accordance with Virginia High School League guidelines (**VHSL Heat Guidelines**), leagues will not conduct practices when the Heat Index reaches 105° at their designated practice fields. Practices will be limited, per league guidelines, when the heat index is in between 95° and 104° at their designated practice fields.

- **HUMITURE** **VHSL RECOMMENDATION**
105° and up: *Recommend no outside activities.*
95° to 104°: *Recommend no equipment (helmets, pads, etc) be used during activity.*
90° to 94°: *Recommend equipment be removed as often as possible (during rest breaks, on sideline, etc). Careful monitoring of all athletes for signs of heat problems is required*

Below 89°: *Recommend adequate water supply at all practices and competitions with break every 20 to 30 minutes for rehydration*

In the event of either seeing Lightning or hearing Thunder all activities will cease for a minimum of 30 minutes.

PENALTIES:

III.L.14. Organization Scrimmages/ Non-Organization Games:

- For the first offense, the league President will handle the offense and report in writing the actions taken to correct to the PYFCO President.
- For the second offense, the league will be assessed a \$200 fine and the league President will address the situation to the PYFCO Board of Directors.

IV.A.8 Coaches on the Field:

- For the first offense, the penalty for violation of this rule is illegal procedure resulting in a 5 yard penalty.
- For the second or excessive violation of this rule, it will result in a 10-yard penalty.

IV.A.14.C Mandatory Playing Rule (24-Point Rule): Failure to adhere to the 24-point rule IAW these by-laws will result in the following penalties:

- For the first offense, a 10-yard penalty will be assessed.
- For the second offense, an unsportsmanlike penalty will be assessed against the head coach.

IV.A.14.g All Players Shall Play:

- For the first offense, the head coach will be suspended for two games.
- For the second offense, the head coach will be suspended for four games.

IV.A, 24.C Uniforms – Eye Black and Wrist Jewelry:

c. Eye black and wrist jewelry – first offense – warning; second offense results in a 15-yard penalty (10 yards on an 80-yard field); third and subsequent offenses will result in an unsportsmanlike penalty on the head coach.

PLAY-OFFS:

- In the first series of play-off games, #1 seed v #8 seed , #2 seed vs #7 seed, #3 seed vs #6 seed and the #4 seed vs #5 seed. The winners of this play-off series will advance to the second series of play-off games. For the second round of play-offs, the Highest remaining seeded team will play the lowest remaining seeded team and the second highest remaining seeded team will play the second lowest seeded remaining team. *See bylaws for bracket
- The two winning teams will be the Super Bowl participants.

8. PROTEST PROCEDURES: Protests must be based on rules or by-laws violations; In the event that a dispute arises at a ball game, the Head Coach must notify his Blue Hat. The Blue Hats of both teams and the White Hat shall try to resolve the dispute at that time. Blue Hats' decisions cannot affect the eligibility of a player with the only exception being jersey number changes. They cannot allow ineligible/illegal players to participate in any games. In the event the dispute cannot be resolved at that time, then and only then, can

the game be protested. The protesting team's Blue Hat must notify the White Hat and the opposing Blue Hat that the game is being played under protest. All protests must be lodged while the game is being played. In the event that the protest is based on the last play of the game, the league has until the next game starts to let the White Hat and the opposing Blue Hat know they are protesting the game. If the protest is lodged on the last game of the day, the league has 30 minutes after the game ends to lodge the protest. The President of the protesting league and/or the Chief Referee (White Hat) must notify the Organization Commissioners within 48 hours of the game in question. The 48 hours will start at 6:00pm on the day of the game in question.

**** Please keep in mind that there is a \$500.00 fee required to file a Protest****

9. **VIOLATIONS OF RULES:** A violation of any rule contained herein may subject a league, team, or individual to any one or all of the following penalties levied by the PYFCO Board of Directors.
- a. Suspension, expulsion, ineligibility, disbarment or probation of coaches or players
 - b. Forfeiture of game or games
 - c. Disqualification from competing or taking part in any postseason games