

# 2023 SYF Rulebook

## Charter

The SYF shall consist of an even number of teams if applicable. All of which must be supported by and affiliated with their local feeder high school and coaching staff. Teams will be encouraged to recruit participants who reside within their high school student enrollment boundaries.

Placement of out of boundary participants is authorized, but should be done as a last resort to fill team / association needs.

Final decisions on league business as well as the addition or deletion of associations within the league is at the discretion of the league Commissioner.

## Fees

Officials assigning fee of \$500, Team Awards fee \$400.00 due on or before May 1st. The fee for coaching certification is \$20 per Volunteer prior to July 1, all after this date \$50, includes badging. Lost badge fee \$50. All events will be the financial responsibility of the association gaining the revenues from said event.

The SYF Commissioner and his staff will annually host the league Jamboree and Cheer Competitions. All revenue gained from these events will go towards, said events, league awards and any other league designated functions requiring funding.

Referee Fees - 4 – 5 Person crew \$70 Ea  
3 Person crew \$85 Ea  
Out of Area Travel Fee \$50 Per Crew

## Administration

Admin Badges:

- a. Free entrance to all SYF league events, except the Shrine Bowl
- b. Badges are only valid for the year assigned.

## General

Each association/team within the league must be a recognized non-profit corporation with records on file with the State Attorney General's office, and or AYF affiliate non-profit and in good standing.

Each association/team will be responsible for their own state and federal mandated reports i.e. taxes, etc. Maintain \$2,000,000 insurance coverage and list SYF as additionally insured.

The league commissioner and presidents will meet on a monthly basis to facilitate SYF business.

- a. It shall be the responsibility of the league commissioner to schedule locations and times for league meetings.
- b. Meetings will be held in a centrally located facility
- c. Hosting location will ensure ample tables and chairs for all league members who will attend said meetings. Unless otherwise directed, each association President and Cheer Coordinator and or designee must be present at all meetings.

# Definitions

League – A grouping of associations with teams of the same age groups (division)

Association – An organization that sponsors and administers one or more teams characterized by geographical coverage (feeder high school recruiting boundaries)

Team – A group of participants organized under the direction of a coaching staff within a given association

Division – age/weight classifications

- a. 8u
- b. 10u
- c. 12u
- d. 14 u

Conference – Sub grouping of associations within the league. This will be accomplished by vote of SYF Div vice Commissioners and the SYF Commissioner, with recommendations coming from the Presidents and Varsity HC.

Schedules – To be determined by SYF staff

Practice – A gathering of players where one of the following takes place

- a. Wearing of association equipment or uniforms
- b. Running of plays, scripted or non-scripted
- c. Exclusion of others (persons wanting to participate that are not a member of your team)

# Certification

Certification is the process whereby the league ensures each participant meets the minimum league requirements for participation. This applies to players, coaches, administrators and volunteer instructors.

# Camp

A maximum of 60 hrs of skills camps / contact by your high school Varsity Staff or youth coaches after Feb 1st. Team camps / contact, workouts. Camps/ workouts, cannot be deemed Mandatory for participation.

\* Team camps/clinics cannot include full contact. Helmets are permissible.

# Clinic

A training session provided by an outside organization for instructional or conditioning purposes.

# General Requirements

Coaching – Coaches are subject to decertification, suspension, or expulsion for violations of the following:

- a. Coaches are considered to be in an official status whenever they are participating in and league activities
- b. Badges must be worn during all SYF activities
- c. All Coaches – must be 18 yrs old or older
- d. All instructors must be enrolled at the H.S level.
- e. Each association will be responsible for its own selection, screening and state cert.
- f. Game Staff Attire (Team T-shirt/Polo with team logo Hat/ Visor)(No Blue Jean Type pants or shorts, No sandals or Flip Flops)
- g. Coaches will refrain from using vulgar or abusive language (automatic ejection)
- h. Coaches will ensure team / individual/chain crew sportsmanship

- i. Coaching off season 7 on 7 and/or private workout sessions to include speed agility, sport specific skills without the direct supervision of the HS Varsity head coach or staff. Must apply to CIF all season requirements for HS Varsity Coaches. See CIF bylaws for clarification.

## Registration

All participants must be registered with the sponsoring association prior to any and all league activities. Each participant must provide the following to be league eligible

- a. Parental consent
- b. Sports Physical dated after Apr 1<sup>st</sup>, current year
- c. School enrollment form all players Or Previous SYF player card
- d. Signed Parental/Player contract
- e. Proof of residency, when requested by SYF staff
- f. Valid email address and phone number on player card for the participants family

## Academics

Each association will set their own academic standards for participation. The SYF recommends CIF academic eligibility requirements to participate.

## Certification Requirements

Participants:

- a. Certify for one team only in the same calendar year
- b. Current league player card (typed) W/ Photo digitally inserted.
- c. Signed legal guardians consent
- d. Medical clearance to participate (dated after Apr, 1st of current year)
- e. Code of conduct form signed by all participants and legal guardians
- f. School enrollment form (current) for all, or previous SYF player card
- g. Valid residential address (current)
- h. SYF Waiver and release signed by all participants and legal guardians
- i. CIF Concussion Information Sheet & Opioid Factsheet form signed by all participants and legal guardians
- j. Current Cueta form signed by all participants and legal guardians

## Proof of Age

- a. Current School enrollment form is required on school letterhead and must include school stamp and signature.
- b. Parent Portal information sheet would be valid as long as the following is included; current address and Date of birth.

## Coaches

Must have a signed copy of SYF code of ethics/conduct on file prior to SYF certification. All coaches and Instructors must be team Certified to receive their SYF certification badge. This SYF certification is limited, as coaches remain unpaid volunteers with little to no professional training in football tackling techniques or cheer skills and drills. Some coaches have more experience than others. SYF relies on its teams and high school coaches to assist their coaches in proper instruction and current techniques to emphasize safety and risk minimization.

SYF badges will be issued to coaches/volunteers at the discretion of the association/team president for each association. The association president may make a request to the SYF Commissioner for the need of additional coach's badges. Badging fee is \$20 per volunteer, prior to July 1<sup>st</sup>. \$50 thereafter.

# Weighmaster

Weighing players for certification purposes will be done by your Conference staff members only and witnessed by the association President and or designee.

- a. Players will be weighed by / within conference staff for certification
- b. All athletes will be weighed on a certified scale
- c. Players will weigh in one time only, after Aug 10th and before Jamboree to be eligible to participate and certify in SYF and Jamboree. All others not certified by Jamboree, will be required to weigh in to be certified to play this season. No players will be certified after the Last regular season game. Players required to play in at least one game prior to playoffs to be eligible.

# Administrators

Must have a signed copy of their association's / SYF code of ethics/conduct on file prior to interaction with any and all student athletes. Attend an SYF coaching clinic to fill out the SYF application and take an official badge photo.

# Team

To be completed prior to league certification/jamboree:

- a. A minimum of two coaches, one of which will be designated as Head Coach
- b. A team Certification binder containing the following
- c. Coaching roster (2 Each)
- d. Participant Id Cards/player cards (signed by association President) (2 Each)
- e. Player roster in numerical order (2 Each)
- f. Emergency contact numbers for each participant
- g. Player sports physical, dated after Apr 1<sup>st</sup> of the current year
- h. Team Binders will be pre screened at Jamboree by an opposing association board member and league staff.
- i. Game Day – 20 min prior to game time on the field
- j. Provide Calif. AB1 - Team Declaration of Compliance to SYF and post on team website

# Practice

Restrictions:

- a. Practice shall not begin prior to the 17th of July.
- b. No team shall practice more than 10 hours per week prior to Jamboree
- c. No team may practice more than 6 hours per week after Jamboree
- d. Each association will REQUIRE 10 hrs of conditioning prior to full contact / stunting.
- e. A week is defined as 7 calendar days beginning Monday and ending on Sunday.
- f. Playoff & Championship weeks, teams may practice 10 hrs per week.
- g. All practices must comply with Calif. AB1 and AB2127 to include HS concussion rule for 10hr weeks and be limited to 4hrs of full contact practices for 6 hr weeks thereafter and when applicable.

# Gate Admission

Charges –

- a. 12 & up \$6.00
- b. Under 11 \$4.00
- c. 2 & under Free

d. Seniors \$4.00

SYF Special Events -

- e. Jamboree \$9.00, 2 and under free
- f. Playoffs/Championships 12 & up \$7.00, Under 11 \$4.00 Seniors \$3.00 2 & U free
- g. All Stars- Benefits Ben Ali Shriners all tickets \$13, 2 & U Free

Protocols –

The following will be admitted free of charge:

- a. Administrators W/Proper ID Badges
- b. Coaches W/SYF ID Badges
- c. Participants, W/Jersey Worn, Cheer Uniform Worn
- d. High school coaches / Administrators w/ district approved CIF Card

## Medical

Each association/team will govern what type of medical coverage they require for practices. SYF requires a state Certified EMT and or Ambulance be on the scene for all SYF events. The host association is responsible to provide. The EMT must have the appropriate medical equipment to properly render immediate aid, triage and assessments on scene to a patient. The EMT shall remain on the playing surface while all play is in progress. Must be able to show proper State issued I.D and or Certification to any SYF and or official staff on scene at any time. No events may start prior to the onsite EMT arrival. Any delay for the EMT, longer than 15 minutes, shall result in a forfeit for the home team. A Nurse or medical Doctor in the stands is not a substitution for these standards.

## Concussion Rule

A concussion is a type of traumatic brain injury that impairs normal function of the brain. An athlete does not have to suffer a direct blow to the head or lose consciousness (be knocked out) to sustain a concussion. COMMON SIGNS AND SYMPTOMS INCLUDE: \*Loss of consciousness (even if brief); \*seizure; \*increasing sleepiness; \*worsening headache; \*persistent vomiting; dazed or stunned appearance; confused about assignment or position; forgetful (does not follow instructions); uncertainty of game; score or opponent; clumsy movements; slow response to questions; mood, behavior or personality changes; inability to recall events prior to hit or fall; inability to recall events after hit or fall; balance problems or dizziness; double or blurry vision; sensitivity to light or noise; feeling sluggish, hazy, foggy or groggy; concentration or memory problems; emotions of “not feeling right” or “feeling down.” (\*RED FLAGS). See SYF website for suggested concussion information, return to play protocols after a concussion, and other related CDC / CIF information. \*RED FLAGS: Go to the emergency department if any red flag is present.

Any Player / Cheerleader showing any sign of being concussed, will be immediately deemed ineligible for play / practice, until medically cleared to participate, in writing, by an appropriate health care provider, a copy of said clearance must be sent to the commissioner’s office and viewed, prior to the participant being cleared to participate. No participant may return to play without the express consent of the commissioner’s office. Failure to comply with this rule will result in the immediate decertification of member status within SYF. Participant safety is paramount!!! All coaches, players, and parents shall comply with all applicable concussion management and return to play protocols, and practice restrictions, including, but not limited to AB2127, AB2007 and ASB-1.

## Football Rules

Game Officiating –

All games will be played in accordance with the National Federation of State High Schools Association JV rules, except where noted:

## Player eligibility –

Ages and Weights – All Players must meet the Age / Weight limits. The player's age as of August 1<sup>st</sup> of the current year shall determine team level of participation. Player weight will determine position eligibility, i.e. skilled player, X-Man. Any player weighing heavier than the skilled player weight will then be certified to participate as an X-Man only. All incoming 8<sup>th</sup> graders are required to participate at the 14U level only!

8U \*105lbs  
10U \*150lbs  
12U \*170lbs  
14U \*185lbs / NO Frosh

\*SP = Skilled Player, Eligible to participate anywhere on the field of play.

X-Man = A player weighing more than the SP weights. Eligible to participate on the offensive line within the Free Blocking zone. Eligible to participate on the Defensive line within the free blocking zone; may advance the ball during a fumble or interception. May participate on Kick off and Kick off return teams on the front line only. X-Man will be encouraged to wear a jersey number in the 60s, 70s, so as to be easily recognizable to the officials. X-Man is allowed to be punter and kicker on special teams. Xman will wear a SYF authorized (Only) sticker on the rear of the helmet. \*\* Cut Blocking/Low blocking below the waist is NOT allowed at any level, for safety reasons

## All 8U Special Teams –

The offensive team will declare a punt to the head official. The ball will be placed by the officials, 20 yards forward of the placement of the ball. The ball may never be moved inside the defenses 20-yard line on a declared punt. i.e., if the ball is located at the 25-yard line and a punt is declared. The ball will be placed at the 20-yard line. All 8U Field Goal / Punt attempts must be declared in advance (No Fakes). Teams will be allowed one attempt to snap/hold/kick. Ball will be considered dead if the ball strikes the ground. There will be no blocking or rushing during the kick (5 yrd penalty). 8U will kick off from the 50 yrd line to start the game, after scores and after halftime. X-Man rules apply. NO TRICK PLAYS in 8U football. At the referees discretion, trick plays will be blown dead, and the HC will be penalized with a UC 15 yrd penalty. Questions about trick plays will be addressed w both HC and referee prior to game time.

## In Eligibility

Ineligible players/coaches/staff are those that:

- a. Have falsified documents to gain eligibility
- b. Are participating in other football programs to include outside All Star events, etc. until the completion of the SYF season, after (Shrine Bowl)
- c. Are attending school in the 9<sup>th</sup> grade or above to include private/home or charter schools
- d. Have been ejected or suspended from the previous game they were eligible for. To include the remainder of said game, and the following weeks practices and game. To include ALL STAR participation. A second ejection may result in a league expulsion and immediate decertification.
- e. Teams, who play ineligible players, will forfeit all games in which the ineligible player participated. Ignorance is not an excuse
- f. Teams found to be using illegal players risk immediate expulsion from future SYF events and or scheduling

## Penalties

Failure to comply with the X-Man rules will result in a loss of down and a 15-yard penalty. The penalty will be enforced from the original line of scrimmage. A second violation will result in the same previously mentioned penalty plus, the ejection of the team's head coach. A third violation will result in the contest ending in a forfeit.

ALL HC are responsible for ALL sideline behavior and are subject to ejection for loss of control on the sideline. This includes all authorized and unauthorized persons in this area.

## Roster Size

Minimum roster will contain 11 players; the maximum roster will be left up to each association. After final book certification, if a team falls below 18 players, teams may appeal to the league commissioner to move a certified player from a lower Div team in their program to the upper team to fill a roster spot. Once moved, said player may not be moved down in the same calendar year. This will only be considered for lost players off a roster due to injury, etc. Example (Team A begins the season with 20 players and loses three to documented medical injuries. Team A may apply for the addition of a player to move up from a lower level to make the roster 18 players. If a team begins the year with less than 18 players, they may be able to apply for the same relief at any time during the season. Teams may apply for League approval to move players up a level for Playoffs. No movement may occur prior to League approval of new Player cards and Rosters. Player must play in a min of the last regular season game to be eligible to participate in playoffs.

## Field Requirements

- a. Fields shall be regulation sized
- b. Fields shall have a scoreboard and visible clock
- c. Home association is responsible for the field set up and marking
- d. All fields will be marked in accordance with high school standards
- e. Chain crews will be manned by the visiting association
- f. Access to players/coaches must be separated from fans/parents with a fence or similar object.
- g. Minimum Seating is required for all fans in attendance, with a clear unobstructed view of the playing surface.
- h. Game clock operation shall comply with the CIF J.V H.S timing rules, including a 25 sec play clock.(not 40sec.) Unless otherwise stopped on change of possession. The game clock will start when the ball is placed down and ready for play, **NOT** when it is snapped.

## Game Ball

Each team responsible for providing their own SYF logo'd sized Baden Football. Teams found using an unauthorized ball for play during one of these games, will receive a head coach ejection. A second offense will result in a game forfeiture. Both teams will produce a game ball to head official to start the game. Balls with proper inflation will be inspected and one will be selected for play by the white hat.

## EQ Requirements

Athletes and parents who participate, or allow participation, in the sport of youth football accept the risks of injuries which will occur regardless of the equipment and reasonable safety precautions as well as best intentions of SYF, administrators, teams, and coaches to minimize risk of significant injury. The establishment of rules and equipment standards helps to reduce significant injuries. However, safety pursuant to the rules, enforcement of the rules (by officials and others), and equipment standards including helmet warnings are never complete answers therefore injuries will inherently occur in practice and games.

- a. See NFHS rule book, State Law for basic guidelines
- b. **Helmets must be inspected, certified and meet (NOCSAE) standards.** (SYF does not test/certify/verify standards) **No tinted/reflected visors**
- c. Home team will wear dark Jerseys, when colors do not conflict. If there is a conflict, lower seniority team in the Div would be required to purchase/use second set of uniforms to comply. Conflicts must be resolved within 30 days of the posting of the league schedule.
- d. Molded and Screw In cleats are acceptable (see NFHS rules)

- e. Equipment will be inspected during game day certification, to include the spot checking for helmet recertification stickers by officials and opposing coaches
- f. The players on each end of the line of scrimmage and all legal backs, shall be eligible regardless of number. Any ineligible receiver number (50-79) shall be reported by the head coach to the officials before the game, so they can be reported to the opposing H.C to make them eligible for that game only.

## Weigh In

Each football participant will weigh in to determine team / position eligibility one time. This will be done at the specified weigh in times during team certification. This must be completed on or before the day of participation.

Any player certifying after Jamboree must be weighed in and certified prior to practicing with an individual association. A player's weight certification will be his/ her certification for the remainder of the playing season (see age weight chart). i.e., a player weighing in as an X-Man at certification may not drop into a lower category if there is a weight loss during the season.

- a. All players will be weighed by an SYF authorized staff member
- b. The official weight as determined by the official scale will be final
- c. In order to make weight a player may remove any article of clothing except undergarments i.e. briefs for males, Sports girdle and sport bras for females (a female staff member must be present)

## Scoring

Touchdown – 6

PAT by Run or Pass = 1pt

Pass 8u = 2pts

PAT by kick All levels = 2pts

Safety = 2pts

Field Goal = 3pts

Forfeit = 1pt

Tiebreaker – CIF tiebreaking rule until a winner is declared. NO ties can be recorded.

## Mercy Rule

If one team has a 35-point lead on an opponent at any time of the contest, the game will be officially ended and the score at that time will be posted as the official game score accordingly. The game must continue as a regular game and timing through the 1<sup>st</sup> half, with no further scores posted. The winning head coach will refrain from intentionally attempting to score further points, i.e. playing starters, passing, calling timeouts, onside kicks, etc. It will be the Crew Chiefs opinion to determine if the winning teams head coach or players act in an unsportsmanlike manner and penalize accordingly. After half time, once the mercy rule is in effect there shall be no kickoffs or punts and the game clock will be running. The ball will be placed on the 40 yard line with the losing team having the option of being on offense or defense first and should receive at least 5 minutes before the teams then switch to offense or defense. Coaches are allowed on the field for each team during this time. Mercy Rule IS applied during post-season play as well.

## Score Reporting

- a. All Home team Presidents are to email the Game day scores to the SYF Vice Commissioner ([syf.vicecommissioner@gmail.com](mailto:syf.vicecommissioner@gmail.com)) and cc the Visiting team no later than 9 pm on game day. Any score conflicts need to be resolved by 12 following game day. SYF Vice Commissioner will post the scores on Sports Connect. Non- league game scores are sent to the SYF Vice Commissioner via email. Failure to report scores will result in a **FORFEIT**.
- b. Scores will be posted after being received and verified by the visiting team.



- c. It is the responsibility of all associations to verify the scores posted. Failure to do so within 24 hours after being posted will result in scores remaining as is.
- d. Scores for non-league games need to be reported, But will not be posted on the standings page.
- e. Non-league games will not be used for standing purposes or tiebreakers, but will be used for determining division seedings.
- f. It is recommended to share with opponents the first week's complete game film. Subsequent weeks, HC may share the two latest complete game films with their opposing HC.
- g. All teams will be afforded the same filming opportunities/locations as the home team.
- h. Filming should begin while teams leave the huddle, to five seconds post play whistle. Using a full view of both teams' backfields. Continue film during penalties to catch the official's signals and subsequent actions.
- i. In between plays and when available, show the down and distance markers. At the end of each quarter show the up close view of the official scoreboard. At the end of each game, film the scoreboard for official scores.

## Playoffs/Postseason

Teams will be determined based upon wins and losses in league games only. For all tie breakers, we use the CIF 13 pt tiebreaker rule between the three opponents, two way tie is head to head. 13pt rule: Tied teams will compare their margin of victory with each other in league play. Each team will total their margin of victory points against the other tied teams, with marginal points being the difference(13 pt Max). The team with the highest spread will get the higher seed. If still a 3 way tie, it will be broken by the less points given up during the season. Then if still a two way tie, head to head rule applies.

All league associations are encouraged to have cheerleaders at the listed age levels.

- a. Age, All cheerleaders must meet the age limits in order to certify
- b. The cheerleaders age as of August 1<sup>st</sup> shall be the certified age for the upcoming season

## Team Levels

Mascots

8U

10U

12U

14U NO FROSH

Mascots. The decision to have them will be left up to the individual associations. If associations choose to have them, they will be required to participate in the certification process and meet all other league rules and requirements. Mascots of any age, perform at all SYF events, but are not judged at competitions.

## Team

Coaching – Staff for each age level will be left to the association, with the following stipulations:

- a. All certified coaches must be 18 or older
- b. All certified Instructors must be enrolled in High School.
- c. Coaches and instructors will set an example of positive interaction at all times
- d. All coaches and instructors must attend the SYF certification clinic to receive their SYF Certification badge. All coaches will be required to fill out the SYF background check application and meet SYF requirements to be certified. Instructors 17U will skip this portion of the process. Clinic dates are TBD

## Discipline

The head coach (with the approval of the association) may remove any Athlete for any one or more of the following:

- a. Misconduct

- b. Attendance
- c. Improper attire
- d. Attitude
- e. Safety

## Roster

The maximum roster size will be left to individual associations, with the recommendation of 20 by the SYF

- a. Roster size may be cut to the needs of the individual association
- b. The minimum roster size for competition will be 6 athletes per team
- c. Teams may opt to combine cheer squads for competition (see applicable cheer comp rules) Minimum of 27 participants are required to participate in SYF. Minimum Cheer comp fee is \$945 due September 1st.

## Dress

Proper Attire:

- a. Each association will set the standards for dress for their athletes

## Hair and Nails

- a. Each association will set the standards for their athletes

## Make up & Accessories

- a. Each association will set the standards for their athletes

## General

Outside Services such as, Choreography, Music Mixing etc is encouraged. This too will be at the discretion of the individual associations.

## Certification

Each Cheerleader will certify prior to Jamboree. They will be required to have the same certification procedures as set forth previously in this rulebook. See (football certification) No weigh ins

- a. Teams will only certify one time
- b. Teams will be required to attend all SYF events/Playoffs/Championships/ SYF Cheer Championships, if qualified
- c. Teams will be required to meet the opposing cheerleaders at least once per contest
- d. Teams will have the option of performing a half time routine of their choice
- e. Home teams will be required to provide adequate musical equipment for the playing of the visiting team's music.
- f. It will be the responsibility of the visiting cheer coordinator to ensure said equipment will be available, via communication channels in advance

## Game Conduct

Cheer & Sidelines

- a. All cheers will be done in good taste
- b. No derogatory cheers to the opposing team will be allowed
- c. Hello Cheers will be encouraged
- d. Mascots may be added for sideline/halftime cheers or routines at the discretion of the association
- e. The use of props, signs and or poms etc would be left to the discretion of individual associations. See applicable SYF Cheer Comp rules.

# Music & Song Routines

- a. All music is the responsibility of the association
- b. Music shall not contain any profanity, vulgar or offensive lyrics

# Half Time Performance

At the discretion of each association:

- a. Shall not interfere with the start or completion of the football game
- b. Each team will be afforded the same allotted time, sound eq, etc to perform

# Tryouts/Camps/Clinics

Will be at the discretion of the association:

- a. Cheerleading may be considered a year round program for training purposes and are not limited to the contact dates as in football.
- b. Teams will be encouraged to attend parades and community events

# Competition

- a. Cheer teams will be encouraged to represent the SYF at outside cheer events and competitions.
- b. All cheerleaders are required to attend the annual SYF cheer events, to include Jamboree
- c. Combining teams for competitions would be at the discretion of individual associations.
- d. Cheer Comp fee will be \$40 per certified cheerleader as of September 1. The minimum number of participants paid for Comp will be 27, so minimum fee per program will be \$1,080 Ticket entry fee for Comp will be determined based on venue selected. Dates, times and locations TBA

# Stunts

The following will be at the discretion of individual associations. Each association is held responsible for the safety of all of its student athletes

See applicable SYF Cheer Comp rules for clarification, [www.sacyouthfootball.com](http://www.sacyouthfootball.com) under forms.