

2019 Rules

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Please Note: All rules are subject to change. When changes are made all SEYFA participants will be promptly notified.

Created May 24, 2013 (Final Version)
Updated March 12, 2014
Final Version May 29, 2014
Correction to final August 6, 2014
Correction to final August 6 2014 Ver. 2
Updated June 29, 2015
Updated July 5, 2015
Final Version August 1, 2015
Final Version August 10, 2015
Final version July 25, 2016
Update June 11, 2017
Update July 31, 2018
Updated August 24, 2018
Updated August 21, 2019

SOUTH EASTERN YOUTH FOOTBALL ALLIANCE 2019

1 League specifics

1.1 LEAGUE NAME:

1.1.1 SEYFA – South Eastern Youth Football Alliance

1.2 REFEREES:

1.2.1 A minimum of 4 referees are required for 5, 6, 7 and 8 grade games. Three (3) referees must be WIAA certified with the 4th referee as a trainee.

1.2.2 A minimum of 3 referees are required for 1 & 2 and 3 & 4 grade games. Two (2) referees must be WIAA certified with the 3rd referee as a trainee.

1.3 ATHLETIC TRAINERS OR PARAMEDICS:

1.3.1 One certified licensed athletic trainer or paramedic per two fields is required

1.3.2 Athletic trainers/Paramedics determine how many plays a child must sit out and if the injured child can return to the game.

1.3.3 Trainer/Paramedic will report all injuries to the community director at the end of each day. Players with injuries holding them out of the game need to notify the head coach & a field marshal immediately to which needs to be directed to the community director to share with the SEYFA League. They need to include players numbers and team name as all players do not have names on jerseys

1.3.4 If a trainer/paramedic does not show up for the start of the game as scheduled and a qualified trainer/paramedic substitute cannot be identified, the games must be rescheduled. If the paramedic is called away from the games due to an emergency call and a qualified trainer/paramedic is not available to fill in, the hosting team(s) playing at that site forfeit for the day. (Use of Paramedics on game day without suitable backup due to their other job responsibilities is the choice of the host site)

1.3.5 Paramedic & trainers are instructed to take a player's helmet and keep it until end of the game if the player has been deemed unable to return to play by the trainer. Attempts to retrieve the helmet for play during the game by a coach or parent will result in immediate suspension.

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1.4 SCOREBOARDS:

- 1.4.1 Clock time must be visible – scoreboard can be manual – but game clock mandatory. Numbers on the scoreboard must be a minimum of 8 inches in size.

1.5 LEAGUE SCHEDULE

- 1.5.1 All teams will be guaranteed 7 games in a given season. Eight (8) games may be played in a particular grade level if there are an even number of teams at that grade level.
- 1.5.2 Each year beginning week 1, communities may offer 8 hours of conditioning or camp for players. A minimum of 6 hours of conditioning must be completed by a player before they can wear pads. Fundamentals and conditioning must be done in a group setting. No individual team practices allowed this week. Players may wear helmets during conditioning week. No other pads are allowed during conditioning.
- 1.5.3 The full week following the conditioning week in August and all subsequent weeks leading up to the start of school will be full equipment practice for a maximum of 8 hours per week for grades 5th through 8th and a maximum of 6 hours per week for grades 1st through 4th.
- 1.5.4 After the 1st regular season game, a maximum of 6 hours per week is allowed for grades 3 through 8th grade and a maximum of 4 hours for grades 1st and 2nd.
- 1.5.5 Each community/game site must provide yellow helmet caps to differentiate similar jerseys. A coin toss, called by the visiting team, will determine who wears the caps.
- 1.5.6 Each community/game site must provide a Wilson GST composite football for each game played. Coaches, parents, players will not provide game balls.
Sizes are as follows:
- 7-8th grade will use TDY (youth size)
 - 3&4th, 5th and 6th grade will use TDJ (junior size)
 - 1 & 2 grade will use Pee Wee size ball

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1.5.7 All organized tackle football is prohibited in the offseason. This includes clinics, camps and/or skills & drills in which the events are conducted by the teams coaching staff. The only exceptions are the following:

1.5.8: Flag Football Teams - Teams are limited to (1) two hour practice & (1) Scheduled game a week for teams participating in any community flag football program without the use of playoffs.

1.5.9: Clinics - Teams can participate in football clinics between July 1st and the start of the season. These clinics are limited to (3) 2 hour camps Max. and must be strictly skills & drills (No Plays).

1.5.10: Teams can participate in post season tournaments following the end of the season up to Dec. 31st.

1.6 PLAYER ELIGIBILITY:

1.6.1 Players may be asked at the board's discretion to play up one grade to fill teams and avoid byes in various leagues. At no time will any player be allowed or asked to play up more than one grade. Communities opting to move players up one grade must notify the SEYFA board in advance of the start of the season.

1.6.2 Players may never move down a league unless accelerated in grade academically and brought up to the SEYFA Board.

1.6.3 Attendance guidelines for coaches to consider are as follows:

- *First occurrence - verbal warning to player and parent / guardian.*
- *Second occurrence - player may be required to sit one quarter*
- *Third occurrence - player may be required to sit one half.*
- *If a player has two absences in one week, excused or not, the player may be required to sit out that week's game at the coach's discretion.*

1.6.4 Players may be switched from one unit to another at half time however; the opposing coach must be notified. If a player is being disciplined and being held out of the game, it must be recorded on the game day roster and the opposing coach notified prior to the game.

1.6.5 No one 15 years of age may play in SEYFA (must not turn 15 before November 1st.)

1.6.6 Players must be signed up and assigned to a team no later than the first schedule season game.. Any player additions after the first game must be approved by the SEYFA board. Rosters must include name, height, weight, age, grade, birth date and jersey number. Any added players after week one will still need to comply with the practice rules (See Rule 1.6.8) Any player that signs up after the weigh-in deadline will be a striped player.

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1.6.7 All players must show birth certificate and proof of grade (prior year's final report card) at community's registration. Communities that do not have a completed roster with the correct information as detailed above, properly & timely submitted to the league rep. responsible for compiling the roster (Westosha) to be posted on the leagues website prior to the start of the season, will forfeit that week's game until the roster is complete. Forfeiting team will receive a loss with a score of 0-60. Roster differences from what is officially posted by the SEYFA league representative (Westosha) on the website, and the game time roster should be noted to the head coach of both teams, the head referee, and the field marshal. In most cases, notification should be done during the week of the game if applicable. If a discrepancy still exists, the game should be played as normal, with the results & discrepancy being reported to the SEYFA disciplinary board by the deadline, Sunday at 8:00 PM following the game. The SEYFA disciplinary board will make a determination if any disciplinary action should be taken including if the game is a forfeit.

1.6.8 All players are required to practice 12 total hours before participating in a game or scrimmage. Of these 12 hours, the first 6 hours must be conditioning practices limiting the player to only a helmet & cleats. The other 6 hours required must be full padded practices.

1.7 INSURANCE:

1.7.1 All communities will have proof of insurance for field liability

1.8 Tie breakers

1.8.1 Tie breakers for playoff seeding will be as follows:

- 1.8.1 - TIEBREAKERS
- Postseason Seeding
- Eligibility for and seeding in postseason playoffs will be determined on the basis of an overall combined ranking of all categories below (Non-Divisional Games DO NOT count towards playoff standings but these games must still be played:
- 1. Overall Record
- 2. Head to Head Record
- 3. Postseason Point System in descending order, highest to lowest (see below)
- 4. Schedule strength - total winning record (percentage) of all teams defeated
- 5. Coin Flip
- In all postseason playoff determinations, once a multiple Tie Breaker provision is broken, the remaining teams should revert toward the top of the Tie Breaker List, using Head-to-Head record as a deciding factor whenever possible.

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- Postseason Point System:
- Points will be awarded for each game played based upon whether the team loses or wins, and depending on the Victory Margin (winner's score minus loser's score) as follows:
- Team Victory Margin Postseason Points Awarded
- Losing team Not applicable = 0
- Winning team 1 to 16 points = 3
- Winning team 17 to 24 points = 2
- Winning team 25 to 32 points = 1
- Winning team 33 to 40 points = 0
- Winning team 41 points or more MINUS 1

1.9 COACHES:

- 1.9.1 Certified head coaches must wear Red issued badges on sidelines during game
- 1.9.2 Assistant coaches must wear Yellow issued badges on sidelines during game.
- 1.9.3 Assigned Field Marshalls must wear Blue issued badges during games.
- 1.9.4 SEYFA Board Members are to wear Orange issued badges during games.

*****Home Team Officials & Field Marshalls shall/will enforce this rule*****

1.9.5 All coaches are subject to a background check. *Disqualifying criminal offenses.* An individual has a disqualifying criminal offense if the individual has been convicted, or found not guilty of by reason of insanity, of any felony in any jurisdiction during the 10 years before the date of the individual's application to volunteer for SEYFA, or while the individual is a volunteer for SEYFA. Conviction of a felony beyond 10 years will be reviewed by the SEYFA board and at their discretion for approval. Communities bringing forward individuals for consideration will not be allowed to vote on the decision. Additionally, the following offenses may affect eligibility and are subject to SEYFA approval: (green light)

1.9.6 Drug possession*

1.9.7 Theft*

1.9.8 DWI/DUI* (2ND OFFENSE)

1.9.9 *Eligibility depends on the offense within the last 5 years; SEYFA board decision.

1.9.10 All coaches must complete the USA Football Youth Tackling Certification or the NFHS certification before assisting with practices or being on the sidelines for games. The deadline to complete your certification and add coaches to your staff is the Monday prior to week 1 games.

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1.10 GAME FIELDS:

- 1.10.1 Communities/game location must provide two team and spectator sides clearly marked home and away
- 1.10.2 Coaches are not allowed out of the coach's box (WIAA). Every field will have a coach's box outlined on the field. (No coach's box can go beyond the 20 yard line.).
- 1.10.3 **Every field must have a parent line which is at least 10 yards off the field sideline. Referees & Field Marshalls shall/will enforce this rule.**
- 1.10.4 Communities hosting games on a high school field must have a backup location in the event of inclement weather. If games cannot be held as scheduled at the high school location on the scheduled day and a backup facility is not available, a forfeit will occur for the home teams scheduled at that facility.

1.11 EQUIPMENT:

- 1.11.1 Jersey numbers are not position specific
- 1.11.2 CASTS – must have release from doctor to play and need to be wrapped per WIAA rules and verified by trainer.
- 1.11.3 Cloth or neoprene covers of any type are not allowed over chin straps.
- 1.11.4 No metal cleats
- 1.11.5 All players must wear a cup
- 1.11.6 Helmet visors must be clear unless there is documentation of a medical issue. Visors are required for any player wearing glasses unless they are sports specs.
- 1.11.7 Any sports specs or prescription glasses must also be clear (not tinted in any way).
- 1.11.8 All players must have an attached mouth guard (any color including clear) unless a special mouth guard has been provided by a dentist due to braces being worn.

1.12 PLAYOFFS/SUPERBOWL:

- 1.12.1 Playoff games will be hosted at the location of the team with the highest seed except for the Superbowl.

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1.12.2 Superbowl locations will be determined by the SEYFA board in advance of the season and will rotate locations each year. A single site will be used for all championship games.

1.12.3 Home sideline will be awarded to the higher seed in the Superbowl unless a team from the hosting community is participating in the game.

1.12.4 No mercy rule for teams in the Superbowl, however common coaches sportsmanship ethics should be followed.

1.13 UNSPORTSMANLIKE CONDUCT:

1.13.1 Coaches, players or spectators who exhibit unsportsmanlike conduct will receive an immediate suspension for the remainder of the game and will be asked to leave the field and wait in their vehicle within 5 minutes of the infraction. If they do not leave the field within five minutes and wait in vehicle, their team will forfeit the game. You may only return to the field or an emergency situation. The individual will not be allowed to return for any other games that day.

1.13.2 Receiving a suspension during a game automatically results in a second suspension the following week. Appeals can be made to the players community representatives who will review the situation and present their analysis to the SEYFA board.

1.13.3 Any coach who uses profanity will receive a 15 yard penalty. SEYFA has a zero tolerance for this action around players. Multiple occurrences may result in a suspension by the SEYFA board.

1.13.4 Any coach, parent or player using social media with negative comments regarding players, coaches, referee's, or about any organization will result in the team beginning reviewed by the SEYFA disciplinary committee. SEYFA has zero tolerance for this action. Multiple occurrences may result in an immediate suspension by the SEYFA board. Sportsmanship extends off the field including social media. Social media posts from coaches, parents and players regarding any SEYFA events that does not promote positive sportsmanlike behavior will not be allowed. When the SEYFA disciplinary board is made aware of such posts, the poster will be asked to immediately (less than 8 hours) remove the post. *If the post is deemed flagrant, immediate actions may result as deemed appropriate by the SEYFA Disciplinary Committee.* Failure to remove the post immediately will result in an immediate 1 game suspension of the poster (player, family member or coach). If the social media infractions continue, the SEYFA disciplinary board may rule for

continued suspension, ejection for the year or other disciplinary actions including forfeiture of all games (past and future).

1.14 Reporting Procedure:

- If a team is filing a protest or complaint, the filing coach must notify the Opposing Head Coach and the Head Official before the end of the game.
- ALL Disputes must be submitted to the league via email by Sunday night 8:00 PM
- An email is to be sent by the filing party copying all community directors involved, and the SEYFA Disciplinary Committee.
- The League's Disciplinary Committee will have 72 hours to render a decision after reviewing the current SEYFA rules, having discussions with all parties involved, and reviewing any video if available.
- Teams involved in stated disputes must be readily available to meet up to 72 hrs past the incident report.
- All decisions will be investigated with the intent to be fully resolved by Wednesday night after the incident.

1.14.1 Solution 1:

All disciplinary procedures would be directly resolved by the responsible organization of the incident offenders. If this can be done correctly, written proof in full detail will be required of how the resolution was administered in writing by the community representative for review and approval by all SEYFA community representative members. Follow up on the incident and the final outcome will also be done via email and at the next scheduled League Board Meeting including just a brief review.

1.14.2 Solution 2:

If the incident cannot be handled internally by the responsible community, all disciplinary procedures and decisions will come from the SEYFA Disciplinary Committee. Facts will also be presented to the SEYFA Community Representatives for final review. Then final decisions will be handed off to the offending community leaders to be directly administered by the offending party(s) as per the leagues direction. Follow up via email, and also at the next scheduled League Board Meeting will include a brief review.

1.14.3 Solution 3:

Any protests brought forth following a Wednesday night decision, must be submitted within 12 hrs of first judgement, copying Community Leaders involved, and SEYFA Disciplinary Committee. All other rules above will still apply, including all parties available to meet within 24 hrs notice. Resolutions to these protests will

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be immediately investigated to a final decision within 12 hrs. All decisions should be considered final despite the outcome & all parties should begin to move forward in a positive manner for betterment of all interested parties and the league.

1.15 Forfeitures:

1.15.1 Consequence of Forfeiture:

Any team forfeiting a game, regular or post season, will be suspended from further play until the SEYFA Disciplinary Committee considers a vote to reinstate the team pending review of the SEYFA Football Playing Rules, and discussion with all involved parties. A game forfeit will result in a 0-7 loss. Member Communities must also pay game fees associated with said game prior to next game, or within 72 hours of the forfeited postseason game. A second occurrence of team forfeiture during the same season will result in an additional 0-7 loss and suspension from regular and post season play for the remainder of the season, or additional next season games, unless approved by SEYFA Disciplinary Committee, and the SEYFA Member Communities.

1.15.2 Abusive Forfeiture:

A Member Community's repeated acts of forfeiture and/or failure to pay field fees within the prescribed time could result in Member Community probation and/or expulsion.

1.15.3 SEYFA Disciplinary Committee:

The SEYFA Disciplinary Committee, along with the SEYFA Member Communities, will reach a decision and inform the offending Member Community of its actions within 72 hours of the forfeiture. The Member Community, through its Representative may request discussion of the forfeit with the SEYFA Disciplinary Committee within 24 hours of the forfeit. The SEYFA Disciplinary Committee, as well as the SEYFA Member Communities, reserves the right to weigh the circumstances of each occurrence in making a decision. If the SEYFA Disciplinary Committee and SEYFA Member Communities find that the offending Member Community was at fault in the forfeit, all penalties will apply. If the SEYFA Disciplinary Committee and the SEYFA Member Communities determine that the forfeit was beyond the offending Member Community's control, no penalties or sanctions will be assessed.

1.16 Additional Reporting by Officials:

Reports of ejections (Players/Coaches/Parents/Fans) for upcoming weeks/opponents/and league file should be done by officials and at the time games scores are submitted to inform the league and upcoming opponents. Other Unsportsmanlike Issues: Unsafe Field Conditions, running up scores, Delay of game issues, Host Site Issues should be reported immediately following the games to the league Injuries: Players w/concussions or any other serious injuries

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are required to have a medical release to return to play should be reported by the trainer, and coaches during the score reporting.

2 Game Rules: (ALL GRADES unless noted)

- 2.1 ALL TEAMS SHALL FOLLOW THE RULES AND REGULATIONS OF THE NATIONAL FEDERATION of HIGH SCHOOL ATHLETIC ASSOCIATION (NFHSAA) except for the following SEYFA rules.
- 2.2 Only certified coaches and assistant team managers identified by a badge are allowed inside the “box” marked on the sidelines during game play. All grades are allowed maximum of six coaches.
- 2.3 No Family is allowed in the box for any reason without credentials.
- 2.4 No Video Taping or Photographs are to be taken within the Coaches box.
- 2.5 No parent, coach or player can video tape an opposing team if your child or player is not participating in the game you are taping. (No videotaping for scouting reasons in advance of playing a team.)
- 2.6 No blocking below the waist.
- 2.7 Coaches will line up players on 40 yd lines prior to the coin toss and lead their teams in the pledge of allegiance (or national anthem if sound system is available) at the start of every game. All players & staff MUST stand for the National Anthem. Failing to do so will result in an unsportsmanlike penalty at the start of the game.
- 2.8 **One Coach is required to come out on the field for the coin toss with their team captains.**
- 2.9 Player is down when knee touches ground regardless if down by contact or not.
- 2.10 **After touchdown, team can run ball in from 3 yard line for one point, throw for 2 points (receiver must be in end zone at the time of catch), or attempt a PAT with no defenders rushing for 2 points.**
- 2.11 If a rain delay occurs, play will be suspended for a maximum of 1 hour and 45 minutes. After that time, the teams will be sent home and a makeup game must be played Monday or Tuesday night during that same week. SEYFA will determine makeup times and dates which teams must accommodate. A team that cannot accommodate the makeup will forfeit. If both cannot accommodate,

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a tie will be counted. If you are in the 4th quarter and a rainout occurs, no makeup will occur after the 1 hour 45 minute delay and current score will be used. (Points for a tie = 0,0. Points for a forfeit - 7,0).

- 2.12 If a makeup is required, both coaches should sign the referee's game card certifying score, time remaining, down, etc. as each makeup game is a continuation.
- 2.13 If both coaches agree to end the game after a rainout, rather than schedule a make-up game, the game score prior to the rainout will be used (i.e. Team A is winning by 25 points with 3 minutes left in the 3rd quarter when the rain occurs. Team B agrees to end the game at that point.)
- 2.14 If a team forfeits a game at their choice either during the game or elects not to show up on game day (i.e. not due to injury, rainout, missing trainer) the forfeiting team will receive a loss with a score of 0-60, no matter what the actual score was at the time of the forfeit.
- 2.15 Subsequent games will not be cancelled unless unsafe weather continues throughout the day.
- 2.16 The point attempt after touchdown, the defense cannot score via fumble or interception, it is just a failed point after.
- 2.17 Onside kicks are allowed.
- 2.18 Kickoffs that go out of bounds provide 3 options (WIAA clarification):
- 2.18.1 Ball placed 25 yards from place of kick
 - 2.18.2 Decline penalty and place where it goes out of bounds
 - 2.18.3 5 yard penalty from original kicking position and re-kick.
- 2.19 Kicks after safety will be from the 25-yard line with the option to punt.
- 2.20 A team has the option to kick an extra point after a touchdown if playing on a field with goalposts at each end. Goalposts must be permanent fixtures of the field. All NFSHSAA rules associated with kicking an extra point apply. The opposing team also has the option to kick an extra point after a touchdown but is NOT required to kick. Running the ball for 1 point or catching a pass in the end zone for 2 points are also acceptable options for any team at any location when attempting a score after a touchdown. Any team that has the opportunity to kick an extra point (PAT) and is successful will be awarded 2 points. There will be no

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rushing the kicker when a team attempts a PAT at any grade level and no Fake Field Goal Attempts are allowed.

2.21 Each team will supply 3 parents to hold yard and down markers per half.

2.22 100% (equal) playing time rule, whereas all players must have a starting/primary position on either offense or defense except for disciplinary reasons. Substitutions are allowed ONLY for fatigue, injury or the mercy rule but must notify an official at time of substitution. Special teams do not count as a starting position. Roster cards will be used for all grades to list primary position

2.22.1 Punt and Punt Return are not Special Teams. Offense and defense are considered starting positions.

2.23 Two Roster cards will be filled by each team with one copy given to the head referee and one copy given to the opposing coach before the game begins. At least once during each half, the referee will verify the roster card against the unit currently on the field. This will typically be done during a timeout but not limited to a timeout. Teams in violation of the roster card check will incur a 15 yard penalty for the first violation. The second violation will result in a forfeit per the referee's discretion. (Coaches are allowed to take a player out for a 1 play rest on occasion but must notify an official at time of substitution. Patterns of removing players from their starting position (i.e. Every 4th down and short) could result in a penalty at the discretion of the referee.)

2.23.1 Rosters with less than 22 Players:

- All rostered eligible players must be listed on OFF or DEF on the roster card for all 4 quarters.
- Players can be rotated to fill available open positions to meet the 22 players.

2.23.2 Rosters with more than 22 Players:

- All rostered eligible players must be listed on OFF or DEF on the roster card for all 4 quarters to validate the 11 on 11 off rule. No player is eligible to play an entire game on both sides of the ball (Off/Def).

2.23.3 Exceptions

- *Communities that have teams with more than 22 players on a team will revert to "equal" playing time rather than 100% playing time.*
- *A team with more than 22 players cannot have any players playing both offense and defense.*
- *Injuries*

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- *Disciplinary reasons – An incident report must be on file.*

- 2.24 Horse Collar rule as defined by WIAA is in effect. The player must make the tackle to be considered a horse collar. 15 yard penalty.
- 2.25 No injured player that leaves the game for an injury may reenter the game unless released by the athletic trainer.
- 2.26 Award decals on helmets are permitted on helmets if your community approves it. Decals must be in good taste and not promote and sort of bad behavior on the playing field but encourage sportsmanship and fair play.
- 2.27 Over Time rules will be followed as defined by WIAA rules for all grades with the following exception:
- 2.27.1 The ball will be placed at the 10 yard line and each team is allowed 4 plays to score and convert an extra point. If the game is still tied after each team runs 4 plays, the process repeats until a winner is determined.
- 2.27.2 If a game ends in a tie due to weather conditions, each team receives ½ win and no loss.
- 2.27.3 If a team turns the ball over it will result in a loss of possession.
- 2.28 All leagues are 11 man ball. If a team does not have 11 players at the start of the game or falls below 11 players due to injury during the game (confirmed by the trainer as unable to continue), a forfeit occurs and the actual score of the game at the time of the forfeit is used. The win will be awarded to the non-forfeiting team regardless of score. (There is no option to finish the game with 9 players.) Teams may continue to scrimmage with less than 11 players if both agree but the score will not count.
- 2.29 Available to play means that a player is dressed and ready to play and is not injured or being reviewed by the athletic trainer on duty.
- 2.30 No locking arms or legs for the purpose of blocking. (i.e. The Wedge on kick-offs or for any offensive or defensive formations.)
- 2.31 The Mercy Rule only goes into effect when there is a difference of 25 points between opposing teams. When the mercy rule is in effect the lower score team may choose any 2 players from the opposing team who may not advance the ball. (Kicking or handing off the ball is not considered advancing the ball.) Continuous clock is in effect and stops only during injury, change of possession, extra point or time outs or when the 25 point differential no longer exists. **When mercy rule is in effect:**

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- *Team ahead must utilize running plays, no passing of any sort. Penalty 15 yards and loss of down.*
- *The lower score team will have the ball placed on the 35 yard line for each offensive series. (i.e. Kick-offs to the lower score team will not be allowed to avoid onside kicks or recovery from the higher score team)*

2.32 NOTE: In 7th & 8th Grade all the mercy rules outlined above apply except the differential must be 35 and clock remains continuous in 4Q even if differential drops below 35. This applies to 7 & 8 grade only.

3 Grade Specific Game Rules

3.1 1& 2, 3 & 4 Grades Only

- 3.1.1 All games will be played on a 53 yard by 80 yard field.
- 3.1.2 Grades 1 through 4 will play 8 minute quarters with regular clock stoppages as outlined in the WIAA rule book.
- 3.1.3 2 minutes between quarters.
- 3.1.4 10-minute halftime.
- 3.1.5 3 timeouts per half per team.
- 3.1.6 40 second play clock
- 3.1.7 Each time out is 1 minute.
- 3.1.8 Games will NOT start before their scheduled time.
- 3.1.9 No defensive player can line up over the center at any time or in the "A" gap. Defensive Tackles can lineup head up only with the guard. The center cannot be touched until the ball is clearly and solely within the QB's hands after the snap as the centers need to safely defend themselves. Guards are limited to lineup 1 yard from the center. Anything else will allow the defensive lineman to play closer to the "A" gap.
- 3.1.10 There will be weight restrictions for ball carriers for every grade level. The weight will be determined each year at the SEYFA Jamboree or before the first official game of the SEYFA season. All weights must be validated at the time of the weigh-in by a Field Marshall and a coach from their team or organization. Once the weight is validated, it will officially be

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added to the team roster and properly submitted to the league no later than Sunday following the weigh-in:

- *The weights for the 2019 season*
 - 1&2 Grade - 75 lbs
 - 3&4 Grade - 95 lbs
 - 5th Grade - 115 lbs
 - 6th Grade - 135 lbs
 - 7th Grade - 150 lbs
 - 8th Grade - 170 lbs
- If a player does not make the SEYFA Jamboree, the first game of the season or the "Last Call Weigh-In" in Westosha on the first Tues or Wed following week 1 to have weight verified, they cannot be a ball carrier for the season. Weigh-ins can be taken with equipment or in shorts. Equipment includes helmets, shoulder pads, shoes, jersey pants with pads, ect. Players should not exercise unhealthy risks or unsafe measures to make weight as a ball carrier. As stated in the SEYFA rules, all Coaches must use good safe and ethical decisions when monitoring all players health. (If a player weighs in with equipment and is declared over the ball carrier limit, they will have 5 minutes to remove equipment and weigh in one last time.)

3.1.11 All situations where the player over the weight limit takes control of the ball, the play will be blown dead at the spot of control.

3.1.12 Striped players are limited to the offensive line or defensive line. For offensive line, players are only eligible to play one of the 5 offensive line positions from tackle to tackle and required to be in a 3 Point stance. The striped defensive lineman can only play on the defensive line in a 3 point stance which is 2 yards outside the tackle and must be in a 3 or 4 point stance. No striped player can advance the ball. See Rule 3.1.15.

3.1.13 The only exception to the ball-carrier rule would be the punter.

3.1.14 The punter over the maximum ball carrier weight is allowed to kick the ball. They cannot advance the ball past the line of scrimmage, but are eligible to pass the ball.

Striped players can also kick the ball on Kick-off teams, but they cannot participate in the tackle.

Striped players can play on Kick return teams. If Striped player cannot advance the ball on kick return and if it is touched or if they fall on the ball it is deemed a DEAD Ball upon that spot.

3.1.15 Penalty for violation of this rule is: dead ball foul with loss of down, with no loss of yardage.

3.1.16 Players that are over the weight limit who recover a fumble will be called down at the spot of the fumble.

3.1.17 Players that are over the maximum ball carrier weight will be issued a sticker to be placed on their helmet for the whole season.

3.1.18 A team has the option to kick an extra point after a touchdown if playing on a field with goalposts at each end (See 2.20 above). In 1-4 grades, the kick will not be contested. This means that no one may move on offense or defense, except the holder and the kicker, until the ball is kicked. If the snap to the holder dropped/missed, the holder may retrieve the ball and place it for the kick. No fakes are allowed once the kick attempt is declared.

3.2 1 & 2 Grade Only

3.2.1 Grades 1 and 2 have the option of having one coach per team on the field prior and during play throughout the season. **NO coaching after the huddle breaks and the coach is to be a minimum of 10 yards behind the line of scrimmage and silent before the snap of the ball. Official will call a penalty. Penalty will be the same as too many players on the field (5 Yards).**

3.2.2 Offense:

- *The offense must have no less than 5 men in the box at initial setup but may have more than 5. Per WIAA, you must have 7 men on line of scrimmage at snap.*
- *Defense may match the number of offensive linemen except the center (i.e. If offense has 6 players in the box, defense may have 5 defensive players, as no one can be over center.*
- *If the offense has 6 men in the box and shifts to only 5, the defense is not required to remove one man. (Defense can never have anyone head to head on the center but can have an extra man in the box only if offense shifts one man out.)*
- *All must be in 3 or 4point stance.*
- *Defensive players covering tight ends on the line of scrimmage must be head to head and in a 3 or 4 point stance.*
- *Linebackers, corners, and safeties must be 5 yards off the line of scrimmage.*

3.2.3 Goal line defense: From the 5-yard line to the goal line.

- *The defense linemen may match the number of offensive linemen except the center (i.e. If you have 6 players in the box, you may have 5 defensive players, as no one can be over center. All must be in 3 or 4 point stance)*
- *Linebackers, corners and safeties can be up to 1 yard off the L.O.S.*

3.2.4 No quarterback sneaks at any time. The definition of a QB sneak is: A play in which the QB takes the snap from under center or a direct snap to a player within 3 yards off the ball and drives straight ahead between the tackles. (I.e. Running between the tackles from shotgun is allowed and not considered a QB sneak.)

3.2.5 No punts. Ball will be marked 20 yards from the line of scrimmage after punt is declared by the offense.

3.3 3 & 4 Grade Only

3.3.1 **Teams have the option of having one coach per team on the field during the Jamboree. By week 1, coaches are not allowed on the field unless time out or injury occurs;**

3.3.2 Defense

- *The offense must have no less than 5 men in the box at initial setup but may have more than 5. Per WIAA, you must have 7 men on line of scrimmage at snap.*
- *Defense may match the number of offensive linemen except the center (i.e. If offense has 6 players in the box, defense may have 5 defensive players, as no one can be over center.*
- *If the offense has 6 men in the box and shifts to only 5, the defense is not required to remove one man. (Defense can never have anyone head to head on the center but can have an extra man in the box only if offense shifts one man out.)*
- *All must be in 3 or 4 point stance.*
- *Defensive players cannot be split wider than the outside shoulder of the last offensive lineman.) and must also be in 3 or 4 point stance.*

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- *Linebackers, corners, and safeties must be 5 yards off the L.O.S.*

3.3.3 Goal line defense: From the 5-yard line to the goal line.

- *The defense linemen may match the number of offensive linemen except the center (i.e. If you have 6 players in the box, you may have 5 defensive players, as no one can be over center. All must be in 3 or 4 point stance and defensive players cannot be split wider than the outside shoulder of the last offensive lineman.)*
- *The remaining players can be up to 1 yard off the line of scrimmage, unless covering a receiver.*

3.3.4 No quarterback sneaks at any time. The definition of a QB sneak is: A play in which the QB takes the snap from under center or direct snap to player less than 3 yards off the ball and runs in any of the gaps between the tackles. (I.e. Running between the tackles from shotgun is allowed and not considered a QB sneak.)

3.3.5 Punts cannot be challenged; players must all wait in their positions until the punt is kicked. Punters must remain within the tackles while kicking and no closer than 5 yards from the line of scrimmage.

3.3.6 No fake punts, 4 down decision must be announced prior to lining up on 4 down.

3.4 5, 6, 7 and 8 Grade Specific Rules

3.4.1 All games will be played on a 53 yard by 100 yard field

3.4.2 5th and 6th grade will consist of 9 minute quarters with regular clock stoppages as outlined in the WIAA rule book.

3.4.3 7th and 8th grade will consist of 9 minute quarters with regular clock stoppages as outlined in the WIAA rule book.

3.4.4 2 minutes between quarters.

3.4.5 10-minute halftime.

3.4.6 3 timeouts per half per team.

3.4.7 40 second play clock

3.4.8 Each time out is 1 minute.

3.4.9 Games will NOT start before their scheduled time.

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3.4.10 Coaches are not allowed on the field during game (WIAA) for grades 5, 6, 7 and 8 unless time out or injury occurs. One coach is allowed on the field for time outs. No coach is allowed in the huddle during injury.

3.4.11 5th & 6th grade - Defensive players cannot line up over center when in shotgun or long snap.

3.4.12 7th & 8th grade - Defensive players cannot line up over center when in long snap.

3.4.13 Fake punts are allowed. Players can rush and block punts

4 Rule Proposals, Changes, Adoption Procedure:

4.1 Proposals for changes in the rules may be brought to the attention of the Rules and Regulations committee chairperson at any time. The Chairperson will then bring the proposal before the Board of Directors for a vote at the next Board meeting. The proposed changes will be adopted if a majority of Board members vote "Aye".

5 Legal Liability

5.1 SEYFA, its Officers, Directors, Coaches and personnel of its members assume no responsibility of liability for any injury to persons or damage to property occurring as a consequence of any activity of the league or any of its members. All players, coaches and other participants, participate in league activities at their own risk.

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6 Appendix

Penalty Summary

Loss of 5 yards

1. Delay of game. **Dead ball - PS**
2. Failure to properly wear required equipment just before snap. **Dead ball foul - PS**
3. Illegal substitution. **Dead ball - PS**
4. Free kick infraction. **Live ball foul – administered at end of play**
5. Encroachment. **Dead ball - PS**
6. Free kick out of bounds. **OPTIONS= @ out of bounds spot, 5 yard re-kick or 15 yards from kick (80 yd field) or 25 yards from kick (100 yd field)**
7. Invalid or illegal fair catch signal. **Dead ball – admin at end of play**
8. Snap infraction. **Dead ball - PS**
9. False Start. **Dead ball - PS**
10. Illegal formation or procedures at snap. (1st 2nd 3rd 4th grades) Player(s) not in a 3 or 4 point stance while aligned within 3 yards of either side of the center and within 2 yards of the line of scrimmage. **Dead ball PS**
11. Defense Player lined up & rushing over Offense Center r Shotgun formation) **Dead ball PS**
12. Less than five (seven for 3 thru 8) on Offense Line of Scrimmage. **Live ball - PS**
13. Illegal shift or illegal motion. **Live ball - PS**
14. Illegal handing ball forward (*also loss of down*) **Live ball - admin at end of play PS**
15. Illegal forward pass(*also loss of down*) **Live ball - PS**
16. Intentional grounding (*also loss of down*) **Live ball - POI**
17. Ineligible receiver illegally downfield. **Live ball - PS**
18. Illegal touching (*also loss of down*) **Live ball - PS**
19. Aiding the runner. **Live ball - PS**
20. Non Player outside of the team box, but not on field. **Live ball - SS**

Loss of 10 Yards

1. Illegal blocking technique. - **OPTIONS = POI if beyond L.O.S. or PS if behind L.O.S.**
2. Interlocked blocking. **Live ball - PS**
3. Holding. **Live ball - OPTIONS = POI if beyond L.O.S. or PS if behind L.O.S.**
4. Runner grasping a teammate. **Live ball - POI**
5. Illegal use of hands or arms. **Live ball - POI**

Loss of 15 Yards

1. Unsportsmanlike conduct by player or non-player. **Live ball foul – admin at previous spot**
2. Illegally kicking or batting ball. **Live ball - PS**
3. Illegal block after valid or invalid fair catch signal. **Live ball – OPTIONS = PS if ball has not been secured by receiving team or SS if ball has been caught (post possession)**
4. Kick catching interference. **Live ball - SS**
5. Forward pass interference. **Live ball - PS**
6. Illegal block below waist. **Live ball - POIP**
7. Clipping **Live ball - OPTIONS = POI if beyond L.O.S. or PS if behind L.O.S.**
8. Chop Block **Live ball - PS**
9. Tripping (exception: tripping to make tackle is legal) **Live ball - PS**
10. Illegal personal contact **Live ball - SS**
11. Charging into an opponent obviously out of the play. **Live ball - SS**
12. Grasping an opponent's face mask (or any helmet opening) **Live ball - SS**
13. Butt Blocking, face tackle or spear. **Live ball - SS**
14. Roughing the passer (*also automatic first down*) **Live ball - PS**
15. Roughing the kicker (*also automatic first down*) **Live ball - PS**
16. Roughing the snapper (*also automatic first down*) **Live ball - PS**
17. Slapping blocker's head. **Live ball foul –admin at previous spot**
18. Illegal participation **Live ball foul –admin at previous spot**
19. Sideline interference (third and subsequent) **Live ball - SS**
20. Non-player illegally on field. **Live ball – SS**
21. Profanity – 15 yds

Disqualification Associated With Certain 15 Yard

Penalties:

1. Fighting by player or non-player **SS**
2. Any act if unduly rough or flagrant **SS**
3. Intentionally contacting an official **SS**
4. A second unsportsmanlike foul by player or non-player **SS**

(PS) = PREVIOUS SPOT

(SS) = SUCCEEDING SPOT

(POI) = POINT OF INFRACTION

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2019 SEYFA GAMEDAY ROSTER CARDS

Date:											
Game Location:											
Opponent:											
Your Team:	Community/Level/Team Name										
<small>Signature Box Head Coach</small>	STARTING POSITION (mark with an X)										
JERSEY# (in numeric order)	Last Name	First Name	Striper (indicat ed w/X)	OFF 1st Qtr	DEF 1st Qtr	OFF 2nd Qtr	DEF 2nd Qtr	OFF 3rd Qtr	DEF 3rd Qtr	OFF 4th Qtr	DEF 4th Qtr
1											
2											
3											
4											
5											
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31											
PLAYERS NOT PLAYING				REASON							

Page 1

ROSTER FORMS

Community		"YEAR" SEYFA Roster				
Grade						
Coach Name						
Coach Email						
Coach Phone						
Jersey Number	Last Name	First Name	Birth Date	Age	Height	Weight

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QUICK REFERENCE

	1 ST & 2 ND	3 RD & 4 TH	5 TH	6 TH	7 TH	8 TH
Players on the field (Per Team)	11	11	11	11	11	11
Ball Size (Wilson GST)	Peewee	TDJ	TDJ	TDJ	TDY	TDY
Weight Limit (Ball Carriers)	75 lbs	95 lbs	115 lbs	135 lbs	150 lbs	170 lbs
Quarter Length	8 min.	8 min.	9 min.	9 min.	9 min.	9 min.
Field Size Yards + End Zones	53 X 80	53 X 80	53 X 100	53 X 100	53 X 100	53 X 100
Kickoff Spot	30 yard line	30 yard line	40 yard line	40 yard line	40 yard line	40 yard line
Punting	No Rush	No Rush	Live	Live	Live	Live
3 pt. stance required for D-line	Yes	Yes	No***	No***	No***	No***
3 pt. stance required for O-line	Yes	Yes	Yes	Yes	Yes	Yes
Min. Offensive Players on LOS	7	7	7	7	7	7
Max. Defensive Players in box	Match Offense (except center)	Match Offense (except center)	Unlimited	Unlimited	Unlimited	Unlimited
Defense over Center	No	No	**Yes	**Yes	++Yes	++Yes
Play Clock	40 Seconds	40 Seconds	40 Seconds	40 Seconds	40 Seconds	40 Seconds
Blow-out Game	25+ Points	25+ Points	25+ Points	25+ Points	35+ Points	35+ Points
Blow-out Game (Can't advance the ball)	Pick 2 Players	Pick 2 Players	Pick 2 Players	Pick 2 Players	Pick 2 Players	Pick 2 Players
Blow-out Game/Clock	#Continuous	#Continuous	#Continuous	#Continuous	#Continuous	#Continuous
Max. Coaches per Team (On Sideline)	6 (1 on Field)	6	6	6	6	6

**Except in shotgun or long snap

++Except in Longsnap

#Continuous unless differential is below 25. In 7th & 8th Grade differential is 35 but clock remains continuous in 4th Quarter even if differential drops below 35

***Except a striped player