2026 rulebook

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

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1. Foreword

The South Eastern Youth Football Alliance - SEYFA alliance is unique amongst all other area youth sports organizations based on these core beliefs:

- Each community's participation is impactful in delivering a positive experience for every player.
- Each player should be taught to play and participate above all else.
- The development of the player, not just in football, but in teamwork, community, and ultimately in life.
- Participation is more important to players than winning.

The purpose of the SEYFA community alliance centers around the unwritten rules, what many believe to be common sense but are often misaligned or misinterpreted from community to community. These provide the basis of our league and by which the official rulebook develops clarifications.

2. Personnel

2.1. Referees

2.1.1. A minimum of 4 referees are required for 5th, 6th, 7th, and 8th grade games. The 4th referee may be a trainee, but all must be WIAA/IHSA certified.

2.1.2. A minimum of 3 referees are required for 1st & 2nd and 3rd & 4th grade games. The 3rd referee may be a trainee, but all must be WIAA/IHSA certified.

2.1.3. Referees must be at least 18 years or older for 7th and 8th grade games.

2.1.4. Communities are responsible for hiring independent referees to officiate during all SEYFA games.

2.1.5. No referee will be allowed to officiate a SEYFA game if he/she is in an active official capacity of any SEYFA member community's governing body, committee, sub-committee, or coach.

2.1.6. No referee will be allowed to officiate a SEYFA game if he/she has a direct, same household relationship with a participant in the game.

2.1.7. Communities that require formal employment guidelines will be considered as independent referees if the required WIAA official's certification rules and SEYFA rules are followed.

2.1.8. Communities seeking an exception to the guidelines for referees must be submitted to the SEYFA Board prior to the start of the season and ruled upon by the SEYFA Board members at the next scheduled SEYFA Board meeting.

2.2. Athletic Trainers or Paramedics

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

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

2.2.3. 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, which needs to be directed to the community director to share with the SEYFA League.

2.2.4. 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)

2.2.5. Paramedics & trainers are instructed to take a player's helmet and keep it until the 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.

2.2.6. All league teams must adhere to the WIAA or IHSA's concussion protocols including their return to play process.

2.2.7. All Trainers decisions are final and are not debatable.

2.2.8. No practice or game may operate if the Heat index is above *104* degrees. The event must be canceled or postponed for a time where the heat index does not exceed *104* degrees.

2.3. Coaches

2.3.1. Certified head coaches must wear **Red** issued badges on sidelines during games.

2.3.2. Assistant coaches must wear **Yellow** issued badges on sidelines during games.

2.3.3. Home Team Officials & Field Marshals shall/will enforce this rule.

2.3.4. All coaches are subject to a background check.

2.3.5. Any individual that has a disqualifying criminal offense, 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 any SEYFA sanctioned event or while the individual is a volunteer for SEYFA. Conviction of a felony greater than 10 years prior will be reviewed by the SEYFA board and at their discretion will approve or disapprove the involvement of SEYFA sanctioned events. The following offenses will affect eligibility and are subject to SEYFA approval.

2.3.5.1. Drug possession

2.3.5.2. Theft

2.3.5.3. DWI/DUI* (2ND OFFENSE)

2.3.5.4. Eligibility depends on the offense within the last 10 years.

2.3.6. Communities seeking an exception to the background of a coach/volunteer for consideration will not be allowed to vote on the decision. Exceptions must be submitted to the SEYFA Board prior to the start of the season and ruled upon by the SEYFA Board members at the next scheduled SEYFA Board meeting.

2.3.7. Until the SEYFA Board has made a determination of eligibility, the coach/volunteer may not participate in any SEYFA sanctioned event including practices.

2.3.8. All coaches must complete the USA Football Youth Tackling Certification or NFHS certification before assisting with practices or being on the sidelines for games. The deadline to complete the certification and add coaches prior to Monday of the first week's games.

2.3.9. All communities must submit coaching certification and background checks placed in the SEYFA designated folder prior to Monday of the first week's games. Coaching certification will be submitted to the SEYFA board representative (Johnsburg). No coach / volunteer can be on the field without this being completed.

2.3.10. Coaches should never attempt to beat the rules of the game or take advantage of an opponent. You should set the example for winning without boasting and losing without bitterness.

2.3.11. The head coach is responsible for ensuring that the League Roster is in compliance with the SEYFA roster rules.

2.4. SEYFA Officials

2.4.1. Field Marshals

2.4.1.1. Assigned field marshals must wear **Blue** issued badges, high visibility vests, and be in possession of the current rulebook during games.

2.4.1.2. Field marshals are responsible for the clarifications of the SEYFA rules. They can determine if an official timeout is warranted to enforce any of the SEYFA rules.

2.4.1.3. Field marshals cannot overturn an official's call but can clarify the rules to the official during an official timeout or game pause. The official's decision is final.

2.4.1.4. The field marshal will inform the SEYFA Board Representative of their community that a clarification is required of the SEYFA rules. Field marshal must be at least 21 years old and be familiar with the current SEYFA rulebook.

2.4.1.5. The field marshal must be present at the coin toss.

2.4.1.6. *Fine of $500 will be assessed to a community for no field marshal when requested for clarification of a rule or when asking a game to be played under protest. If no field marshal is present the home community has 5 minutes to produce a field marshal as the game continues and at next timeout or stop in play the issue is addressed. If no field marshal is present after the wait time this must be reported to the disciplinary committee by 9pm the day of the game in question. If a protest is wanted after informing Discipline Committee of no field marshal present follow 15. Complaint or Protest Reporting Procedures in the rulebook.*

2.4.2. SEYFA Board Members

2.4.2.1. SEYFA Board members (one per community) are to wear **Orange** issued badges during games.

2.4.2.2. The number of representatives to be represented at the SEYFA Community League meetings will be restricted to three. There may be times where more than a monthly meeting is held to review the league's policy, actions, or stance. This restriction will remain to three attendees per community.

2.4.3. SEYFA Disciplinary Committee

2.4.3.1. The SEYFA disciplinary committee is comprised of SEYFA board members.

2.4.3.2. Participation on the SEYFA disciplinary committee is assigned before the start of the season.

2.4.3.3. A member of the committee cannot participate in the arbitration if the member of the committee is involved in the issue or if the circumstances will benefit the member community in any way (e.g., playoffs).

2.4.3.4. 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.

2.4.3.5. The Member Communities involved, through the community's SEYFA Board member may request discussion of the incident with the SEYFA Disciplinary Committee within 24 hours of the forfeit.

2.4.3.6. 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.

2.4.3.7. If the SEYFA Disciplinary Committee and SEYFA Member Communities find that the offending Member Community was at fault in the incident, all penalties will apply.

2.4.3.8. 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.

2.4.3.9. All findings will be added to the agenda of the next SEYFA board meeting for review and possible action.

2.4.4. SEYFA Scheduling Committee

2.4.4.1. The SEYFA Scheduling committee will be responsible for the coordination of that season's game schedule and consist of SEYFA community representatives from three communities, elected at the SEYFA Community meeting.

2.4.4.2. Responsibilities:

2.4.4.2.1. Setting the regular and playoff schedule

2.4.4.2.2. Rescheduling any games

2.4.4.2.3. Following approved tiebreaker rules if necessary

2.4.4.2.4. Each team should have a minimum of three home games during a season.

2.4.4.2.5. Calculation of the Rating Percentage Index (RPI)

2.4.4.2.5.1. RPI uses the following variables:(team's win percentage x .40) + (Opponents win percentage x .40) + (Opponents, opponents win percentage x .20)

2.4.4.2.5.2. *RPI will be used per grade from that teams previous season in regards to scheduling games in the beginning of the season*

3. Game Fields

3.1. Communities/game location must provide two team and spectator sides clearly marked home and away.

3.1.1 *Gate Fee: Communities are permitted to charge an admission fee for regular season and playoff games. Not to exceed $3 for adults and $2 for students.*

3.2. 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.).

3.3. Every field must have a parent line which is at least 10 yards off the field sideline. Referees & Field Marshals shall/will enforce this rule.

3.4. Communities hosting games on a high school field must have a backup location in the event of field unavailability. If games cannot be held as scheduled or rescheduling is not possible, as determined by the SEYFA scheduling committee, the community will be assessed a $500 cost per game. The fine will be paid to the hosting community of the Superbowl. All fees will be applied to lower the other community's fees for the Superbowl. The offending community will not get the benefit of having the fines applied to any of their Super Bowl fees. All assessed costs MUST be paid before the next game. Failure to pay the cost may result in further costs, probation, or possible suspension from SEYFA.

3.5. Teams will warm up and cool down in the opposite end zone from the home team. Warm-up and cool downs conducted in the center of the field will be considered unsportsmanlike behavior – taunting. Warm up laps will be contained on your team's side of the field and within the sideline boundaries.

3.6. Teams will leave the field immediately after the handshake. Coaching debriefing should be done off the field, so it does not interfere with the next game. Exception is if that game is the last game of the day.

3.7. All game fields require field goal posts in each end zone. Dimensions of the field goal are defined in Table 3.1 and will comply with the NFHS rulebook section 2 art 5 descriptions.

Play Level	Field Goal Post Style	Gooseneck Post	Horizontal Crossbar	Upright Posts	Overall Height
High School	Gooseneck	10 feet	23.33 feet	12 to 15 feet	22 to 25 feet
	H-Style	–	23.33 feet	22 to 25 feet	22 to 25 feet

Table 3.1 – Field Goal Dimension

4. Scoreboards

4.1. Clock time must be visible – scoreboard can be manual – but game clock is mandatory.

4.2. Numbers on the scoreboard must be a minimum of 8 inches in size.

5. Drones

5.1. The use of unmanned aerial systems ("UAS"), commonly referred to as "drones", is not permitted during games.

6. Insurance

6.1. All communities will have proof of insurance for field liability posted prior to the seasons start in the SEYFA Google Drive. Proof of insurance will be submitted to the SEYFA board representative (Johnsburg) no later than the first scheduled game of that community. No team can play without this being completed.

6.2. Each community must have a minimum of commercial general liability with limits of

6.2.1. Each occurrence - $1,000,000

6.2.2. Personal & Adv Injury - $1,000,000

6.2.3. General Aggregate - $1,000,000

6.3. Failure to submit proof of insurance by the July SEYFA Community Board Meeting will result in that community not being allowed to practice and excluded from scheduled games and future SEYFA events until proof of insurance can be presented.

7. Code of Conduct

7.1. To properly set expectations and reinforce SEYFA's expectation for good sportsmanship, one of the following messages shall be announced prior to the commencement of each game:

7.1.1. Script #1 "_____, _____, and SEYFA require good sportsmanship at our youth football games. Attendance is a privilege with the expectation to exhibit positive and respectful behavior. For the enjoyment and respect of all in attendance, your cooperation in demonstrating the high ideals of sportsmanship is expected and greatly appreciated.

7.1.2. Script#2 Good afternoon/evening. Welcome to _____. We appreciate your attendance at this game and hope you enjoy it. Today's game is being played under the rules of the NFHS, and SEYFA. These rules provide for fair play and good sportsmanship among players and coaches. We ask that spectators promote the ideals of good sportsmanship, fair play and respect for our opponents and officials. Thank you and let's play some football!

7.2. League officials, coaches, players, and spectators who exhibit unsportsmanlike conduct before, during, or after a game will be ejected from the event and suspended from all remaining games at that field or facility for the day. If the conduct occurs

while a game is in progress, play will be stopped at the next safe opportunity and the individual will be informed of the ejection. The ejected person must leave the field and stadium area immediately and report to their vehicle, or to the nearest edge of the facility grounds if no vehicle is available, within five minutes. The Field Marshal will escort or observe the individual's departure. An ejected player must be accompanied by a parent, guardian, or other responsible adult. If none is available, an assistant coach must accompany the player. Failure to comply within five minutes may result in forfeiture of the game by the associated team. An ejected coach or parent may return only for an emergency involving a player. An ejected player may not return to the field or facility that day.

7.3. If ejected persons refuse to leave or returns without approval to the field/facility; the Field Marshal and/or surrounding coaches will call the local Police to have the persons removed for trespassing. If unsportsmanlike conduct occurs between games and/or on facility grounds, the Field Marshal, Officials, and both Team Coaches must be notified of the incident as soon as possible. If ejected persons are properly identified or associated to a specific team/community all consequences and provisions apply as if a game were in session. If they cannot be associated with a specific team (walk off/drive off without identifying themselves) Field Marshal, Officials, both Team Coaches must be notified, and the ejection will be referred to the SEYFA Disciplinary Committee for follow up.

7.4. If, at any time during any ejection, any person was to be verbally threatened or harmed with or without purposeful intent, pushed, hit, slapped, kicked, touched, or spit on in any capacity toward a league official, coach, player, and/or spectator, the Field Marshal and all surrounding Coaches are to immediately call the local Police to report the incident.

7.5. Unsportsmanlike conduct shall include, but shall not be limited to the following:

7.5.1. Fighting

7.5.2. Verbal abuse

7.5.3. Bullying

7.5.4. Dissent towards an official or opponent

7.5.5. Racial or ethnic slurs

7.5.6. Inappropriate comments or actions that may be construed as sexual harassment.

7.5.7. Profanity

7.5.8. Obscene gestures

7.5.9. Flagrant and violent fouls

7.5.10. Taunting

7.5.11. Trash talk

7.5.11.1. Officials have the right to determine offensive language. (Trash talk are words to demean officials, opposing players, teams, or spectators.

7.5.11.2. If trash talking occurs, the referee MAY give one warning.

7.5.11.3. If it continues, the players or players will be ejected from the game.

7.5.12. Cheating

7.5.13. Throwing or abusing equipment

7.5.14. Physical intimidation or abuse of an official, opponent, spectator, or attendees.

7.6. Violations of the Code of Conduct Policy shall not expire on a calendar year basis and shall be cumulative during any individual's involvement with the SEYFA.

7.7. SEYFA requires officials to enforce all rules regarding unsportsmanlike conduct by parents, spectators, coaches, and players. There will be no tolerance for any negative behavior, such as taunting, trash talking and verbal, written, or physical conduct related to race, gender, ethnicity, disability, sexual orientation, or religion. Such behavior will result in being ejected from the event. All participants must respect the game and respect their opponents. The Official may also issue a 15-yard penalty on the bench for fan violations of this sportsmanship rule. Two such violations in the game will result in the fans being removed from the game, and subsequent games.

7.8. Receiving an ejection during a game automatically results in a suspension the following week. Appeals can be made to the players' SEYFA Board member of that community. The local SEYFA Board member will review the evidence for the appeal and present the analysis if merited to the SEYFA disciplinary committee.

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

7.10. 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.

7.11. Any league official, coach, parent, player, or volunteer that uses social media posting negative comments regarding players, coaches, referees, and /or about any SEYFA member community will result in an official review by the SEYFA disciplinary committee. SEYFA has zero tolerance for this action. Multiple occurrences may result in an immediate suspension by the SEYFA board.

7.12. When the SEYFA disciplinary committee is made aware of such posts, the poster will be asked to immediately (less than 8 hours) remove the post.

7.13. If the post is deemed flagrant, immediate actions may result as deemed appropriate by the SEYFA Disciplinary Committee.

7.14. Failure to remove the post immediately will result in an immediate one game suspension of the poster (player, family member or coach).

7.15. 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).

8. Rosters

8.1. League Rosters

8.1.1. Communities must submit a completed league roster that includes first and last name, birthdate, gameday jersey number, grade, and the official weight taken at a sanctioned SEYFA weigh-in of each player.

8.1.2. Head coach contact information will also be included on each submitted roster to include community, first and last name, grade level of the team, phone number and email address.

8.1.3. The first draft of the league roster should be placed in the designated folder by the start of the SEYFA official practice season.

8.1.4. The second draft of the league roster should be placed in the designated folder by Friday, prior to the SEYFA jamboree.

8.1.5. The final draft of the league roster should be placed in the designated folder by the Friday, prior to the first schedule game of that team.

8.1.6. Players can only be added after the first scheduled game if approved by the SEYFA Board. Names and circumstances as to why the player should be allowed to be added should be included when submitted to the SEYFA Board by that community's representatives on the SEYFA board.

8.1.7. Communities that do not have a completed roster with the correct information as detailed rules 8.1.1 and 8.1.2, submitted properly and timely to the league representative responsible for compiling the roster (Johnsburg) and posted on the SEYFA designated folder prior to the start of the season, will be fined $500 a week until all roster information is provided. The fine will be paid to the hosting community of the jamboree if the roster is not completed before that season's jamboree, if a roster is not completed after the jamboree, then the fine will be paid to the hosting community for the Superbowl. All fees will be applied to lower the other community's fees for the jamboree or Superbowl depending on when the violation occurs. The offending community will not get the benefit of having the fines applied to any of their jamboree or Super Bowl fees.

8.1.8. The forfeiting team will receive a loss with a score of 0-7.

8.1.9. Roster differences from what is officially posted by the SEYFA league representative (Johnsburg) to the designated folder. Differences between the league roster and the game time roster should be noted to the head coach of both teams, the head referee, and the field marshal.

8.1.10. In most cases, notification should be done during the week of the game if possible. 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 via the community's SEYFA board representative.

8.1.11. The SEYFA disciplinary board will determine what disciplinary action will be taken including but not limited to head coach suspension and/or forfeiture of the game. Multiple roster violations of the same team during the season could lead to that team forfeiting all games for the year,

played, and not played as a forfeiture, removing the head coach for the year, and/or community probation.

8.1.12. A roster size of at least 15 players is required to start the season to enter a team.

8.1.13. Exceptions must be submitted to the SEYFA Board prior to the start of the season and ruled upon by the SEYFA Board members at the next scheduled SEYFA Board meeting.

8.1.14. Team counts per community per grade level are due by July's Monthly meeting. Any additions would require a board vote/ADHOC

9. Player Eligibility

9.1. 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.

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

9.3. If a player is being disciplined and being held out of the game, it must be recorded on the League Roster and the opposing coach notified prior to the game.

9.4. No one 15 years old or over may play in SEYFA (must not turn 15 before August 1st.)

9.5. Appeals may be made to the SEYFA board via the community's SEYFA representative.

9.6. Players must be signed up and assigned to a team no later than the first scheduled season game. Any player additions after the first game must be approved by the SEYFA board.

9.7. Any added players after week one will still need to comply with the practice rules (See Rule 9.11)

9.8. If a player does not make the SEYFA Jamboree, the first game of the season or the "Last Call Weigh-In" in Johnsburg on the first Tues or Wed following week 1 to have weight verified, they cannot be a ball carrier for the season. Unless said player is weighed in prior to a game and the weight certified by an opposing head coach that the player is 10lbs or greater under the maximum ball-carrier weight.

9.9. Appeals may be made to the SEYFA board via the community's SEYFA representative.

9.10. All players must show a birth certificate or proof of grade (prior year's final report card) at the community's registration.

9.11. 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.

9.12. Weight Restrictions Guidelines

9.12.1. There will be weight restrictions for ball carriers for every grade level. The ball carrying weight is outlined in each grade specific game rules.

9.12.2. The weight will be determined each year at the SEYFA Jamboree or before the first official game of the SEYFA season.

9.12.3. All weights must be validated at the time of the weigh-in by a Field Marshal and a coach from their team or organization.

9.12.4. Once the weight is validated, it will officially be added to the team roster and properly submitted to the league no later than Sunday following the weigh-in.

9.12.5. Players that are over the maximum ball carrier weight will be issued a striped sticker that contrasts from the color of the helmet placed from the back towards the front, down the center of the helmet for the whole season.

9.12.6. If a player does not make the SEYFA Jamboree, the first game of the season or the "Last Call Weigh-In" in Johnsburg on the first Tues or Wed following week game 1 to have weight verified, they cannot be a ball carrier for the season.

9.12.7. Unless said player is weighed prior to that player's first game and the weight certified by an opposing head coach that the player is 10 lbs. or greater under the maximum ball-carrier weight.

9.12.8. All weights collected, in this manner, must be sent to the SEYFA administrator via the hosting SEYFA community representative, no later than the following Wednesday after the weight has been taken. Failure to have the weight added to the official SEYFA roster will result in a forfeit for every game that the weight is not entered. It is the responsibility of the community with the late weigh-in to ensure the weight is forwarded to the SEYFA administrator. The

late weight(s) must include the signature from the field marshal at the hosting community, and a coach from each team.

9.12.9. Weigh-ins can be taken with equipment or in shorts. Equipment includes helmets, shoulder pads, shoes, jersey pants with pads, etc.

9.12.10. Players should not exercise unhealthy risks or unsafe measures to make weight as a ball carrier.

9.12.11. 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.)

9.12.12. Striped Players – a striped player is a player that was deemed to be over the ball carrying weight at an official SEYFA weigh-in.

9.12.12.1. Striped players can advance the ball on a fumble recovery or interception while playing defense. All other situations where the player over the weight limit takes control of the ball, the play will be blown dead at the spot of control.

9.12.12.2. Striped players are limited to the offensive line or defensive line except for:

9.12.12.2.1. Kicker

9.12.12.2.2. Punter

9.12.12.2.3. QB – Limitations at this position are noted for 7th and 8th grade only.

9.12.12.2.4. Linebacker (inside of box as define from offense tackle to offense tackle.) *-Grades 1st-4th striper must line up no more no less than 5 yds from LOS*

9.12.12.3. *For offensive line, striped players are eligible to play tight end to tight end. (Note: Striped tight end cannot catch/ advance the ball)*

9.12.12.4. The striped defensive lineman in grades 5th – 8th can play on the defensive line up to 2 yards outside shoulder of the last man on the Interior LOS, whether that be a Tight End (TE) or tackle.

9.13 *No player may play tackle football in any other league, on another team during the SEYFA season. Including practice. (Start of conditioning through Super Bowl weekend)*

First offense warning , Second offense player is suspended for the rest of the season

10. Equipment

10.1. Cloth or neoprene covers of any type are not allowed over chin straps.

10.2. No metal cleats.

10.3. It is highly suggested that players wear a cup that properly fits to protect the groin.

10.4. 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.

10.5. Any sports specs or prescription glasses must also be clear (not tinted in any way).

10.6. 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.

10.7. Casts must have release from a doctor to play and need to be wrapped per WIAA rules and verified by the trainer.

10.8. Game Jerseys

10.8.1. 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.

10.8.2. Jersey numbers are not position specific.

10.8.3. Jerseys need to include the player's numbers and team name.

10.8.4. Players' names are not required.

10.9. The prioritization of safety at SEYFA games necessitates that an AED is available on site during all games. The AED should be properly maintained and easily accessible to anyone who may need it. It is also important that coaches and other staff members receive training on how to use the AED in case of an emergency.

10.10. Guardian Caps are allowed with the hope the most similar color available to the teams helmet color is used. Also striped players have to the orange stripe identified on the guardian cap.

11. Offseason Restrictions

11.1. 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 organization's coaching staff.

11.2. The only exceptions are the following:

11.2.1. Clinics – Teams can participate in football clinics between February 1st and the start of the season. These clinics are limited to three (3) 2-hour camps maximum and must be strictly skills & drills (No Plays).

11.2.2. Teams can participate in postseason tournaments following the end of the season up to Dec. 31st.

12. League Schedule

12.1. Official SEYFA Games

12.1.1. *All teams will have 6 regular season games and one bye week in the first 7weeks of the season before playoffs. First regular season week will be a Sat. before Labor Day. With Labor Day being an off week for the league.*

12.1.2. 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.

12.2. Conditioning

12.2.1. 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. *2026 will include 2weeks for conditioning to be completed July 20th -Aug 2nd no padded practices conditioning only.*

12.2.2. 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. Review of video as a team counts towards the weekly practice limits.

12.3. Practice

12.3.1. 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. Review of video as a team counts towards the weekly practice limits.

12.4. Forfeits

12.4.1. If a team forfeits a game by electing not to show up or communicate with the opposing community (i.e., not due to injury, rainout, missing trainer) the forfeiting team will receive a loss with a score of 0-7. All purposeful forfeits will be reviewed by the SEYFA Disciplinary Committee, which may result in further actions.

12.4.2. Subsequent games will not be canceled unless unsafe weather continues throughout the day.

12.4.3. Consequence of Forfeiture

12.4.3.1. Any team forfeiting a game, regular or postseason, 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.

12.4.3.2. A game forfeit will result in a 0-7 loss.

12.4.3.3. Member Communities must also pay game fees associated with said game prior to next game, or within 72 hours of the forfeited postseason game.

12.4.3.4. A second occurrence of team forfeiture during the same season will result in an additional 0-7 loss and suspension from regular and postseason play for the remainder of the season, or additional next season games, unless approved by SEYFA Disciplinary Committee, and the SEYFA board.

12.4.4. Abusive Forfeiture

12.4.4.1. 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.

12.5. tiebreakers

12.5.1. All games played between SEYFA opponents will count towards the seeding in playoffs, which will be determined by Rating Percentage Index (RPI).

12.5.1.1. RPI uses the following variables: (team's win percentage x .40) + (Opponents win percentage x .40) + (Opponents, opponents win percentage x .20)

12.5.2. Tiebreaker Rules

12.5.2.1. Head-to-head regular season results

12.5.2.1.1. If teams have played more than once, all games are considered. All teams involved in a multi-team tiebreaker must have played each other the same number of times.

12.5.2.1.2. Any team that has forfeited a regular season game will automatically drop to the end of any tie breaking determination. A forfeit is counted as a loss.

12.5.2.2. Tiebreaker points

12.5.2.2.1. Tiebreaker points are awarded as follow:

12.5.2.2.1.1. If the win is less than 22 points, the winning team is awarded 7 points.

12.5.2.2.1.2. If the win is by 22 but less than 33 the winning team is awarded 3 points.

12.5.2.2.1.3. If the win is by 33 or more then the winning team is awarded -5 points.

12.5.2.3. Coin Flip

12.5.2.4. In all postseason playoff determinations, once a multiple Tiebreaker provision is broken, the remaining teams should revert toward the top of the Tiebreaker List, using Head-to-Head record as a deciding factor whenever possible.

12.6. Postseason Point System

12.6.1. 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.

12.6.1.1. Team Victory Margin Postseason Points Awarded

12.6.1.1.1. Losing team Not applicable = 0

12.6.1.1.2. Winning team 1 to 24 points = 3

12.6.1.1.3. Winning team 25 to 32 points = 1

12.6.1.1.4. Winning team 33 to 40 points = 0

12.6.1.1.5. Winning team 41 points or more MINUS 1

13. Playoffs / Superbowl

13.1. Playoff games will be hosted at the location of the team with the highest seed except for the Superbowl. If the higher seeded team does not have their field available and cannot find a neutral site, then the lower seeded team may host the game. The original host team will still pay the game fees to include trainer and referees.

13.2. Superbowl location will be determined by the SEYFA board at least two months before the beginning of the playoffs.

13.3. A single site will be used for all Superbowl games.

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

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

14. Weather Delays

14.1. The safety of all those involved in SEYFA events are of the utmost importance. When inclement weather occurs, including heavy rains, thunder, lightning, excessive greater than a heat index of *104* degrees, snow, sleet which effects the safety of the players, coaches, volunteers, or spectators a delay of the game may be necessary.

14.2. The field marshal in cooperation with the trainer, officials, and head coaches will make the call related to the safety of the players.

14.3. The head referee will make the call related to field and quality of game decisions when weather conditions interfere. i.e., a field with standing water, or too muddy to safely play.

14.4. If a rain delay occurs, play will be suspended for a maximum of 1 hour and 45 minutes. The general rule is to wait 30 minutes after the last lightning sighting. After that time, the teams will be sent home and a makeup game must be played on the following Monday or Tuesday night. The SEYFA Scheduling Committee will

determine makeup location, times, and dates which teams must accommodate. A team that cannot accommodate the makeup will forfeit. If both cannot accommodate, a tie will be counted. If you are at or past halftime and a rainout occurs, no makeup will occur, and current the score will be used. (Points for a tie = 0,0. Points for a forfeit – 1,0).

14.5. 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.

14.6. 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.)

15. Complaint or Protest Reporting Procedures

15.1. If a team is filing a protest or complaint, the filing head coach must notify the field marshal and the Head Official before leaving the field. The Field Marshal will notify the opposing Head Coach to avoid potential conflict between the head coaches. Complaints filed should be limited to egregious violations that could result in the suspension of a player, coach, or team, and/or the forfeiture of a game.

15.2. SEYFA communities will follow the below solutions first before any escalations to the SEYFA disciplinary committee.

15.2.1. Solution 1

15.2.1.1. All disciplinary procedures would be directly resolved by the responsible organization of the incident offenders including penalties for player, coach, and fan ejections. 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 the SEYFA Disciplinary Committee by Wednesday night @ 8:00PM following the incident. Follow up on the incident and the final outcome will also be done via email to all SEYFA community's representative members.

15.2.2. Solution 2

15.2.2.1. If the incident cannot be handled internally by the responsible community(ies), all disciplinary procedures and decisions will come from the SEYFA Disciplinary Committee. Facts will also be presented to the SEYFA Community Representative(s) for final review as outlined in the complaint/protest reporting procedure section 15. Then final decisions will be handed off to the offending community leaders to be directly administered by the offending party(s) as per the league's direction.

15.3. ALL protests or complaints must be submitted by the community's SEYFA Board member to the league via email by Sunday night 8:00 PM. The protest or complaint should include all supporting evidence they wish the disciplinary to consider, including participant and witness statements, and/or video evidence if applicable. NOTE: It is not the responsibility of the Disciplinary Committee to investigate the matter and gather evidence. That is the responsibility of the parties involved. Failure to do so will result in a decision being rendered based on the evidence presented.

15.4. The email is to be sent by the filing party copying all community directors involved, and the SEYFA Disciplinary Committee. The team for which the complaint is lodged will have by Tuesday night 8:00 PM to submit to the Disciplinary Committee any responses to the allegations including participant and witness statements, and/or video evidence if applicable. NOTE: It is not the responsibility of the disciplinary committee to investigate the matter and gather evidence. That is the responsibility of the parties involved. Failure to do so will result in a decision being rendered based on the evidence presented.

15.5. The League's Disciplinary Committee will have until Thursday night 8:00 PM to render a decision after reviewing the current SEYFA rules, and the submitted materials of both parties.

15.6. Teams involved in stated disputes must be readily available to talk if clarification is desired by the Disciplinary Committee.

15.7. All decisions will be arbitrated by the Disciplinary Committee with the intent to be fully resolved by Thursday 8 PM the night after the incident.

15.8. All decisions should be considered final despite the outcome & all parties should begin to move forward in a positive manner for the betterment of all interested parties and the league.

16. Additional Reporting by Officials

16.1. Game Score Reporting

16.1.1. It is the responsibility of the SEYFA league representative(s) to provide the scores of that week's game(s) to the SEYFA Google Drive Scoring spreadsheet within 24 hours of the completion of the game.

16.1.2. Injuries: players w/concussions or any other serious injuries are required to have a medical release to return to play should be reported by the trainer, and coaches during the score reporting.

16.2. Ejections of players, coaches, and/or spectators should also be reported including location, full name, jersey number of player, which game, and community they are from.

16.3. Other Unsportsmanlike Issues: Unsafe Field Conditions, running up scores, delay of game issues, host site issues (i.e., law enforcement) should be reported immediately following the games to the league.

17. General Game Rules

17.1. ALL TEAMS SHALL FOLLOW THE RULES AND REGULATIONS OF THE NATIONAL FEDERATION of HIGH SCHOOL ATHLETIC ASSOCIATION (NFSHSAA) except for the following SEYFA rules.

17.2. 100% 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.

17.2.1. An offense and/or a defense position are considered starting positions.

17.2.2. Special teams do not count as a starting position.

17.2.3. Punt and Punt Return are not Special Teams.

17.3. All games 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 less than 10 players).

17.4. 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.

17.5. 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 *eight* coaches.

17.6. No Family is allowed in the box for any reason without credentials.

17.7. No Videotaping, recording, or photographs are to be taken within the Coaches box.

17.8. No parent, coach or player can videotape 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.)

17.9. The home team will be responsible for providing three volunteers to hold the yard and down markers for the entire game(s).

~~**17.9.1.** Yard and down markers will remain on the visitor side, opposite the press box, throughout the entire game.~~

17.10. Coaches will line up players 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.

17.11. One Coach is required to come out on the field for the coin toss with their team captains.

17.12. Award decals on helmets are permitted on helmets if your community approves it. Decals must be in good taste and not promote any sort of bad behavior on the playing field but encourage sportsmanship and fair play.

17.13. All games will be played on a 53 yard by 100-yard field.

17.14. No blocking below the waist.

17.15. 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.

17.16. No injured player that leaves the game for an injury may re-enter the game unless released by the athletic trainer.

17.17. No locking arms or legs for the purpose of blocking. (i.e., the wedge on kickoffs or for any offensive or defensive formations.)

17.18. Overtime will follow NFHS rules: Coin-Toss→Winner will receive the choice of Offense or Defense, Only the play clock is running at this point, Each team starts@ the 10 yd line with four downs to score, If still a tie after first overtime the team that was on defense will start with the football and repeat with each team starting at the 10yd line with four downs to score, If still tied after the second overtime another coin flip happens to start the third overtime, Winning team will have choice of offense or defense to start and both teams will have the ball placed at the 10yd line with four downs to score, In third overtime teams must go for 2 points in the event of a touchdown.

18. 1st and 2nd Grade

18.1. All games will be played on a 53 yard by 100-yard field

18.2. Games will play 8-minute quarters with regular clock stoppages as outlined in the WIAA rulebook.

18.2.1. 2 minutes between quarters.

18.2.2. 10-minute halftime.

18.2.3. 3 timeouts per half per team.

18.2.4. 40 second play clock

18.2.5. Each timeout is 1 minute.

18.2.6. Games will NOT start before their scheduled time.

18.2.7. The home team will be responsible for providing three volunteers to hold the yard and down markers for the entire game(s).

18.2.7.1. ~~Yard and down markers will remain on the visitor side, opposite the press box, throughout the entire game.~~

18.3. Game Ball

18.3.1. The following footballs will be considered as official use footballs for SEYFA, in either composite or leather models.

	Wilson	**Nike**	**Team Issue**

1st - 4th	Pee Wee or K-2 Composite or Leather Tan or Brown length of 11 inches and a circumference of 18 inches, weighs 8.5 to 9.5 ounces	Size 6 - Pee Wee Composite or Leather Tan or Brown length of 10.5 to 11.5 inches and a circumference of 16.5 to 17.5 inches, weighs 6 to 9 ounces.	Pee Wee Size Composite or Leather Tan or Brown length of 10.5 to 11.5 inches and a circumference of 16.5 to 17.5 inches, weighs 6.5 to 7.5 ounces.

18.3.2. Each team is allowed to use their own appropriate game-day ball.

18.4. Coaches

18.4.1. 1st and 2nd grades have the option of having one coach per team on the field prior and during play throughout the season.

18.4.2. 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. Officials will call a penalty. Note: Helping to align players to the offensive or defensive set is not coaching.

18.4.3. The penalty for infraction of 18.4.2 will be the same as too many players on the field (5 Yards).

18.4.4. A maximum of 8 certified coaches are allowed on the sideline during game play. Certified is outlined in section 2.3 of the SEYFA Rulebook.

18.4.5. One coach is allowed on the field for timeouts.

18.4.6. No Coach is allowed in the huddle during an injury.

18.5. Weight Restrictions

18.5.1. The 1st & 2nd grade ball carrying weight for the 2026 season is less than or equal to **75** lbs.

18.5.2. No striped player can advance the ball on offense or special teams.

18.5.3. striped player can score on defensive turnover (interception or fumble) or a blocked punt (punt is a defensive play)

18.6. Kickoffs

18.6.1. There will be no Kickoffs for 1st and 2nd grade levels.

18.6.2. The ball will be placed on the 35-yard line from the goal line.

18.6.3. In the 4th Quarter, if a team is losing by 16 points or less, they may take the On-Side Option of having a 4th and 10 play on their 25-yard line

from their goal line and is limited to 10 yards, not to be advanced past the receiving team's own 35-yard line.

18.7. Points After Touchdown (PAT) – Extra point

18.7.1. A team has the option to kick an extra point after a touchdown if playing on a field with goal posts at each end.

18.7.2. Goal posts must be permanent fixtures of the field.

18.7.3. All NFSHSAA rules associated with kicking an extra point apply.

18.7.4. At no time can the offense attempt a fake field goal.

18.7.5. The opposing team also has the option to kick an extra point after a touchdown but is NOT required to kick.

18.7.6. On a 100-yard field the line of scrimmage, for purposes of PATs, the line of scrimmage is at the goal line and kicked 5 yards from the line of scrimmage.

18.7.7. Any team that kicks an extra point (PAT) and is successful will be awarded 2 points.

18.7.8. A kicking block may be used.

18.7.9. No rushing the kicker and no physical contact at the line of scrimmage.

18.7.10. The holder must start in the crouched position.

18.7.11. The holder may recover the ball after the snap and place the ball back on the kicking block for the extra point attempt.

18.7.12. Standing to catch the ball by the holder is allowed.

18.7.13. Trapping the ball by the holder due to an errant snap is allowed.

18.7.14. Reaching for the ball if no more than one yard from the holder's position is allowed.

18.7.15. When in doubt, consideration should be given that promotes kicking PATs extra points as a development skill in football.

18.7.16. PAT defense players may jump up and down, wave their arms, and scream during the extra point attempt.

18.7.17. Running the ball for 1 point or catching a ball outside of the end zone and running it in to the end zone 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.

18.8. Offense

18.8.1. 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 the line of scrimmage at snap.

18.8.2. 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.)

18.9. Defense

18.9.1. *There must be one less defensive lineman than offensive lineman as no defensive player can be over the center (if an offensive lineman moves after being set the defensive lineman is NOT required to move / adjust)*

18.9.2. Defensive players must be heads up of the last man on the Interior LOS, whether that be a Tight End (TE) or tackle.

18.9.3. Linebackers, corners, and safeties must be 5 yards off the line of scrimmage.

18.9.4. Goal line defense from the 5-yard line to the goal line *Linebackers, corners,and safeties can line up 2 yds from LOS*

18.9.5. No defensive player can line up over the center at any time or in the "A" gap.

18.9.6. Defensive Tackles can lineup head up only with the guard.

18.9.7. 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.

18.9.8. Guards are limited to lineup 1 yard from the center. Anything else will allow the defensive lineman to play closer to the "A" gap.

18.10. Punts

18.10.1. No live punts. Instead of punting, the offense has the choice to mark the ball 20 yards from the line of scrimmage after this option is declared by the offense.

18.10.2. Since there are no live punts at this grade level, The offense team will only be allowed to place the ball no further than the opposing teams 10-yard line when rule 18.10.1 is chosen.

18.11. Mercy Rule

18.11.1. The Mercy Rule only goes into effect when there is a difference of 25 points between opposing teams.

18.11.2. When the mercy rule is in effect:

18.11.2.1. *The lower scoring team may choose any 2 offensive players from the opposing team who may not advance the ball on offense. Those 2 players may only advance the ball on a defensive turnover. May not advance the ball fielding a punt or kickoff. (Kicking, punting, or handing off the ball is not considered advancing the ball.*

18.11.2.2. Continuous clock is in effect and stops only during injury, change of possession, extra point, or timeouts or when the 25-point differential no longer exists.

18.11.2.3. No kickoffs: the ball will be placed on the 35-yard line for each offensive series.

18.11.2.4. No timeouts are allowed by the higher scoring team.

~~18.11.2.5. During the mercy rule, the team leading will be given roster flexibility to allow players to play different positions than what was originally documented in the League Roster.~~

18.11.2.6. During the mercy rule, the team leading must utilize running plays, no passing of any sort. Penalty 15 yards and loss of down.

18.11.2.7. During the mercy rule, the team leading may not blitz in any manner or have more than 6 players within three yards of the LOS.

18.11.2.8. During the mercy rule the leading team must punt or attempt a field goal on 4th down.

19. 3rd and 4th Grade.

19.1. All games will be played on a 53 yard by 100-yard field.

19.2. Games will play 8-minute quarters with regular clock stoppages as outlined in the WIAA rulebook.

19.2.1. 2 minutes between quarters.

19.2.2. 10-minute halftime.

19.2.3. 3 timeouts per half per team.

19.2.4. 40 second play clock

19.2.5. Each timeout is 1 minute.

19.2.6. Games will NOT start before their scheduled time.

19.2.7. ~~The home team will provide three volunteers to operate the yard and down markers for the entire game. Yard and down markers will remain on the visitor side, opposite the press box, throughout the entire game.~~

19.2.7.1. Yard markers will be on the visitor side, opposite of the press box, throughout the entire game.

19.3. Game Ball

19.3.1. The following footballs will be considered as official use footballs for SEYFA, in either composite or leather models.

	Wilson	**Nike**	**Team Issue**
1st - 4th	Pee Wee or K-2 Composite or Leather Tan or Brown length of 11 inches and a circumference of 18 inches, weighs 8.5 to 9.5 ounces	Size 6 - Pee Wee Composite or Leather Tan or Brown length of 10.5 to 11.5 inches and a circumference of 16.5 to 17.5 inches, weighs 6 to 9 ounces.	Pee Wee Size Composite or Leather Tan or Brown length of 10.5 to 11.5 inches and a circumference of 16.5 to 17.5 inches, weighs 6.5 to 7.5 ounces.

19.3.2. Each team is allowed to use their own appropriate game-day ball.

19.4. Coaches

19.4.1. 3rd and 4th grades have the option of having one coach per team on the field during the Jamboree and the first regular season game.

19.4.2. After the first regular season game, coaches are not allowed on the field unless timeout or injury.

19.4.3. A maximum of *8* certified coaches are allowed on the sideline during game play. Certified is outlined in section 2.3 of the SEYFA Rulebook.

19.4.4. One coach is allowed on the field for timeouts.

19.4.5. No Coach is allowed in the huddle during an injury.

19.5. Weight Restrictions

19.5.1. *The 3rd grade ball carrying weight for the 2026 season is less than or equal to 85 lbs. The 4th grade ball carrying weight for the 2026 season is less than or equal to 95 lbs.*

19.5.2. No striped player can advance the ball *on offense or special teams.*

19.5.3. striped player can score on defensive turnover (interception or fumble) or a blocked punt (punt is a defensive play)

19.6. Kickoffs

19.6.1. There will be no Kickoffs for 3rd and 4th grade levels.

19.6.2. The ball will be placed on the 35-yard line from the goal line.

19.6.3. In the 4th Quarter, if a team is losing by 16 points or less, they may take the On-Side Option of having a 4th and 10 play on their 25-yard line from their goal line and is limited to 10 yards, not to be advanced past the receiving team's own 35-yard line.

19.7. Points After Touchdown (PAT) – Extra point

19.7.1. A team has the option to kick an extra point after a touchdown if playing on a field with goal posts at each end.

19.7.2. Goal posts must be permanent fixtures of the field.

19.7.3. All NFSHSAA rules associated with kicking an extra point apply.

19.7.4. At no time can the offense attempt a fake field goal.

19.7.5. The opposing team also has the option to kick an extra point after a touchdown but is NOT required to kick.

19.7.6. On a 100-yard field the line of scrimmage, for purposes of PATs, the line of scrimmage is at the goal line and kicked 5 yards from the line of scrimmage.

19.7.7. Any team that kicks an extra point (PAT) and is successful will be awarded 2 points. A kicking block may be used.

19.7.8. No rushing the kicker and no physical contact at the line of scrimmage.

19.7.9. The holder must start in the crouched position.

19.7.10. The holder may recover the ball after the snap and place the ball back on the kicking block for the extra point attempt.

19.7.11. Standing to catch the ball by the holder is allowed.

19.7.12. Trapping the ball by the holder due to an errant snap is allowed.

19.7.13. Reaching for the ball if no more than one yard from the holder's position is allowed.

19.7.14. When in doubt, consideration should be given that promotes kicking PATs extra points as a development skill in football.

19.7.15. PAT defense players may jump up and down, wave their arms, and scream during the extra point attempt.

19.7.16. Running the ball for 1 point or catching a ball outside of the end zone and running it in to the end zone 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.

19.8. Offense

19.8.1. 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 the line of scrimmage at snap.

19.8.2. 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.)

19.9. Defense

19.9.1. *There must be one less defensive lineman than offensive lineman as no defensive player can be over the center (if an offensive lineman moves after being set the defensive lineman is NOT required to move / adjust)*

19.9.2. Defensive players must be no further than the outside shoulder of the last man on the Interior LOS, whether that be a Tight End (TE) or tackle.

19.9.3. Linebackers, corners, and safeties must be 5 yards off the line of scrimmage.

19.9.4. Goal line defense from the 5-yard line to the goal line*, Linebackers, corners,and safeties can line up 2 yds from LOS*

19.9.5. 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.)

19.9.6. No defensive player can line up over the center at any time or in the "A" gap.

19.9.7. Defensive Tackles can lineup head up only with the guard.

19.9.8. 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.

19.9.9. Guards are limited to lineup 1 yard from the center. Anything else will allow the defensive lineman to play closer to the "A" gap.

19.10. Punts

19.10.1. Punts at the 3rd and 4th grade level will be with three players - the center, the punter, and one receiver. Punts are not challenged.

19.10.2. The punter will receive the ball from the center and punt the ball to the lone receiver from the opposing team.

19.10.3. The punter may fetch the ball because of an errant snap and complete the punt.

19.10.4. The punter cannot advance the ball past the line of scrimmage.

19.10.5. Punters must remain within the tackles while kicking and no closer than 5 yards from the line of scrimmage at the time of the snap. The punter and center will not move past the line of scrimmage. They will not run down the field to challenge the receiver.

19.10.6. When in doubt, consideration should be given that promotes punting as a development skill in football.

19.10.7. The receiver will attempt to catch the ball unchallenged.

19.10.8. Once the ball is touched by the receiver, the play is dead, and the ball will be placed at the point at which the ball is touched by the receiver.

19.10.9. If the receiver elects not to catch the ball, then normal punting rules to place/mark the ball apply.

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

19.10.11. A guaranteed walk-off of 15 yds from the LOS will take place on change of possession if the punt does not travel 15 yds. The punt will be placed at the greater distance of the punt or guaranteed walk off from the LOS. Teams are still required to attempt the punt.

19.11. Mercy Rule

19.11.1. The Mercy Rule only goes into effect when there is a difference of 25 points between opposing teams.

19.11.2. *The lower scoring team may choose any 2 offensive players from the opposing team who may not advance the ball on offense. Those 2 players may only advance the ball on a defensive turnover. May not advance the ball fielding a punt or kickoff. (Kicking, punting, or handing off the ball is not considered advancing the ball)*

19.11.3. Continuous clock is in effect and stops only during injury, change of possession, extra point, or timeouts or when the 25-point differential no longer exists.

19.11.4. When mercy rule is in effect

19.11.4.1. No kickoffs. The ball will be placed on the 35-yard line for each offensive series.

19.11.4.2. No timeouts are allowed by the higher scoring team.

~~19.11.4.3. During the mercy rule, the team leading will be given roster flexibility to allow players to play different positions than what was originally documented in the League Roster.~~

19.11.4.4. During the mercy rule, the team leading must utilize running plays~~;~~ and no passing of any sort. Penalty 15 yards and loss of down.

19.11.4.5. During the mercy rule, the team leading may not blitz in any manner or have more than 6 players within three yards of the LOS.

19.11.4.6. During the mercy rule, the leading team must punt or attempt a field goal on 4th down.

20. 5th and 6th grade

20.1. All games will be played on a 53 yard by 100-yard field.

20.2. Games will play 9-minute quarters with regular clock stoppages as outlined in the WIAA rulebook.

20.2.1. 2 minutes between quarters.

20.2.2. 10-minute halftime.

20.2.3. 3 timeouts per half per team.

20.2.4. 40 second play clock

20.2.5. Each timeout is 1 minute.

20.2.6. Games will NOT start before their scheduled time.

20.2.7. The home team will be responsible for providing three volunteers to hold the yard and down markers for the entire game(s).

20.2.7.1. ~~Yard and down markers will remain on the visitor side, opposite the press box, throughout the entire game.~~

20.3. Game Ball

20.3.1. The following footballs will be considered as official use footballs for SEYFA, in either composite or leather models.

	Wilson	**Nike**	**Team Issue**
5th/6th	TDJ Composite or Leather Tan or Brown length of 11.5 to 12.5 inches and a circumference of 20 to 21 inches, weighs 10 to 11 ounces.	Size 7 - Junior Composite or Leather Tan or Brown length of 11.6 to 12 inches and a circumference of 21.6 to 22.6 inches, weighs 10 to 11 ounces.	Junior Size Composite or Leather Tan or Brown length of 11.6 to 12 inches and a circumference of 21.6 to 22.6 inches, weighs 10 to 11 ounces.

20.3.2. Each team is allowed to use their own appropriate game-day ball.

20.4. Coaches

20.4.1. A maximum of *8* certified coaches are allowed on the sideline during game play. Certified is outlined in section 2.3 of the SEYFA Rulebook.

20.4.2. One coach is allowed on the field for timeouts.

20.4.3. No coach is allowed in the huddle during an injury.

20.5. Weight Restrictions

20.5.1. The 5th grade ball carrying weight for the 2026 season is less than or equal to **115** lbs.

20.5.2. The 6th grade ball carrying weight for the 2026 season is less than or equal to **135** lbs.

20.5.3. No striped player can advance the ball *on offense or special teams.*

20.5.4. striped player can score on defensive turnover (interception or fumble) or a blocked punt (punt is a defensive play)

20.5.5. The only exceptions to the striped ball-carrier rule would be the punter and kicker.

20.5.6. The punter over the maximum ball carrier weight can kick the ball.

20.5.7. A striped punter cannot advance the ball past the line of scrimmage but is eligible to pass the ball.

20.5.8. Striped players can also kick the ball on kickoff teams, but they cannot participate in the tackle.

20.5.9. Striped players can play on kick return teams. A Striped player cannot advance the ball on kick return but can catch or fall on the ball whereby it will be deemed a DEAD Ball upon that spot.

20.5.10. Striped players can also kick the ball on Kickoff teams, but they cannot participate in the tackle. Teams that do not have 10 players without stripes will not be able to kickoff resulting in the receiving team starting on their own *35-yard line.*

20.5.11. Striped players can play on kick return teams. A striped player cannot advance the ball on kick return but can catch or fall on the ball whereby it will be deemed a **DEAD Ball** upon that spot.

20.6. Kickoffs

20.6.1. Kickoffs will be played like WIAA. Stripers still will not be allowed to advance the ball; they may catch the ball or pick up a fumble, but the ball is dead at that point.

20.6.1.1. Stripers cannot participate in the tackle.

20.6.2. Teams that cannot field a kickoff team without the use of a striper have two choices:

20.6.2.1. Play with less than 11 players during the kickoff.

20.6.2.2. Ball placed on the 35-yard line in lieu of kicking.

20.6.3. Kickoffs that go out of bounds provide 3 options (WIAA clarification):

20.6.3.1. Ball placed 25 yards from place of kick.

20.6.3.2. Decline penalty and place where it goes out of bounds.

20.6.3.3. 5-yard penalty from original kicking position and re-kick.

20.6.3.4. Kicks after safety will be from the 25-yard line with the option to punt.

20.6.4. The only exceptions to the striper ball-carrier rule would be the punter and kicker.

20.6.5. The punter over the maximum ball carrier weight can kick the ball.

20.6.6. A striped punter cannot advance the ball past the line of scrimmage but is eligible to pass the ball.

20.6.7. Striped players can also kick the ball on kickoff teams, but they cannot participate in the tackle.

20.6.8. Teams that do not have 10 players without stripes will not be able to kickoff resulting in the receiving team starting on their own 35-yard line.

20.6.9. Striped players can play on kick return teams. A Striped player cannot advance the ball on kick return but can catch or fall on the ball whereby it will be deemed a DEAD Ball upon that spot.

20.6.10. Striped players can also kick the ball on Kickoff teams, but they cannot participate in the tackle. Teams that do not have 10 players without stripes will not be able to kickoff resulting in the receiving team starting on their own 35-yard line.

20.6.11. Striped players can play on kick return teams. A striped player cannot advance the ball on kick return but can catch or fall on the ball whereby it will be deemed a **DEAD Ball** upon that spot.

20.7. Points After Touchdown (PAT) – Extra point

20.7.1. A team has the option to kick an extra point after a touchdown if playing on a field with goal posts at each end.

20.7.2. Goal posts must be permanent fixtures of the field.

20.7.3. All NFSHSAA rules associated with kicking an extra point apply.

20.7.4. At no time can the offense attempt a fake field goal.

20.7.5. The opposing team also has the option to kick an extra point after a touchdown but is NOT required to kick.

20.7.6. Any team that kicks an extra point (PAT) and is successful will be awarded 2 points.

20.7.7. A kicking block may be used.

20.7.8. No rushing the kicker and no physical contact at the line of scrimmage.

20.7.9. The holder must start in the crouched position.

20.7.10. The holder may recover the ball after the snap and place the ball back on the kicking block for the extra point attempt.

20.7.11. Standing to catch the ball by the holder is allowed.

20.7.12. Trapping the ball by the holder due to an errant snap is allowed.

20.7.13. Reaching for the ball if no more than one yard from the holder's position is allowed.

20.7.14. When in doubt, consideration should be given that promotes kicking PATs extra points as a development skill in football.

20.7.15. PAT defense players may jump up and down, wave their arms, and scream during the extra point attempt.

20.7.16. Running the ball for 1 point or catching a ball outside of the end zone and running it in to the end zone 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.

20.8. Offense

20.8.1. 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 the line of scrimmage at snap.

20.9. Defense

20.9.1. Defensive players cannot line up over center when in shotgun or long snap.

20.10. Punts

20.10.1. Punts at the 5th and 6th grade level will be with all players on the field. Punts are not challenged.

20.10.2. No player can move until the ball is punted.

20.10.3. The punter may fetch the ball because of an errant snap and complete the punt.

20.10.4. The punter cannot advance the ball past the line of scrimmage.

20.10.5. Punters must remain within the tackles while kicking and no closer than 5 yards from the line of scrimmage at the time of the snap. No player on the punting team will move past the line of scrimmage until the ball is punted.

20.10.6. Once the ball is punted, the punting team can move past the line of scrimmage to challenge the receiver and the receiving team can begin to block.

20.10.7. When in doubt, consideration should be given that promotes punting as a development skill in football.

20.10.8. The receiving team must have all players within 5 yards of the line of scrimmage except for the punt receiver.

20.10.9. If the receiver elects not to catch the ball, then normal punting rules to place/mark the ball applies.

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

20.11. Mercy Rule

20.11.1. The Mercy Rule only goes into effect when there is a difference of 25 points between opposing teams.

20.11.2. *The lower scoring team may choose any 2 offensive players from the opposing team who may not advance the ball on offense. Those 2 players may only advance the ball on a defensive turnover. May not advance the ball fielding a punt or kickoff. (Kicking, punting, or handing off the ball is not considered advancing the ball.*

20.11.3. Continuous clock is in effect and stops only during injury, change of possession, extra point, or timeouts or when the 25-point differential no longer exists.

20.11.4. When mercy rule is in effect:

20.11.4.1. No kickoffs. The ball will be placed on the 35-yard line for each offensive series.

20.11.4.2. No timeouts are allowed by the higher scoring team.

~~20.11.4.3. During the mercy rule, the team leading will be given roster flexibility to allow players to play different positions than what was originally documented in the League Roster.~~

20.11.4.4. During the mercy rule, the team leading must utilize running plays~~, *in between the tackles*~~ and no passing of any sort. Penalty 15 yards and loss of down.

20.11.4.5. During the mercy rule, the team leading may not blitz in any manner or have more than 6 players within three yards of the LOS.

20.11.4.6. During the mercy rule, the leading team must punt or attempt a field goal on 4th down.

21. 7th and 8th grade

21.1. All games will be played on a 53 yard by 100-yard field.

21.2. Games will play 9-minute quarters with regular clock stoppages as outlined in the WIAA rulebook.

21.2.1. 2 minutes between quarters.

21.2.2. 10-minute halftime.

21.2.3. 3 timeouts per half per team.

21.2.4. 40 second play clock

21.2.5. Each timeout is 1 minute.

21.2.6. Games will NOT start before their scheduled time.

21.2.7. The home team will be responsible for providing three volunteers to hold the yard and down markers for the entire game(s).

21.2.7.1. ~~Yard and down markers will remain on the visitor side, opposite the press box, throughout the entire game.~~

21.3. Game Ball

21.3.1. The following footballs will be considered as official use footballs for SEYFA, in either composite or leather models.

	Wilson	**Nike**	**Team Issue**

7th/8th	TDY Composite or Leather Tan or Brown length of 12.5 to 13.5 inches and a circumference of 22 to 23 inches, weighs 10 to 11 ounces.	Size 8 - Youth Composite or Leather Tan or Brown length of 12.5 to 13.5 inches and a circumference of 23 to 24 inches, weighs 10 to 11 ounces.	Youth Size Composite or Leather Tan or Brown length of 12.5 to 13 inches and a circumference of 21.6 to 22.6 inches, weighs 10 to 11 ounces

21.3.2. Each team is allowed to use their own appropriate game-day ball.

21.4. Coaches

21.4.1. A maximum of *8* -certified coaches are allowed on the sideline during game play. Certified is outlined in section 2.3 of the SEYFA Rulebook.

21.4.2. One coach is allowed on the field for timeouts.

21.4.3. No coach is allowed in the huddle during an injury.

21.5. Weight Restrictions

21.5.1. The 7th grade ball carrying weight for the 2026 season is less than or equal to **155** lbs.

21.5.2. The 8th grade ball carrying weight for the 2026 season is less than or equal to **175** lbs.

21.5.3. No striped player can advance the ball *on offense or special teams.*

21.5.4. striped player can score on defensive turnover (interception or fumble) or a blocked punt (punt is a defensive play)

21.5.5. Striped players are limited to the offensive line or defensive line.

21.5.6. The only exceptions to the striper ball-carrier rule would be the quarterback, punter, and kicker.

21.5.7. The punter over the maximum ball carrier weight can kick the ball.

21.5.8. A striped player cannot advance the ball past the line of scrimmage but is eligible to pass the ball.

21.5.9. Striped players can also kick the ball on kickoff teams, but they cannot participate in the tackle.

21.5.10. Striped players can play on Kick return teams. A Striped player cannot advance the ball on kick return but can catch or fall on the ball whereby it will be deemed a DEAD Ball upon that spot.

21.5.11. Striped players can also kick the ball on Kickoff teams, but they cannot participate in the tackle.

21.5.11.1. Teams that cannot field a kickoff team without the use of a striper have two choices:

21.5.11.1.1. Play with less than 11 players during the kickoff.

21.5.11.1.2. Ball placed on the 35-yard line in lieu of kicking.

21.5.12. Striped players can play on kick return teams. A striped player cannot advance the ball on kick return but can catch or fall on the ball whereby it will be deemed a **DEAD Ball** upon that spot.

21.5.13. A striped player can be the QB but cannot advance the ball past the line of scrimmage. Scrambling is allowed.

21.5.14. A striped QB cannot be a lead blocker within the box.

21.6. Kickoffs

21.6.1. Kickoffs will be played as outlined by the NATIONAL FEDERATION of HIGH SCHOOL ATHLETIC ASSOCIATION (NFSHSAA).

21.6.2. Stripers still will not be allowed to advance the ball; they may catch the ball or pick up a fumble, but the ball is dead at that point.

21.6.2.1. Stripers cannot participate in the tackle. See 21.5.11

21.6.3. Kickoffs that go out of bounds provide 3 options (WIAA clarification):

21.6.4. Ball placed 25 yards from place of kick.

21.6.4.1. Decline penalty and place where it goes out of bounds.

21.6.4.2. 5-yard penalty from original kicking position and re-kick.

21.6.4.3. Kicks after safety will be from the 25-yard line with the option to punt.

21.7. Points After Touchdown (PAT) – Extra point

21.7.1. A team has the option to kick an extra point after a touchdown if playing on a field with goal posts at each end.

21.7.2. Goal posts must be permanent fixtures of the field.

21.7.3. All NFSHSAA rules associated with kicking an extra point apply.

21.7.4. The opposing team also has the option to kick an extra point after a touchdown but is NOT required to kick.

21.7.5. Any team that kicks an extra point (PAT) and is successful will be awarded 2 points.

21.7.6. A kicking block may be used.

21.7.7. Holder must start in the crouched position.

21.7.8. Running the ball for 1 point or catching a ball outside of the end zone and running it in to the end zone 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.

21.8. Offense

21.8.1. 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 the line of scrimmage at snap.

21.9. Defense

21.9.1. Defensive players cannot line up over center when in long snap.

21.10. Punts

21.10.1. Punts will be played as outlined from the NATIONAL FEDERATION of HIGH SCHOOL ATHLETIC ASSOCIATION (NFSHSAA).

21.11. Mercy Rule

21.11.1. The Mercy Rule only goes into effect when there is a difference of 25 points between opposing teams.

21.11.2. *The lower scoring team may choose any 2 offensive players from the opposing team who may not advance the ball on offense. Those 2 players may only advance the ball on a defensive turnover. May not advance the ball fielding a punt or kickoff. (Kicking, punting, or handing off the ball is not considered advancing the ball.*

21.11.3. Continuous clock is in effect and stops only during injury, change of possession, extra point, or timeouts or when the 25-point differential no longer exists.

21.11.4. When mercy rule is in effect:

21.11.4.1. No kickoffs. The ball will be placed on the 35-yard line for each offensive series.

21.11.4.2. No timeouts are allowed by the higher scoring team.

~~21.11.4.3. During the mercy rule, the team leading will be given roster flexibility to allow players to play different positions than what was originally documented in the League Roster.~~

21.11.4.4. During the mercy rule, the team leading must utilize running plays~~, in between the tackles~~ and no passing of any sort. Penalty 15 yards and loss of down.

21.11.4.5. During the mercy rule, the team leading may not blitz in any manner or have more than 6 players within three yards of the LOS.

21.11.4.6. During the mercy rule, the leading team must punt or attempt a field goal on 4th down.

22. Rule Proposals, Changes, Adoption Procedure

22.1. Proposals for changes in the rules may be brought to the attention of the Rules and Regulations committee chairperson at any time by the community SEYFA board representative.

22.2. The Chairperson of the rule committee 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 the SEYFA board members vote to affirm the rule change.

22.3. All rule changes must be finalized by the *June* SEYFA meeting. Changes after that will only be for extenuating circumstances.

22.4. Effective upon adoption of this article, no rule, policy,or procedural change shall be approved unless it receives two-thirds (⅔) of the duly recognized representatives present and voting at a properly called meeting of the seyfa board

23. Legal Liability

23.1. To the fullest extent permitted by law, SEYFA, its officers, directors, coaches, volunteers, and member-community personnel disclaim responsibility for injuries to persons or damage to property arising from league activities, except where liability cannot legally be waived. All participants take part at their own risk. This provision should be reviewed by qualified legal counsel before final adoption.

24. 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. (1st2nd3rd4thgrades) Player(s) not aligned within 3 yards of either side of the center and within 2 yards of the line of scrimmage.

Dead ball PS

1. Defense Player lined up & rushing over Offense Center r Shotgun formation) **Dead ball PS**
2. Less than five (seven for 3 thru 8) on the Offensive Line of Scrimmage. **Live ball - PS**
3. Illegal shift or illegal motion. **Live ball - PS**
4. Illegal handing ball forward (<u>also loss of down</u>) **Live ball - admin at end of play PS**
5. Illegal forward pass (<u>also loss of down</u>) **Live ball - PS**
6. Intentional grounding (<u>also loss of down</u>) **Live ball - POI**
7. Ineligible receiver illegally downfield. **Live ball - PS**
8. Illegal touching (<u>also loss of down</u>) **Live ball - PS**
9. Aiding the runner. **Live ball - PS**
10. 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 the 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 (<u>also automatic first down</u>) **Live ball - PS**
15. Roughing the kicker (<u>also automatic first down</u>) **Live ball - PS**
16. Roughing the snapper (<u>also automatic first down</u>) **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. **P**rofanity – 15 yds.

<u>Disqualification Associated with Certain 15 Yard Penalties:</u>

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**

25. SEYFA Community Membership

25.1. Community Participation Guidelines - Any community that would like to participate in SEYFA will follow these steps to be considered as a member community.

25.2. Formal application must be voted on by the SEYFA Board's March meeting held on the second Wednesday of the month except for December.

25.3. Petition a SEYFA board member formally via email or written letter. The petition must contain:

25.3.1. Brief explanation of the community's background including primary recruiting boundaries.

25.3.2. The number of teams expected to participate.

25.3.3. A list of the current board members and their roles.

25.3.4. Any participation in other youth football leagues.

25.3.5. A reason for petitioning to join SEYFA including which season that the community would join.

25.4. The SEYFA board member will

25.4.1. Ask for the petition to be added to the agenda of the SEYFA board meeting provided that the agenda is not full and is before the deadline of March 31st of the season being petitioned to join.

25.4.2. Present to the SEYFA board at the next SEYFA board meeting, held monthly excluding December, the petition, and a community representative for membership.

25.4.3. The petitioning community must attend the presentation of the petition to the SEYFA board per the agenda.

25.4.4. The petitioning community representative will present its petition and answer any questions from SEYFA Board members.

25.4.5. The SEYFA Board will then discuss the petition without the petitioning community's presence during the debate.

25.4.6. After a vote, the petitioning community will be contacted by the SEYFA board member that sponsored the petition of the outcome.

25.4.7. New communities will be placed on a one-year probation and assigned a mentoring community to help with the transition into SEYFA.

25.4.8. During probation, the community will not be allowed a vote but can participate in SEYFA Board meetings.

25.4.9. After the year probation and on the anniversary of the petition, a vote of the attending SEYFA board members will consider if the probation has been satisfied and the transition to SEYFA is complete.

25.4.10. Participation in SEYFA will be declared as outlined in section 26.

25.4.11. The new community will also present any comments and suggestions that would help with future transition of new communities.

25.4.12. If there are doubts if the new community should continue, the SEYFA board can extend the probation or waive membership to SEYFA.

25.5. Reasoning for waiver or extended probation would be:

25.5.1. Failure to follow any rules as outlined in the SEYFA rulebook

25.5.2. Failure to attend and participate in SEYFA board meetings or events.

25.5.3. Failure to offer a safe playing environment that is free of threats of violence, intimidation, drugs, alcohol, smoking, and vaping.

25.6. If the petitioning community is allowed into SEYFA the new community will be declared on all SEYFA communications, including web, and written, that the new community is joining SEYFA and the new community's communications, including web and written, will also declare SEYFA participation.

26. SEYFA Community Expectations

26.1. All SEYFA communities are expected to be in good standing with its community and the broader SEYFA community. This includes the handling of its parents, coaches, players, and extends to all modes of communications including cyber. If a member community fails to uphold the SEYFA standards and rules, then the SEYFA Board may take actions towards the offending community up to the dismissal of the whole community from participating in SEYFA events.

26.2. All communities are expected to attend the SEYFA board meetings.

26.2.1. Any community that misses more than three meetings during a year will be placed in suspension and lose its voting right during suspension.

26.2.2. Any community that misses more than six meetings during a year will be dismissed from SEYFA, as a non-participating community.

26.2.3. A community can petition for reentry and will follow the documented process for entry to SEYFA as outlined in section 25 of the SEYFA rulebook.

26.2.4. There are two classifications of a community to be a member of SEYFA.

26.2.4.1. A community that has all that community's teams participate in the SEYFA league.

26.2.4.1.1. In this instance, the community will be afforded one vote on the SEYFA board and must participate by attending the arranged monthly SEYFA board meeting.

26.2.4.2. A community that has elected to split its teams to other youth football leagues.

26.2.4.2.1. In this instance, the community will only be afforded a vote on the SEYFA board in matters that pertain to the teams that participate in SEYFA.

27.

28. QUICK REFERENCE

	1ST & 2ND	3RD & 4TH	5TH	6TH	7TH	8TH
Players on the field (Per Team)	**11**	**11**	**11**	**11**	**11**	**11**
Ball Size (Wilson GST)	**Pee Wee**	**Pee Wee**	**TDJ**	**TDJ**	**TDY**	**TDY**
Weight Limit less than or equal to (Ball Carriers)	**75 lbs.**	***85lbs 3rd/95lbs 4th***	**115 lbs.**	**135 lbs.**	**155 lbs.**	**175 lbs.**
Quarter Length	**8 min.**	**8 min.**	**9 min.**	**9 min.**	**9 min.**	**9 min.**
Field Size Yards + End Zones	**53 X 100**	**53 X 100**	**53 X 100**	**53 X 100**	**53 X 100**	**53 X 100**
Kickoff Spot	**No Kickoff ball spotted 35yd line**	**No Kickoff ball spotted 35yd line**	**35-yard line**	**35-yard line**	**35-yard line**	**35-yard line**
On-side Kickoff	**18.6.3**	**19.6.3**	******yes**	******yes**	******yes**	******yes**
Punting	**No Punt 20yd walk off**	**3-Man Punt 15yd guaranteed must punt**	**No Rush**	**No Rush**	**Live**	**Live**
Min. Offensive Players on LOS	**7**	**7**	**7**	**7**	**7**	**7**
Max. Defensive Players in box	**Match Offense (Except center) (heads-up)**	**Up to 5 DL in the box (CANNOT be over center) (Outside shoulder)**	**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 (Mercy Rule Triggered)	**25+ Points**	**25+ Points**	**25+ Points**	**25+ Points**	**25+ Points**	**25+ 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)	**8 (1 on Field)**	**8 1 on the field for Jamboree and 1st game**	**8**	**8**	**8**	**8**

****Except in shotgun or long snap.**

++Except in Long snap

#Continuous unless the point differential drops below 25. This applies to all grade levels.

*****Except a striped player**

******No kickoffs during mercy rule ball placed at 35yd line for each offensive series**

Overtime will follow NFHS rules: Coin-Toss→Winner will receive the choice of Offense or Defense, Only the play clock is running at this point, Each team starts@ the 10 yd line with four downs to score, If still a tie after first overtime the team that was on defense will start with the football and repeat with each team starting at the 10yd line with four downs to score, If still tied after the second overtime another coin flip happens to start the third overtime, Winning team will have choice of offense or defense to start and both teams will have the ball placed at the 10yd line with four downs to score, In third overtime teams must go for 2 points in the event of a touchdown.

29. League Roster Template

Community		2025 SEYFA Roster					Assitant Coach	
Grade							Assitant Coach	
Head Coach Name							Assitant Coach	
Head Coach Email							Assitant Coach	
Head Coach Phone							Assitant Coach	
Jersey Number	**Last Name**	**First Name**	Birth Date	Age	Height	Weight	Assitant Coach	

30.