

Heartland Youth Football League

By-Laws 2021

Purpose

In an effort to standardize the Football Programs from the below listed schools, the Heartland Youth Football League (HYFL) was formed in January 2016. The League will offer three Divisions, A – 5th and 6th Grade players, B – 2nd, 3rd and 4th Grade players and Flag – K, 1st and 2nd Grade players. Teams may be split into Varsity and Junior Varsity teams. The goal of the HYFL is create a level playing field for all programs in the Heartland Conference.

Teams:

North Division

Loyalsock 2016
Montoursville 2016
South Williamsport 2016
Montgomery 2018
Muncy 2018
Jersey Shore 2019
Williamsport 2020

Central Division

Danville 2016
Hughesville 2016
Mifflinburg 2016
Lewisburg 2017
Milton 2018
Warrior Run 2018
Mid-West 2019

South Division

Southern Columbia 2016
Shikellamy 2016
Selinsgrove 2016
Bloomsburg 2018
Central Columbia 2018
Shamokin 2020
Mt Carmel 2021

Committee Rules

- Ethics:** All programs, Coaches, participants, parents and guests are required to conduct themselves in a manner that promotes, Sportsmanship and Fair Play and provides an environment that sets the proper example to the youth of our Organization. All Participant (Football and Cheer), Parents/Guardians, Coaches and Leadership, will be required to acknowledge and sign a Code of Conduct Agreement prior to participation in the Heartland Youth Football League. The Agreement will be attached as Addendum #1. Unacceptable actions not addressed by the individual Organization will be presented to the League Committee for disciplinary action.
- Governing Body:** The HYFL will be Governed by an Executive Board and Board of Directors. The Executive Board will consist of the Commissioner and the Presidents of all the Teams in the League. The Executive Board members will each carry 1 vote for all matters pertaining to the League. The Commissioner will only vote in the event of a tie vote. The Board of Directors will consist of all League Teams elected or appointed Officials. They will be responsible to make decisions on behalf of the players, parents, guardians and Coaches of their respective Team. They will provide Guidance to the Team President for matters pertaining to their Teams and those of the HYFL.
- Rule changes:** All rules will be decided by majority vote with the exception of “Foundation Rules”. These rules will require a 100% vote to be changed.
- Foundation Rules:**
 - Divisions will be divided by grade.
 - 4th graders will not be permitted to play in the A Division.*
 - Weight Limits – Offensive Ball Carriers and Receivers.
 - A Division – 130 lbs
 - B Division – 100 lbs
 - If a school would grow to support 2 teams in a Division, they must have a minimum of 30 players per Division team to support a Varsity / JV format.
 - All Home Teams must have an EMT or other Medical Professional on site for all games. *We hope to again partner with Geisinger Sports Medicine to provide Athletic Trainers.*
 - All players must attend or live within the School District boundaries to participate. *All new programs will*

be allowed to permit existing players to play out their Youth Football with their current School unless the player attends a School in our League. Any new players must reside within the School District of their program unless approved by the Committee.

- **Game Sequence – 1st Game starts at 1pm**
 - a. B Division Jr Varsity
 - b. A Division Jr Varsity – Approx start time 2:15
 - c. B Division Varsity – Approx start time 3:30
 - d. A Division Varsity – Approx start time 5:00

Teams may alter their weekly times if the opposing team agrees. The above sequence will stand if they cannot agree. We understand there will be sequence changes especially when a Team is playing that does not have JV.

5. **Playing Rules** – PIAA – with the exception of the following.

- Kickoff will be from the 40yd line for both Divisions.
- B Division JV will Not Kick Off. Play Starts at the Receiving Team 40 yd Line.
- Exceptions – Extra Point – 2 points for Kick / 1 point for run or pass
- A Division will be able to rush the kicker on all plays
- B Division - Blitzing A Gap. The A Gap will remain open for the sole purpose of the Center/QB exchange. There may be a Nose Tackle over the ball or in either A Gap. Defensive Tackles may line up outside the Offensive Guards head. Linebackers must be 3 yards from the Center until the snap occurs. EXCEPTION: Inside the 5 yard line where a normal Goal Line Defense may be used or on 4th down with less than 2 yds to gain.
- B Division (Extra Pt/Field Goal) will not rush the kicker, however if the Holder has to move to recover the snap the play is dead.
- B Division punting: Varsity will have a free punt (No Rush) but will be live once the ball is punted. Jr Varsity will institute a 30yd walk off (Exception: The Ball cannot be placed inside the 15yd line regardless of the mark in which the Walk Off starts... ie; a Punt from the Opponents 35 yd line will only be moved to the 15 yd line, not the 5 yd line) All B Division will have to declare if they are going to punt.
- B Division All Defensive Linemen inside the Tackle Box must be in a down position, either 3-point or 4-point stance.
- Cut Blocks will be illegal. All players must block above the knees. A Personal Foul Penalty of 15 yds will be assessed for the infraction.

6. **Official Game Football Size:** Teams will use their own football. A Division will use TDJ and B Division will use K2. Any brand can be used if it is stamped with TDJ or K2. ***Footballs will be leather and stamped with either K2 or TDJ.***

7. **Overtime rules:** In the event of a tie at the end of regulation, each team will alternate equal possessions. There will be a Maximum of 5 Overtime attempts. 1. Each Team has a series from the 10 yd line. 2. Each Team will have a series from 5 yd line. 3. Each Team will have a series from the 5 yd line but must kick for 2 pt extra point. #3 will be attempted 3 times. If still tied the game ends. **JV (A & B) will not play Overtime.**
8. **Game Length:** All Varsity Games will be played with 8 minute quarters, a 35 sec play clock with 3 timeouts per half. The Play Clock will start when ball is placed and Ready for Play. All B Division JV Games will use a 8 minute quarter running clock. A 35 sec play clock will be used with each team having 1 timeout per half. The clock will stop only on Change of Possession, Penalty or Injury. A Division JV games will be 10 minute quarter running clock. A 35 sec play clock will be used with each team having 2 timeouts per half. The clock will stop only on Change of Possession, Penalty or Injury.
9. **Mercy Rule:** At any time during the game, the difference in the Score becomes 24 points or greater a running clock will be used for the remainder of the game. The clock will stop only on change of possession, penalties and injuries.
10. **Coaches:** There will not be any coaches allowed on the field during A Division (Varsity and JV) or B Division Varsity games. B Division JV will be allowed 1 coach on the field for Offense and Defense. They will only be

permitted to call the play and then step as far away as possible. **Coaches (on field only) will NOT be able to direct their players once the ball is snapped. There will be a 5yd penalty imposed if this occurs.**

11. **Officials** – Each Team will be responsible to have a minimum of 2 PIAA Officials for all Home games.
12. **Season** – 1st Practice Date – Organized Practice cannot start before the first day of the week that August 1st is in. Summer conditioning and skill drills will be allowed. Championship will not be scheduled later than the 2nd Sunday in November. There will not be any restrictions on the amount of practices or practice time after Aug 1st. Each school will control its own program.
13. **Physicals/Rosters** – Medical Physical requirements are the responsibility of each Organization. There will be a mandatory League Weigh In prior to the start of the season. This will be the Official Weight for the Regular Season. A standard roster will be sent to each program to be completed and submitted by August 15th. Each Team is responsible to inform the League Commissioner when adding new players. Updates will be added to the Master Roster and emailed to all teams. Final Roster submissions must be made prior to midnight the Friday before the first game of the season. The exception will be players moving into your School District during the season. They will be allowed to join.
14. **100% Mandatory Weigh In** – All players regardless of position are required to attend the League wide weigh in prior to the start of the Season. Players who miss the Weigh-In will only be allowed to play on the Line for the first week. Players who fail to be weighed in prior to week 3 will be ineligible. Parents will also be required to sign the League Code of Conduct (Addendum #1). *Note: All Players attending the Building Champions Camp will be weighed in.*

15. Weight Limits

Offensive Ball Carriers and Receivers – A Division – 130lbs / B Division 100lbs

Note 1: If overweight Tight Ends are used, they will be ineligible Receivers and must report to the Official.

Note 2: If a Kicker is overweight, he may kick the ball but is ineligible to advance the ball if he recovers it.

Note 3: All Offensive players that are not on the line of scrimmage, between the tackles, must be under the weight limits above. Overweight players may not be used behind the line of scrimmage as backfield blockers. There will not be a weight limit for any Defensive Players. All Defensive Players may advance the ball in the event of a fumble recovery or interception.

Note 4: Kick Off (Receiving Team) All players over the weight Limit must be on the front line. Overweight Players may advance a ball that is kicked in front of them (ie onside kick).

16. **Penalty for Overweight Players** - If an opposing Coach should observe an overweight player handling the ball, the following rules apply.
 - a. If it is observed during a play at any time during the game, the observing Coach will call a Time Out. If the player is deemed overweight, there will be a 15yd Unsportsmanlike Penalty called and Loss of Down. The Head Coach will be ejected from the game and suspended for the next game. The challenging Coach will get the Time Out back.
 - b. If it is noticed on video after the game is over, the offending team will forfeit the game and the Head Coach will be suspended for the next game.
17. At no point will the player be punished.
18. **Meetings:** Meetings will be held the 3rd Wednesday of each Month at 7:00 pm. We will meet at a predetermined location. Currently, Rooney's Pub, New Columbia.
19. **Schedule:** 2021 We will play all teams in your Division once with 2 crossover games. 1 from each of the other Divisions. All teams will have 4 Home and 4 Away games.

20. **Varsity Playoffs:** There will be a mandatory weight check on the Monday following the last regular season game. All A Division players between 120 and 130 lbs and B Division players between 90 and 100 lbs will be required to attend. There will not be any weight allowance or make up day.
- a. **Varsity Playoff Format:** Top 2 Teams from each Division and 2 Wild Card Teams will compete for the Championship with the Highest seeds being the Host team. We will have a seeding meeting prior to the last Regular Season Game.
 - b. Quarter Finals – #1 vs #8 / #2 vs #7 / #3 vs #6 / #4 vs #5
 - c. Semifinals – Highest Seed vs Lowest Seed
2nd Highest Seed vs 2nd Lowest Seed
 - d. Championship – Winners from the Semifinal Games
 - e. Championship – Site will be determined alphabetically beginning with Danville in 2016. Any future teams will be placed on the end of the list in the sequence that they commit to the League.
 - f. Hosts: ~~Danville – 2016~~, ~~Hughesville – 2017~~, ~~Loyalsock – 2018~~, ~~Mifflinburg – 2019~~, ~~Selinsgrove – 2020~~, Montoursville – 2021, Shikellamy – 2022, Southern Columbia – 2023, South Williamsport – 2024, Lewisburg – 2025, Milton – 2026, Montgomery – 2027, Muncy – 2028, Central Columbia – 2029, Warrior Run 2030, Bloomsburg 2031, Mid-West 2032, Jersey Shore 2033, Shamokin 2034, Williamsport 2035, Mt Carmel 2036.

21. **Tie Break Rules:**

1. Head to Head
2. Points Against
3. Differential of Total Points Scored and Total Points given up. (Highest number wins)
4. Points Scored
5. Coin Flip

22. **Playoff Locations**

Highest seeded teams in each Division will host playoff games unless they choose not to. Game times will be adjusted (Example 1pm for B Division and 3:30 Pm for A Division) to allow parents with players on both teams to be able to attend at different locations.

23. The current members of the Heartland Youth Football League will share the expense of two (2) Traveling Trophies. These trophies will be maintained by the Championship Team until they are dethroned. Each year the Champion will have a plate added to the trophy.

NOTE:

ALL TEAMS ARE REQUIRED TO HAVE A COPY OF THE BY LAWS AVAILABLE AT THEIR FIELD!

Heartland Youth Football League

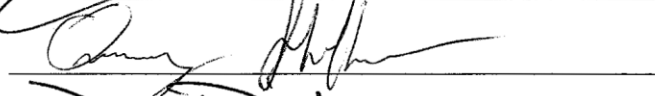
By Laws 2021

By signature below, the above By-Laws were approved by all Youth Football Programs for the 2021 season.

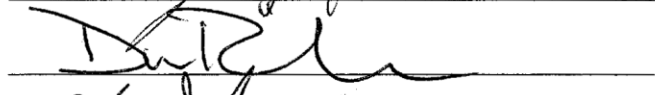
Danville Ironmen – Christopher Cool



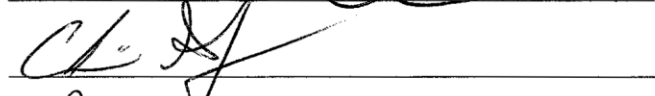
Hughesville Spartans – Randy Wurst FOR



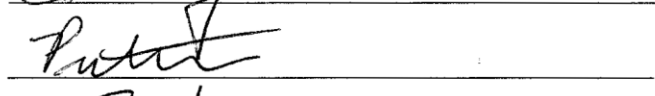
Loyalsock Lancers – Justin Van Fleet FOR



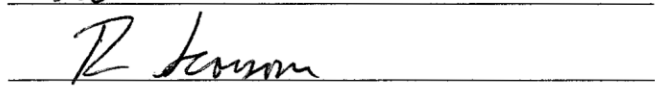
Mifflinburg Wildcats – Chris Snyder



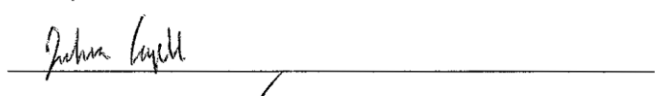
Montoursville Warriors – Jason Little FOR



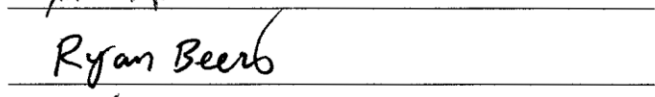
Selinsgrove Seals – Brian Scorsone



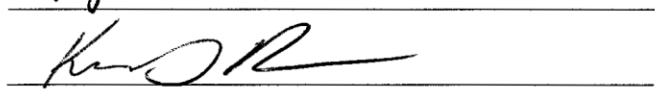
Shikellamy Braves – Josh Campbell



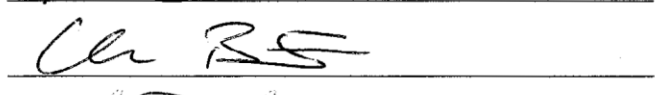
Southern Columbia Tigers – Ryan Diehl FOR



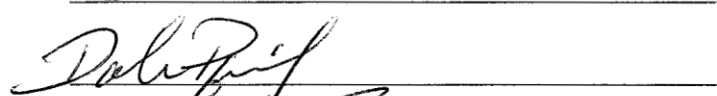
South Williamsport Mounties – Eric Gerber FOR



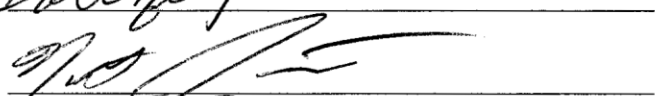
Lewisburg Green Dragons – Chris Benfer



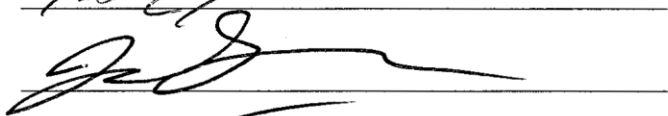
Milton Black Panthers – Jamie Walker FOR



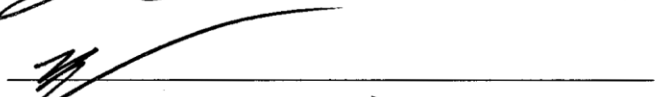
Montgomery Red Raiders – Danielle Hugar FOR



Muncy Indians – Justin Snyder



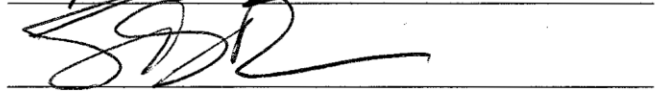
Central Columbia Blue Jays – Leon Tucker



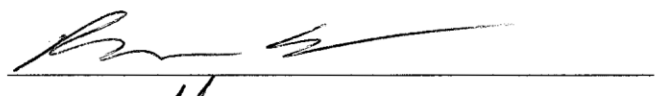
Warrior Run Defenders – Larry Miller FOR



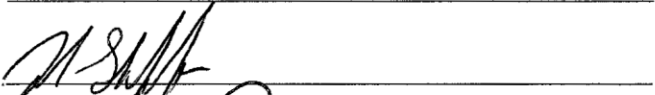
Bloomsburg Panthers – Josh Klingerman FOR



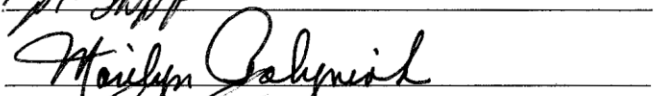
Midd West Mustangs – Jamie Kline FOR



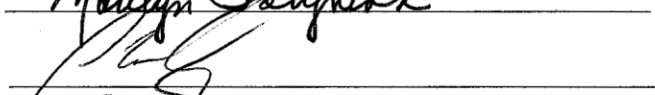
Jersey Shore Bulldogs – Josh Shaffer



Shamokin Indians – Marilyn Poliniak



Williamsport Millionaires – Alec Eggerton



Mt Carmel Red Tornadoes – Ray Shimko FOR

