

BI-STATE YOUTH FOOTBALL CONFERENCE

Age/Grade Requirements

The following participation guidelines shall be as set forth below:

- No seventh graders regardless of age

• Grade	• Max Age prior to August 1 st
• 6 th	• 12
• 5 th	• 11
• 4 th	• 10
• 3 rd	• 9
• 1 st & 2 nd	• 8

- Moving Up: You may only move players up one grade level to reach the following roster quantity: 3rd 25 players, 4-6 20 players. These players will need to be on the roster of the grade level they will be playing. They can't be on a higher grade roster and play at a lower grade at any point. No Kindergarten players may move up to 1st and 2nd.
- The approval to play up must be first approved by the Town Director and communicated to the League President.
- A player may play up temporarily if the next grade up has only 13 players, to a maximum number of 16 total players for that game. The same player(s) may not play up in consecutive games. Teams may only bring up enough temporary players to reach 16 players.
- Head coaches will maintain a file/binder with a copy of all player's proof of ages and listed school attending. If the school attending is disputed, proof of school attendance will be requested of town director to provide. Penalty for falsifying school listed will result in forfeiture of all games to that point, immediate expulsion of the player from the league for the remainder of the season, and investigation into Coaches(Head & Assistants) knowledge of inaccurate school/home address listed. Coaches and/or Officials found to have had knowledge of violation will face disciplinary actions from suspension to a complete expulsion from the league. The disciplinary committee members will have the final say.
- Home school students will play for the school in the district of their domicile.

Eligibility

Players must play in the school district in which they attend. If they live within a district that does not participate in 11-man football they must play for the team that is nearest to their domicile address, even if that team is not in the Bi-State League. Private school students must play for the school district team in which the school is located.

A player that is removed from playing for a league member for disciplinary reasons, that player will not be eligible to move/transfer to another league member for that calendar year.

If there are any waiver request for special accommodations, those requests should be submitted to league presidents prior to August 10 of that season. Only move in request will be considered after August 15. Approvals will be sent in writing to the town director to be included in the coach's binder.

Roster's must be finalized/frozen prior to August 15th. Complete Rosters by team and grade should be emailed by Town Director to Bistateyouthfootball@gmail.com Any additions after rosters are frozen need to be communicated and eligibility established prior to playing in any contest.

Practices

Practices will be managed by each town under their own guidelines and responsibility except for Heat guidelines. The league will follow the recommendations of the Arkansas Activities Association for games and practices. Rules are below:

In 2019 the Arkansas Activities Association approved the Wet Bulb Globe Thermometer (WBGT) as the recommended measurement device for measuring acceptable heat/humidity levels for practices. The WBGT device is a measurement tool that uses ambient temperature, relative humidity, wind and solar radiation from the sun to get a measure that can be used to monitor environmental conditions during exercise.

The American College of Sports Medicine has recommended WBGT guidelines that dictate modifications in activity (work:rest ratios, hydration breaks, equipment worn, length of practice) at given WBGT temperatures to prevent Exertional Heat Stroke. The table below is to be used when the WBGT reaches an unsafe level. The table represents modified guidelines from the American College of Sports Medicine in regard to:

- (1) The scheduling of practices at appropriate WBGT levels
- (2) The ratio of workout time to time allotted for rest and hydration at various WBGT levels
- (3) The WBGT levels at which activities should be terminated

WBGT UNDER 82.0	Normal activities. Provide separate rest breaks each hour of practice. Breaks should equal 10 minutes per hour.
WBGT 82.0 - 86.9	Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour for a minimum of 4 minutes in duration for each.
WBGT 87.0 - 89.9	Maximum length of participation within this range is 2 hours. <u>Football:</u> players restricted to helmet, shoulder pads, and shorts during practice, protective equipment must be removed for conditioning activities. <u>All Sports:</u> there must be 20 minutes of rest breaks distributed throughout the hour of participation.
WBGT 90.0 - 92.0	Maximum length of participation with this range is 1 hour. <u>Football:</u> no protective equipment may be worn. no conditioning activities. <u>All Sports:</u> there must be 30 minutes of rest breaks distributed throughout the hour of participation.
WBGT OVER 92	No outdoor workouts. Delay practice until a cooler WBGT level is reached.

Coaches

All coaches must be willing to consider the player first, the team second, and winning third. The coaches must be able to remain calm under pressure and always show respect for officials, the opposing team, and other coaches. The coach must be a strong leader who is consistent throughout the season. Coaches may not use tobacco, alcohol, or drugs during practices or games, or be under the influence of alcohol/drugs at any time around the team.

3rd grade teams may have one coach on the field for offense and one coach on the field for defense. At the snap of the ball the coach needs to be 10 yards behind the deepest player on each side of the ball. Once the ball is snapped, the on-field coach must stop providing any coaching(i.e., yelling right, left, pass, run, etc). Coaching on the field during live play will result in the coach being removed and replaced with someone who can refrain from coaching during live play.

No coach/volunteer will physically or verbally abuse any player or official. The league will not tolerate excessive hollering, abusive language or sarcastic actions by any coaches or volunteers. These actions could result in suspension/expulsion from the program/league by the league directors.

Each league member is responsible for ensuring their coaches meet all background requirements to coach youth football and to be in the presence of minor children.

The Head Coach is responsible for their sideline. They will ensure all coaches are demonstrating proper conduct and sportsmanship. Coaches are responsible for the conduct of their parents/guardians/spectators. Parents/Guardians/Spectators making derogatory remarks about players on their own team, or the other team will be removed from the stadium, area of play, or spectator view.

The number of non-player personnel on each football team's sideline shall not exceed 8. This includes all coaches, water aides, play counters, etc. Maximum of 8, and they will all be under the direct supervision of the Head Coach.

All Arkansas Coaches must comply with the Coach Safely Act. A person may not coach for an Arkansas team if they have not met the certification requirements, any person found doing so will be expelled from league participation and the associated team will forfeit all games to that point.

Footballs & Equipment

1st/2nd, & 3rd Wilson K2 Size or equivalent

4th & 5th Wilson Junior Size or equivalent

6th grade Wilson TDY or equivalent

Each player should have an appropriate mouthpiece

NO Tinted Visors

Football Cleats should be of rubber or molded plastic designed for American Football. No baseball cleats or those containing metal.

Officials

Three Certified Officials will be required for each game. They must be at least certified to officiate sub varsity games. Coaches or members from the organization will NOT be allowed to referee a conference game, regardless of certification. A game may be played and officiated with two officials if unavoidable.

The Home/Host team is responsible for providing chain sets and crew to staff them. They will also be placed on the home side of the field. The chain workers should be aware they are part of the game and to not be cheering/coaching/complaining from the chain markers.

Photographers

Only 1 photographer per team will be allowed on the sidelines of any games.

The photographer may not enter the field of play at any time.

They must remain outside of the players and coaches box 25 yard line to 25 yard line. They must be between the 25 yard line and endzone or in the back of the endzone outside the field of play.

They must refrain from engaging the teams or officials at any time (i.e. not cheering, yelling, or complaining about a call), if they do the officials may penalize the associated team and remove the photographer from the facilities.

Football Rules

The National Federation of High School Football will be the rules utilized with the following exceptions:

Center Protection: No defensive player shall line up directly over the center unless down in a 3- or 4-point stance. Any player standing must be 3 yards off the ball or outside the head of each offensive guard(i.e., No standing up in the A gap, must be on the outside shoulder of the guard). Players standing inside the outside shoulder of the offensive guards may not be moving toward the line of scrimmage from any distance at the time of snap regardless of distance off the ball(i.e., no running starts to time the snap at 3 yards).

Violation will be a 15 yard unsportsmanlike penalty, a second unsportsmanlike penalty will result in disqualification for the game.

Length of Game & Timing

4 eight-minute quarters will be utilized with a 10-minute half time

It is important for games to start on time, a team must forfeit if they are not able to start the game within 10 minutes of the officials ready for play signal, unless there are mitigating circumstances mutually agreed upon by league officials.

A team must have a minimum of 10 players to start a game.

The following timing rules will be in place:

The clock will stop for:

- a: Penalties
- b: Incomplete forward pass
- c: Out of bounds
- d: Official Time Outs
- e: Time outs
- f: Player Injury
- g: Scoring plays
- h: End of a period
- i: Change of possession

The clock will start after a clock stoppage when the referee places the ball ready for play and starts the 25 second play clock with the following exceptions:

The clock will start on the snap of the ball after team timeouts.

The league will only use a 25 second play clock.

Overtime

High school rules apply to overtime, each team will get the ball at the 10-yard line with an opportunity to score. There will be a maximum of 3 overtimes. At the end of the 3rd OT the game will remain tied. The exception would be playoff games where a winner must be determined.

Kicking Game

Unsportsmanlike Kick: At which time the Kicking team achieves a Sportsmanship Rule and attempts to onside kick against the receiving team; the kicking team coach will receive an unsportsmanlike penalty and the ball will be awarded to the receiving team on the kicking team's 25-yard line.

Kick Off's: Players on the kicking team must be equally spaced across the entire field starting within 5 yards of the sideline for safety purposes. All players on the kickoff team must be within 5 yards of the ball, except for the kicker.

There will be no kick-offs for 3rd and 4th grades. At the beginning of the game, start of the 2nd half, and after scores 3rd & 4th grade will start from their own 35-yard line.

5th and 6th grade teams will kick off from the 40-yard line.

Punts: All grades' teams can declare a punt on any down and move the ball 30 yards downfield, but not inside the receiving teams 20-yard line.

Field goals will be awarded 3 points, kicked extra points will be 2 points, offensive play from 2.5-yard line will be 1 point and 2 points from 10-yard line.

Field goals and extra point kicks are no rush attempts. If the defense crosses the line of scrimmage during the kick attempt, the kicking team will get a re kick opportunity.

The ball must be kicked within 5 seconds of the holder receiving the snap.

The holder may not leave his position to retrieve a ball, they may stand up if necessary, but if they must leave their immediate area to retrieve the ball, it will be blown dead.

No fake kicks for field goals or extra points.

Blocked or missed extra points or field goals may not be advanced, the play is dead.

Blocked or missed field goals will be turned over to the opposing team on the 20-yard line or line of scrimmage, whichever is greater into the opposing team's field.

Sportsmanship Rule

If a team leads the game by 20 points in the 2nd half, the clock will run continuously for the rest of the game until time expires.

The clock will only stop for an official time out, end of a period, a charged time out by trailing team. The leading team may not call time out.

Weather Conditions

The town director may call the games due to inclement/dangerous weather or field conditions. There will be an attempt to make up the games when safe to do so, if a game is in the 2nd half and is halted and unable to continue, it will be considered final.

Games in the first half or not yet started will be as if not played or yet started, rescheduled if reasonably possible.

Teams must follow the host schools lightening protocols. Lightening with 8 miles will result in a 30-minute halt to play and evacuation of the spectator area. Town Directors and Head Coaches encouraged to download Lightening App that will notify you of lightening in the area.

Team Construction/Player Participation

Teams should be put together to facilitate learning football in a competitive environment but not as a stacked team. Stacking teams is not in the spirit of the league and player development, there are leagues design for that, this league is not.

Towns with more than one team per grade should distribute as equally as possible to ensure competitive learning environment.

No town should have tryouts for teams and cut players.

Each player must play a minimum of 6 plays, non-competitive plays do not count(i.e., extra points or kneeling plays at the end of a game). Player participation may be reduced for missed practices during the week, a player missing one or more practices per week is not required the 6 play minimum.

Insurance

Each town is its own organization and should carry adequate insurance.

Disputes/Disciplinary

Any issues will first be heard by the league Presidents and attempt to resolve completely. If we can't resolve, then each town director will represent on the disciplinary review. The members involved will not have a vote in the outcome and the League Presidents will only cast a vote in a tie breaking scenario. Members must be present to participate in any proceedings and will be limited to the appointed Town Director. No proxy or absentee vote will be counted.

Outcomes of issues could result in forfeiture of games, suspension of coaches/individuals from participating, probation, expulsion, or any other reasonable action determined.

Sportsmanship/Conduct

Assaults, verbal abuse, profanity, display of poor sportsmanship by a coach, parent, spectator, player, club official, or guest will not be tolerated. Excessive yelling at officials and coaches or any yelling at the opposing team's players will not be tolerated.

Parents/Spectators that follow officials off the field or enter the press box area without authorization will be expelled from the league.

Any parent/spectator/guest that must be ejected from the stadium will result in the associated player/players being ejected from the game as well. The parent/spectator/guest will not be allowed to return to the following weeks game either, the player may return to the next schedule practice.

Players that are ejected from the game due to sportsmanship must sit out the following weeks game but must attend the game and be on the sideline not in pads.

NO ARTIFICIAL NOISE MAKERS WILL BE ALLOWED DURING GAMES(EXAMPLES BUT NOT LIMITED TO AIR HORNS, COW BELLS, MEGAPHONES, ETC)

Members of the Press box shall demonstrate exemplary sportsmanship and refrain from biased announcing.

Cheer Teams and parents will fall under the same expectation for sportsmanship and conduct.

Stadium Rules:

Stadium rules may vary from town to town, please be courteous and follow local stadium rules wherever you play.

No coolers/Ice Chest Allowed except for the team and cheer leaders. i.e.

No personal coolers in the stadium.

Following the seating rules for each stadium, tents if necessary need to be around the perimeter of the stands. Be courteous with umbrellas and do not block other spectators view.

No parents or spectators on the field, track, or near the playing field. Do not enter the fenced area of the field unless asked to do so.

Reporting scores:

The home team is responsible for reporting scores to Johnny McKusker via text by 3:00PM on Sunday.

1st and 2nd Grade Rules

Game clock

- Games will be 2 halves lasting only 20 minutes in length with a running clock.
- Game clock will stop only for timeouts and injury timeouts.
- Game clock will go to normal game clock for the last 2 minutes of each half unless the mercy rule is in effect.
- We will utilize a 40 second play clock.

Game Play Rules

- Ball will be placed at the -35 yard line to begin a possession after a touchdown or at the beginning of each half. Captains will do a coin toss to determine who has possession at the beginning of the game.
- No kicking game.
- Each team will have three timeouts per half.
- Center protection rule: You cannot line up head up on the center. A gap is okay, but must be in a 3 point stance. If you are lined up on center, you must be 3 yards off the ball and cannot get a running start. (no blitzing. Guard to guard.)
- Punts will be simulated and we will move the ball 30 yards. You cannot pin the other team inside their own 20.
- Each team will be allowed to have two coaches on the field at a time and they must be 10 yards behind the deepest player on the defense and behind the huddle on offense. Coaches can assist their players in getting lined up before the snap. Once the ball is snapped the coaches may not speak to their players or touch them. This will result in a penalty of 5 yd from the end of the run for the offense. If a penalty is on the offense, a 5 yard penalty is awarded to the defense and a loss of down. If a penalty is on the defense, then 5 yards is tacked on to the end of the run. Either team has the option to decline the penalty. Aiding players - 1 warning, then off the field. ● All teams must have proof (folder/binder) of school attending and age.
- After a touchdown is scored the team that scored must attempt a 2-point conversion.

Sportsmanship Rule

- Once a team is up by 18 points the mercy rule goes into effect.
- Run plays must be run in between the tackles. However, if a player tries to run in between the tackles and has nowhere to go they may then run outside.
- No passing once the mercy rule goes into effect.
- Once the winning team gets below 18 points ahead the mercy rule is no longer in effect and all plays are allowed once again.
- If the mercy rule is broken the play will be whistled dead immediately and the down will be repeated.
- Once the mercy rule goes into effect there will continue to be a running clock in the last two minutes of each half .