

	Freshman	Sophomore	Jr. Varsity	Varsity
Game Timing	Game clock: 10 min. regulation NFHS timing, except for when the mercy rule is in effect. <i>Timing is presented in greater detail in an attachment.</i>			
Mercy Rule	<p>At all levels, when the margin is 30 pts or more.</p> <ol style="list-style-type: none"> 1. There are no more kickoffs. 2. When a touchdown is scored to trigger the mercy rule, the clock is stopped as usual. The scoring team may elect to forgo the conversion or attempt a 1-pt. kick try. 3. When a field goal or a safety is scored to trigger the mercy rule, the clock is stopped as usual. 4. After 2 and 3, the opponent of the scoring team is granted a new series from its own 40 yard line, and the running clock is started at the ready for play. 5. The game clock thereafter will only stop for team timeouts and injuries, or at the Referee's discretion when there is an unusual administrative delay. 			
Numbering requirements	None. Pass eligibility determined by position only.			
Kickoffs	None. Start series at A-40	From the K-40, except when mercy rule is in effect or when a carry-over penalty is enforced.		
Punts	In lieu of a punt, teams have the option after 3rd down to surrender 4th down and give the ball to the opponents for a snap 25 yds from the previous spot.	Regulation play		
	Freshman	Sophomore	JV	Varsity
Coaches on the field	Until the Week 4 game , a maximum 2 on offense and defense. Must be well away from live ball play, officials.*	None allowed. Exception , to get the attention of game officials to request a timeout when the ball is inside the 30 yard line.		

		<i>*Point of emphasis: Coaches from both sides will step back once the offense breaks the huddle. The play clock will continue and delays will be enforced.</i>
Defensive alignment	Cannot line up directly over snapper. Foul at the snap: Illegal formation, 5 yds	No restrictions
Trys	3/5 Rule -- Run/pass only: From B-3 = 1 pt. From B-5 = 2 pt.	Live-ball play from the B-3: Kick = 2 pt. Run/pass = 1 pt. When under mercy rule: Kick = 1 pt. or decline the conversion try
	On fields without goal posts, the 3/5 Rule is in effect for Soph/JV/V levels.	

	All divisions
Low blocks	<p>Blocks at or below the waist are illegal with the following exception:</p> <ol style="list-style-type: none"> 1. By opponents on the line of scrimmage inside the free-blocking zone, a rectangular box 4 yards on either side of the snapper and 3 yards on either side of the line of scrimmage. Under normal splits, a tight end would be in the box. A back, man in motion, or a linebacker in normal position is considered <i>outside</i> the box. 2. Action is immediately after the snap. <p>Illegal chop blocks (high-low combination blocks) are redefined.</p> <ol style="list-style-type: none"> 1. Contact is above and below the waist. (Previously, the second block was at the thigh and below). 2. Against an opponent other than the runner. 3. Contact need not be simultaneous and in any order (high-low, low-high) 4. The second block is delivered while the first block is in contact.
Overtime	<p>When a regulation game ends tied: Coin toss</p> <ul style="list-style-type: none"> • A 3-min. Intermission will be taken for officials to go over rules and for coaches and players to rest for extra play.

	<ul style="list-style-type: none"> ● The coin toss follows at midfield with the captains. The winner's options are a) offense or defense or b) the end of the field. There is no defer option. ● An overtime period consists of a series by A and B, similar to baseball. Each team will get a turn at offense. All play is untimed. ● After the first period, the loser of the coin toss will get first choice. The choice alternates with each new period. <p>Periods, Series</p> <ul style="list-style-type: none"> ● An overtime period consists of a series by both teams. ● Team A starts the period with a series of downs from the B-25. A new set of downs can be earned by penalty or play. ● If B gains control of a fumble or intercepts a pass, play continues until B scores or is downed. The series ends and the ball is placed at the B-25 for the next series. <p>Scoring, Fouls</p> <ul style="list-style-type: none"> ● Teams can attempt a field goal on any down. All scrimmage kick rules apply. ● All loss of down or automatic first down statements apply. ● Succeeding spot penalties: A penalty enforced on the succeeding spot must be considered and explained prior to the coin toss or any subsequent options to a period. It may determine the choice to go on offense or defense. ● Scoring teams have the choice of going for 1 or 2 on the Try. After the 1st period, teams must go for 2.
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1.1. Equipment and Jerseys

- 1.1.1.1. Helmet and its associated parts, including, but not limited to, a facemask, and internal padding.
 - 1.1.1.1.1. Visors must be clear only.
- 1.1.1.2. Mouth Guard
 - 1.1.1.2.1. May be attached to face mask
 - 1.1.1.2.2. No color or print restrictions
 - 1.1.1.2.3. No external molding such as teeth. (May be printed in)
- 1.1.1.3. Hip (2), Knee (2), Thigh (2), and Tailbone pads (1)
- 1.1.1.4. Shoulder pads
 - 1.1.1.4.1. Fully covered by Jersey
- 1.1.1.5. Cleats
 - 1.1.1.5.1. No Metal may be showing.
- 1.1.1.6. Uniform Pants
- 1.1.1.7. Jersey

- 1.1.1.7.1. Numbers 0-99 are authorized
- 1.1.1.7.2. Number 00 is prohibited
 - 1.1.1.7.2.1. Temporary (1 game) Number Changes must be identified in the President's text by the chapter President.
 - 1.1.1.7.2.2. Long term Number Change must be made accurate in TeamSideline.
- 1.1.1.7.3. Must be Tucked in
- 1.1.1.8. Optional
 - 1.1.1.8.1. Eye Black
 - 1.1.1.8.1.1. Single stripe Just above cheek bone.
 - 1.1.1.8.1.2. If stick on, no writing permitted.

1.2. Coaches Attire

- 1.2.1.1. During all sanctioned games and scrimmages, all VYFL coaches must be in acceptable attire:
 - 1.2.1.1.1. Tops brandishing team colors and/or logo
 - 1.2.1.1.1.1. Authorized:
 - 1.2.1.1.1.1.1. Collared Polo
 - 1.2.1.1.1.1.2. T-shirts
 - 1.2.1.1.1.1.3. Outerwear (windbreaker, sweatshirt)
 - 1.2.1.1.1.2. Collared polo, T-shirts or outerwear (windbreaker, sweatshirt) in team colors and/or brandishing the team mascot logo.
 - 1.2.1.1.1.2.1. Not Authorized
 - 1.2.1.1.1.2.1.1. Tank tops
 - 1.2.1.1.1.3. Bottoms brandishing team colors and/or logo
 - 1.2.1.1.1.3.1. Authorized:
 - 1.2.1.1.1.3.1.1. Coaching or Sports Shorts of appropriate length
 - 1.2.1.1.1.3.1.2. Sports Slacks
 - 1.2.1.1.1.3.2. Not Authorized:
 - 1.2.1.1.1.3.2.1. Jeans
 - 1.2.1.1.1.4. Headwear brandishing team colors and/or logo
 - 1.2.1.1.1.4.1. Authorized:
 - 1.2.1.1.1.4.1.1. Visors
 - 1.2.1.1.1.4.1.2. Ball caps
 - 1.2.1.1.1.4.1.2.1. Visors must be worn in front
 - 1.2.1.1.1.4.2. Not Authorized:
 - 1.2.1.1.1.4.2.1. Skull Caps
 - 1.2.1.1.1.4.2.2. Bandannas
 - 1.2.1.1.1.5. Footwear
 - 1.2.1.1.1.5.1. Authorized
 - 1.2.1.1.1.5.1.1. Closed toe Athletic Shoes
 - 1.2.1.1.1.5.1.2. Closed toe Business shoes
 - 1.2.1.1.1.5.2. Not Authorized
 - 1.2.1.1.1.5.2.1. Flip-flops
 - 1.2.1.1.1.5.2.2. Sandals

1.3. Officials

1.3.1.1.

1.4. Chain Crew

1.4.1.1. Prohibited from interaction with players and coaches

1.4.1.2. My be seated/relieved of duty by the officials

1.4.1.3. Placed on home sideline

2. Coaches code of conduct:

2.1. Valley Youth Football League Code of Conduct

2.1.1. The Valley Youth Football League (VYFL) believes that:

Participation in any sports program plays an important role in promoting the physical, social and emotional development of our youth. It is essential for the VYFL to provide a positive and enjoyable learning experience for youth, teaching sportsmanship, fair play, integrity, honor, respect, loyalty, personal courage and dedication through the game of football. Furthermore, parents, coaches, spectators and officials involved in youth sports events should be models of such statements and should lead by example by demonstrating fairness, respect and self-control. The VYFL has established this Code of Conduct and requires that you commit to be responsible for your words and actions while attending or participating in all events and that you conform your behavior to the following Code of Conduct:

With regard to my players:

- 2.1.2. I believe that my role as a coach is to contribute to the overall success, physical and athletic growth through participating in football.
- 2.1.3. I will endeavor to be a good instructor and a positive role model for my players.
- 2.1.4. I believe that the score of a game comes second to the safety and welfare for my players.
- 2.1.5. I will endeavor to put winning in its proper perspective.
- 2.1.6. I am responsible for understanding and competing within the letter and the spirit of the rules set forth by the VYFL.
- 2.1.7. I will teach my players to understand and play within the letter and spirit of the rules as well.

With regard to opposing teams:

- 2.1.8. I believe that the way my team conducts itself has an influence, for better or worse, on those we compete against.
- 2.1.9. I will endeavor to make my team a positive role model.

- 2.1.10. I will not coach, nor allow my players to play, with intent to cause injury to opposing players.
- 2.1.11. Neither I, nor my players and spectators, will display hostile behavior towards opposing players.
- 2.1.12. Neither I, nor my players and spectators, will speak in a negative manner toward any member or spectator from the opposing team.
- 2.1.13. I will emphasize winning without boasting and losing without bitterness.

With regard to game officials:

- 2.1.14. I believe that referees, just as coaches and players, are attempting to do their best.
- 2.1.15. I will instill in my players and spectators a respect for that fact.
- 2.1.16. I understand that my attitude can influence my players and spectators.
- 2.1.17. I will display a controlled and undemonstrative attitude towards referees at all times.
- 2.1.18. Neither I, nor my players and spectators, will address a referee before, during or after the game in a demeaning fashion.

Other items:

- 2.1.19. We expect you to create a FUN environment for the kids.
- 2.1.20. We expect the kids to work hard and get better everyday—they are having fun and working hard, we have accomplished our goals.
- 2.1.21. We expect coaches to remain positive; it's not all about winning.
- 2.1.22. We expect constant communication with your parents—emails, website, phone calls, etc.
- 2.1.23. There will be fines and/or suspensions if any coaches cannot conduct themselves.
- 2.1.24. Coaches are responsible for the conduct of their players and the spectators on their side of the field, specifically as it relates to the referees, coaches, players, and spectators of the other team. Verbal and/or physical abuse will not be tolerated. Any coach showing this type of behavior shall be subject to disciplinary action as dictated by and at the discretion of the VYFL. I further understand that my failure to abide by this code of conduct may result in disciplinary action by the VYFL, which may include but is not limited to game suspension and/or my rights to participate as a coach for the Valley Youth Football League.

3. Disciplinary

3.1. Parents

- 3.1.1. Must Receive, Abide and be familiar with;
 - 3.1.1.1. Parent Code of Conduct
 - 3.1.1.2. Head Injury information
 - 3.1.1.3. Social media policy

3.2. Coaches

- 3.2.1. Coaches can receive fines and or ejections from games or be removed by VYFL executive board for:
 - 3.2.1.1. Violation of Coaches Code of Conduct
 - 3.2.1.2. Insubordination towards any VYFL Governing Member or affiliate of VYFL
 - 3.2.1.3. Any outburst/disrespect towards any game official
 - 3.2.1.4. Violation of rules/code contained herein
 - 3.2.1.5. Violation of social media policy
 - 3.2.1.6. Violation of VYFL dress code
 - 3.2.1.7. Violation of ([2.2.4](#)) Excessive coaching or unbadged staff Within the coaches box.

3.3. Ejection/Disqualification Policy

- 3.3.1. Coaches/Staff
 - 3.3.1.1. Head coaches are responsible for the conduct and actions of their sideline staff, players and their spectators and supporters, specifically as it pertains to the officials, coaches, players, and spectators of the other team. Verbal and/or physical abuse will NOT be tolerated.
 - 3.3.1.2. In the event of sideline staff penalties resulting in ejection/disqualification the head coach shall leave the premises.
 - 3.3.1.3. Penalty for head coach game time ejection/disqualification
 - 3.3.1.3.1. Suspension from the next scheduled game.
 - 3.3.1.3.2. Review of ejection/disqualification by commissioner to determine if a one game suspension is adequate.
 - 3.3.1.3.3. Chapter fine imposed
 - 3.3.1.3.4. Possible removal of head coach and/or staff involved.
- 3.3.2. **Players**
 - 3.3.2.1. While each chapter may elect to enforce its own disciplinary policy on ejected/disqualified player, the player is still subject to VYFL rules. Any player ejected/disqualified from a game shall be suspended from the next scheduled game. If a Player is ejected/disqualified a second time within the same season, the players actions shall be reviewed by the VYFL executive board for possible Further sanctions.Suspended players may attend suspended game, Players shall wear street clothes and jerseys inside out.

3.4. Penalties: Chapter/Team/Individual Violation Of rules contained herein

3.4.1. A violation of any rule contained herein may subject a chapter, team, or Individual to any one or more of the following penalties:

- 3.4.1.1. Forfeiture of game(s)
- 3.4.1.2. Disqualification from competing or taking part in regular season, post season, and bowl games
- 3.4.1.3. Subject to loss of host site privilege in regular and/or post season
- 3.4.1.4. Subject to chapter fines
- 3.4.1.5. Probation, suspension, expulsion or ineligibility
- 3.4.1.6. Loss of franchise

4. Covid protocol

4.1. Compiled from CDC recommendations. It is provided as a separate Policy and Procedure that is updated as frequently as needed.

5. Absence of rule does not mean it's not a rule.