WEST SOUND YOUTH FOOTBALL LEAGUE

By-Laws & General Rules

WSYFL By-Laws & General Rules

Revision A

Change Summary

- Executive Board membership updated
- Rule Change clarifications
- Registration timeline and clarifications regarding registration
- Age limits updated to grade based structure with cap on age for each division
- Updated grandfather rule for those who move after 2025 season
- Updated guidelines for Field Administrator
- Point differential (14 points maximum) introduced for playoff tiebreaker
- Removal of helmet checks prior to the game – added verification that each organization has performed helmet recert within 2 years and that all helmets worn by organization are legal per NOCSAE requirements.
- In game rules updates (kicking tee for extra points for sophomore division, overtime rules updated, etc.)
- 2025 Deviations were removed

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1. Definitions

1.1. Executive Board - Founders and/or selected individuals who created and shape the direction of the league. They approve/disapprove proposed changes to the By-Laws and all requirements associated with the WSYFL.

1.2. League Board - A group comprised of organization Presidents and Football Athletic Directors who enforce rules for the West Sound Youth Football League

1.3. Youth Organization - The different organizations that comprise the WSYFL (i.e. NK, SK, NM, Bainbridge, Kingston, East Jefferson, Chico, etc.)

2. WSYFL Mission Statement

2.1. The WSYFL is a league that was created to transform youth football in the West Puget Sound area. The WSYFL is focused on developing feeder programs for local high schools. Our league will maximize the football experience across the west sound for young athletes and develop football teams that are together from childhood all the way through high school. The WSYFL is a collaborative league where the youth organizations involved will work together to ensure our youth in Kitsap County get the best football experience in Washington State. We will always have a growth mindset and consistently evaluate and improve our league.

3. Executive Board

3.1. The executive board is comprised of the following individuals

3.1.1. Amanda Rhodes

3.1.2. Howard McDonald

3.1.3. Ezra Payment

3.1.4. Zach Dela Cruz

3.1.5. Conner Cheser

3.2. The Executive Board is responsible for approving any requested changes to the by-laws and interpreting any documentation questions for WSYFL. The Executive Board also determines who the league members are.

3.3. Any issues that occur that are not documented in the by-laws will be evaluated and adjudicated by the Executive Board.

3.4. WSYFL's goal is to remain consistent over the course of each football season. However, should an issue arise or an obvious error or omission in the rules be discovered, the WSYFL Executive Board reserves the right to make any rule corrections, additions, or deletions as deemed necessary. The approval of any change to the current rules within the 30 day period prior to the first game of the season or during the season will require a two-thirds favorable vote of the league board.

4. League Positions

4.1. WSYFL will have three (3) league positions to ensure administrative tasking for league operations will be completed.

4.1.1. Administrative Coordinator

4.1.1.1. Roles & Responsibilities

4.1.1.1.1. Ensure all paperwork that is processed outside of registration process (i.e. WSYFL Disciplinary Form, Gameday Rosters, etc.) is compiled and stored on the shared google drive location.

4.1.1.1.2. Coordinate with referee associations and solidify referees for each upcoming season. This can be done while working with members of the executive board.

4.1.2. Registration Coordinator

4.1.2.1. Roles & Responsibilities

4.1.2.1.1. Ensure all registration paperwork for athletes and coaches is compiled on the shared google drive location.

4.1.2.1.2. Coordinate administrative registration actions with clubs when necessary.

4.1.2.1.3. Create sample templates for Coaches badges and share with clubs.

4.1.3. League Scheduler

4.1.3.1. Coordinate with the different youth organizations in WSYFL, the referee association WSYFL is working with and

generate the regular season schedule. The schedule will be finalized by the weekend of the Jamboree.

4.1.3.2. When the regular season has ended, League Scheduler will work with the different youth organizations to set the playoff schedule and locations.

5. League Board

5.1. **<u>The board consists of one president from each affiliated organization</u>**. In the absence of a president they may have the Vice President or Football Athletic Director attend in their place. No other organization members may attend the board meetings for any reason. The President from each organization (Vice President/Athletic Director when standing in) will act as the line of communication for any and all matters that their affiliated organization needs to address. It is the affiliated organizations responsibility to elect and maintain a president of their choosing.

5.2. **<u>Voting Rights</u>** will be one vote per affiliated organization made by the president of each affiliated organization. In the instance where a president cannot attend a meeting they will knowingly be sending their vice president or athletic director to vote in their place. **Each affiliated organization gets 1 vote, equal organization rights**. Any affiliated organization has the right to ask for additional time to place a vote if the question/decision to be made was not asked in advance by at least 3 days prior to the meeting in order to make informed decisions. If unanimously agreed upon between all organizations, the 3 day extension can be longer.

5.3. **<u>Required meetings:</u>**

5.3.1. **Pre Season Meeting:** Held between June-July**.** Agenda includes:

5.3.1.1. Introduction of any new presidents/vice presidents/athletic directors in attendance.

5.3.1.2. Reviewing of by-laws, codes of conduct, disciplinary rules and mission statement.

5.3.1.3. Discuss upcoming registration meeting

5.3.1.4. Verify fields are available to be rented for games (affiliated organizations responsibility)

5.3.1.5. New business

5.3.2. **Registration Meeting:** This meeting must be held on the **First Sunday of August**. Agenda includes:

5.3.2.1. Review of our mission statement as a high school feeder program.

5.3.2.2. Review of master rosters that affiliated organizations will share between each other in live time as they update them throughout registration, no later than 1 week before the registration meeting will they start sharing

5.3.2.3. Review of any questioned player documents uploaded to the drive labeled with the players full name and "BC" for birth certificate or "school" for proof of school attending (*EXAMPLE:* John Smith BC/John Smith school) so all affiliated organizations can review at the meeting if questioned.

5.3.2.4. Review of any player registering outside of their zoned high school feeder program. Organizations are required to ask specific registration questions to those attempting to play out of their zoned high school feeder program and answers will be required to bring to the meeting for all organizations to review

5.3.3. **Weekly Season Meetings:** Beginning mid September, starting after the first regular season games. These meetings will be done via **telephone/video conference**. Agenda includes:

5.3.3.1. Discuss any disciplinary actions

5.3.3.2. Discuss any needs/improvements to be had

5.3.4. **End of Season Meeting:** December-January, no later than the last day in January. Agenda includes:

5.3.4.1. Discuss long term goals

5.3.4.2. Discuss improvements/needs

5.3.4.3. Discuss current volunteer needs for scheduling, registrar and secretary

5.3.4.4. Discuss any volunteer roles needed for the off season to accomplish goals

6. Code of Conduct

6.1. All organizations will adhere to the code of conduct in accordance with Appendix A.

6.2. Any violation of the code of conduct will be dealt in accordance with Appendix A.

7. Pre-Season Requirements

7.1. Registration

7.1.1. Respective organizations will open registration when desired.

7.1.2. Youth Organizations are required to declare all teams entering competition at the preseason registration meeting with the league board. During this registration meeting, which will occur on the first Sunday of August, all organizations will convene and go through each team roster. During this meeting, all items related to team registrations will be discussed/confirmed. As a result of this meeting, all organizations will finalize registration, teams will be finalized and schedules will be generated.

7.1.2.1. For families who register after this meeting, that will be handled on a case by case basis.

7.2. <u>Coaching Requirements</u>

7.2.1. It is the responsibility of the individual youth organizations to ensure all coaches, assistants, have signed the Coach's Pledge. See Appendix B for the Coach's Pledge.

7.2.2. Coaches and all volunteers who interact with players on the field must undergo a Washington State background check. Detailed identity information & background check authorization will be supplied in the online registration process by each organization. If a background check authorization needs to be performed offline, organizations then will require the Disclosure Form allowing for a Washington State Patrol background check to be obtained. A copy of your state issued ID, front and back, must be submitted with the disclosure form. Military ID's are not accepted, and are a violation of Title 18, US Code Part I, Chapter 33, Section 701.

7.2.3. The Coach's Pledge and the WSP background check forms must be completed prior to every football season regardless if it was completed during the previous season.

7.2.4. The Coach's Pledge and the WSP background check forms must be completed by any parent volunteer that directly interacts with the children during the course of practices or games.

7.2.5. Any team with any coach on the field without previously filing a Coach's Pledge and WSP background verification will forfeiture the game.

7.2.6. All Head Coaches and Assistant Coaches will be USA Football certified for the respective type of football their level plays (i.e. Tackle vs Flag)

7.2.7. All organizations will create their own badges for coaches who sign the Coaches Pledge, obtain a USA Football certification and pass the WSP background verification. Badges are required for coaches to be on the field during games.

7.2.8. WSYFL will receive all background checks for any volunteers that affiliated organizations plan to utilize in any volunteer role during the upcoming season. When receiving background checks WSYFL reserves the right to reject a volunteer or to seek legal counsel in making the decision to do so.

7.2.9. Appendix C captures what is required for each organization and WSYFL for documenting/filing paperwork for coaches.

7.2.10. For each football team, the maximum allowable coaches to be on staff during Saturdays is six (6). At practices, the team can have more but the limit on Saturdays is six (6).

7.3. Player Requirements

7.3.1. The WSYFL is focused on being filled with feeder programs for the local high schools. As such, a player will be eligible to play for a youth program if the school that they go to is zoned for the high school.

7.3.2. When registering, 2 forms of documentation are required

7.3.2.1. Proof of School Attendance and current Grade (i.e. Report Card or other documents that have child's name and grade listed)

7.3.2.2. One (1) Utility Bill (Gas, Electric, Water, Sewer, Phone, Waste Disposal) with current address

7.3.2.3. If player is homeschooled, player must show an additional proof of address and 1 document showing they are homeschooled (i.e. letter of intent from the school district, co-op document, etc.)

7.3.3. When registering a younger sibling, the family can be grandfathered into their current organization regardless of their address. They can also change their respective organization if they want to play for their currently located high school zone.

7.3.4. **Grandfathered Rule:** Any kids that played for the organization previous to the 2025 season will be permitted to continue playing for their organization until they age out. If they want to play for their home school (i.e. family lives outside boundaries of club they played for previously) rather than their previous club that is permitted as well.

7.3.4.1. If a player who was grandfathered changes address after the 2025 season, they are no longer grandfathered and will either be considered for one (1) of the three (3) out of boundary allowance or must register for their high school feeder program based on their new address.

7.3.5. **Deviations:** Each organization is allowed three (3) players out of their HS zone at each level. If more requests are made for a organization, each case will be evaluated prior to the season's start.

7.3.6. WSYFL does not have weight limits.

7.3.7. All football teams are established according to their grade level:

7.3.7.1. 7th & 8th Grade players will play Senior level. Cannot be 15 before December 1st of the current season. No Freshman allowed.

7.3.7.2. 5th & 6th Grade players will play Junior level. Cannot be 13 before December 1st of the current season.

7.3.7.3. 3rd & 4th Grade players will play Sophomore level. Cannot be 11 before December 1st of the current season.

7.3.7.4. 1st & 2nd Grade players will play Freshman level (1st Grade players can play tackle or flag). Cannot be 9 before December 1st of the current season.

7.3.7.5. K & 1st Grader players will play Flag Level

7.3.8. Any player can play above his/her age group but cannot play below it. That decision is made at the discretion of the organization, not WSYFL.

7.3.9. All football teams for Senior, Junior & Sophomore levels shall play eleven (11) player tackle football. Freshman level shall play eight (8) player tackle football. Flag level shall play non-competitive eight (8) player flag football. The field for Seniors, Juniors and Sophomores shall be a regulation field.

7.3.10. Senior, Junior & Sophomore level teams shall be limited to thirty-four (34) players. Freshman and flag football teams shall be limited to twenty-five (25) players.

7.3.11. Individual Organizations may organize multiple teams at any level as the club deems appropriate.

7.3.12. **Birth Certificate:** Record of Birth must be a photocopy of a certified copy from the Bureau of Vital Statistics, Department of Health, Hospital Birth Records, Passport, Military Dependent ID card, or Baptismal certificate. One of the above certificates of birth must be presented to the Association Registrar as the certificate of a player's date of birth during registration.

7.3.13. All Record of Birth documents for players who are no longer eligible to play in the WSYFL will be destroyed.

7.4. <u>Gear Requirements</u>

7.4.1. Helmets

7.4.1.1. Teams will get Helmet recertification performed on all organization helmets every two years per NOCSAE requirements.

7.4.1.2. Each organization will upload their recertification credentials to the league drive and it must be within two years of the end of season (i.e. for the 2025 season, recertification must have occurred after December 2023).

7.4.1.3. Each organization will sign a document stating that all of their helmets have been checked and satisfy NOCSAE requirements. This document will be stored on the league drive.

7.4.1.4. Replacement of helmets will occur 10 years after their manufacture date per NAERA requirements.

7.4.1.5. If helmets worn by organization do not meet certifications, kid with discrepant helmet cannot play unless new certified helmet is obtained. Incident will be documented and League Board will convene to discuss additional action if required.

7.4.2. Shoulder Pads and Other Pads

7.4.2.1. Pads should provide sufficient protection for players. Old and worn pads should be replaced if there are any discrepancies.

7.5. Cheer Requirements – See Appendix E

8. In-Season Requirements

8.1. Practice

8.1.1. First Week of Practice

8.1.1.1. Teams will be eligible to start practicing on the last Monday in the month of July

8.1.1.2. Three (3) non-contact days for each individual player are required prior to having padded, contact practices.

8.1.1.3. Five (5) total football events are allowed within a week (Sun-Fri). Events include all practices and games.

8.2. Gameday

8.2.1. Preparation for Game

8.2.1.1. Music will not contain profane language & will not be played during the game.

8.2.1.2. **Referees**

8.2.1.2.1. Parking spots will be reserved for all officials. Four (4) parking spots are required.

8.2.1.2.2. If required, the Field Administrator and/or organization staff will escort referees to their cars after the game to ensure their safety.

8.2.1.3. **Field of Play**

8.2.1.3.1. For the Senior, Junior, Sophomore levels, a high school regulation football field is required for play.

8.2.1.3.2. Except for the flag level, all games shall be played on high school fields or middle school fields.

8.2.1.3.3. Except for the Flag level, play at fields without stands/fences separating the field of play and fans: A restraining line shall be placed on one side of the field (~30 feet from the sidelines) restricting access of the spectators to the field.

8.2.1.3.4. All fans will be on one side of the field. Sitting behind the end zones is not permitted.

8.2.1.3.5. For the Freshman and Flag levels, field dimensions will follow the USA Football 8-man tackle requirements.

8.2.1.3.6. For video taping purposes, drones will be allowed on the field as long as they are behind the offensive line of scrimmage, not flying over athletes on the field and such that it doesn't interfere with the game.

8.2.2. **Field Administrator**

8.2.2.1. Each team shall designate an individual for each game to be identified as their field administrator. Their role is to be present on the sideline or by the entrance of the field, prevent unauthorized personnel from entering the field area and deal with any non-conformances of the WSYFL code of conduct from coaches, parents and fans.

8.2.2.2. They will introduce themselves to the referees prior to the game's start.

8.2.2.3. Request parents and fans not conforming to the code of conduct to leave the game site. Ensure any coach, parent or fan that is ejected leaves the field. Call 911 as required to remove any coach, parent or fan from the field. Note the name(s) of the parent or fan and forward to WSYFL League Board.

8.2.2.4. Assist the game referee as requested. Ensure no coach, player, parent or fan confronts or accosts any official before, during or after any game. Note the name(s) of any person attempting to do so and forward to WSYFL League Board.

8.2.2.5. Field Administrators shall not engage in any conduct that violates the code of conduct. Failure to comply with this will cause the officials to immediately leave the game site.

8.2.3. **Gameday Roster**

8.2.3.1. The Game Roster will be certified prior to the game. If desired by the opposing coach, each respective team will line up such that a coach or designated representative can ensure all players are accounted for and documented properly. If a player is absent or is being held out of the game for other reasons, this must be discussed prior to the start of the game.

8.2.3.2. All players at all levels that are in attendance, in uniform and physically capable to participate are required to play (minimum) in three (3) plays in each half (excluding special teams) or the game shall be declared a forfeit.

8.2.3.3. The coach or designated representative of each team shall meet after the game to finalize game day rosters and verify scores and athlete participation was correctly recorded.

8.2.3.4. Any league games played with an ineligible player will be forfeited.

8.3. <u>Playoffs</u>

8.3.1. Playoff Schedule:

8.3.1.1. Higher seeded teams will be the home team for all playoff games. Home team will be determined by a coin toss in the event of equal seeding.

8.3.1.2. For each division, a playoff shall be established to have the top six (6) teams play as per the following:

Playoff Structure		
Game #	**Home Team**	**Away Team**
Game 1	3rd in Division	6th in Division
Game 2	4th in Division	5th in Division
Game 3	1st in Division	Lowest remaining seed
Game 4	2nd in Division	Highest remaining seed
Championship Game	Winner of Game 3 or 4 & Highest Remaining Seed	Winner of Game 3 or 4 & Lowest Remaining Seed

8.3.2. Tie in standings: In all cases where a tie in standings exists on any team, the following procedure shall be followed and conducted:

8.3.2.1. Point differential will be calculated as follows:

8.3.2.1.1. Teams can accumulate 14 points maximum for each game. Some examples of how it is calculated are:

8.3.2.1.1.1. Team A wins against Team B 42-0.

8.3.2.1.1.1.1. Team A gets +14 points for the win.

8.3.2.1.1.1.2. Team B gets -14 points for the loss.

8.3.2.1.1.2. Team A wins against Team B 18-10.

8.3.2.1.1.2.1. Team A gets 8 points for the win.

8.3.2.1.1.2.2. Team B gets -8 points for the loss.

8.3.2.2. If there is a two way tie for a playoff position, head to head outcome during the regular season will determine who is the higher seed or who is in the playoffs.

8.3.2.2.1. If the teams did not play during the regular season, the tie breaker will be determined by a point differential. If point differential is equal, then a coin toss will be used to determine seeding/position.

8.3.2.3. If there is a multiple tie for the last playoff position, head to head outcome will be used to determine who qualifies for the playoffs.

8.3.2.3.1. If there are 3 teams who are tied for the last playoff position, and their head to head records are as follows, team A will be the highest seed, team B will be the second highest seed, and team C will be the last seeded team.

Team A is 1-0 against Team B. Team A did not play Team C.

Team B is 1-1 and won against Team C but lost against team A.

Team C is 0-1 against Team B but did not play Team A.

8.3.2.3.2. If head to head outcome does not apply, then point differential will be used to determine seeding. If point differential is equal, then a coin toss will be used to determine seeding/position.

8.4. <u>Protests</u>

8.4.1. If a coach wishes to protest a game because of a rule interpretation and/or administration of the rules; he/she shall notify the official and the opposing coach that the game is being played under protest, in accordance with NFHS Rules, and both game rosters must be clearly marked "PLAYED UNDER PROTEST" and then signed by the head coach lodging the protest and the head official present. The coach must then file a written protest, and submit it to the League Board.

8.4.2. The League Board will evaluate the protest and determine path forward.

8.5. <u>Cheer Requirements</u> – See Appendix E

9. Post/Off Season Requirements

9.1. The League Board will convene every other month during the offseason to discuss any new organizations interested in joining the league, any improvements/enhancements that can be made to the league and more.

9.2. Organizations are expected to support offseason meetings to ensure continuity and continued development of the league with input from all stakeholders.

Appendix A: WSYFL Code of Conduct

It's important to remember that the actions of every one of our affiliated organizations reflects upon the whole WSYFL. Let's continue working together to build our reputation in creating one of the best youth sports leagues in the area.

Zero-Tolerance: No inappropriate behavior will be tolerated at any time by anyone associated with WSYFL and disciplinary action will be taken to enforce this policy. All players, coaches, parents and spectators are required to conduct themselves appropriately to promote the values of good sportsmanship and make WSYFL a desirable and rewarding experience for all participants. WSYFL will take action to ensure that no participant is abusive to our officials, or other participants. Any inappropriate conduct could result in ejection from the field, a team suspension, or game forfeiture.
In addition, violators can be required to appear before the WSYFL League Board or the organization they are directly affiliated with subject to additional suspension or other action up to and including banishment from league events.

Disciplinary Form: Whenever an incident is reported by an official, witnessed by spectators and reported to any acting chair or board member of any affiliated organization in WSYFL during any of our league games, it is required that a **Disciplinary Form** be completed by the acting board member or chair position and reported to WSYFL showing action was taken and the situation is being monitored correctly. This form will be completed when any official has reported unsportsmanlike conduct by any coach, spectator or player. WSYFL can institute disciplinary action even if no penalty is assessed by an official. See page 18 for the Disciplinary Form.

WSYFL instructs its officials to implement the following actions relating to Zero- Tolerance:
PLAYERS: An ejection for unsportsmanlike conduct (Zero-Tolerance) shall be assessed whenever a player engages in the following conduct:
(1) Openly and nastily disputes or argues any decision by an official;
(2) Uses obscene or vulgar language at any time, including swearing, even if it is not directed at a particular person;
(3) Visually demonstrates any exaggerated sign of dissatisfaction with an officials' decision; or
(4) Otherwise engages in misconduct or unsportsmanlike behavior before, during or after a game.
Any time that a player persists in any of these actions, he/she shall be ejected from the game and removed from the playing area.

COACHES: An ejection for unsportsmanlike conduct (Zero-Tolerance) shall be assessed whenever a coach:
(1) Openly disputes or argues excessively any decision by an official. (Please note appeals are ok when done in a professional manner)
(2) Uses obscene or vulgar language in a boisterous manner to anyone at any time; or
(3) Otherwise engages in misconduct or unsportsmanlike behavior before, during or after a game.
Any time that a coach persists in any of these actions, he shall be ejected from the game and removed from the playing field area.

SPECTATORS/PARENTS: Officials can and will stop the game when the spectators/parents display inappropriate and disruptive behavior that interferes or has the potential to interfere with other spectators or the game. The officials will identify violators to the coaches for the purpose of removing the spectators/parents from the spectator's viewing and field area. Once removed, play will resume. Violators may be subject to further disciplinary action by the WSYFL League Board. This inappropriate and disruptive behavior shall include, but not be limited to:
(1) Use of obscene or vulgar language in a boisterous manner to anyone at any time.
(2) Taunting of players, coaches, officials or other spectators by means of baiting, ridiculing, threat of physical violence or actual physical violence.
(3) Throwing of any object in the spectators viewing area, players playing field, directed in any manner as to create a safety hazard.
(4) Otherwise engages in misconduct or unsportsmanlike behavior before, during or after a game.

ANY PLAYER, COACH, PARENT OR SPECTATOR WHO IS EJECTED FROM A GAME OR REMOVED FROM THE PLAYING FIELD AREA BY AN OFFICIAL FOR ANY INCIDENT OF MISCONDUCT SHALL, IN ADDITION TO BEING SUSPENDED FROM THE REMAINDER OF THAT GAME, WILL ALSO BE SUSPENDED FOR HIS/HER NEXT REGULARLY SCHEDULED GAME. IN THE EVENT A COACH, PARENT OR SPECTATOR IS EJECTED OR REMOVED FROM A GAME OR FROM THE PLAYING FIELD AREA FOR A SECOND TIME, THAT PLAYER, COACH OR PARENT SHALL BE SUSPENDED FOR THE NEXT 3 GAMES REGARDLESS OF WHERE THE GAME IS PLAYED. FINALLY, IF A COACH, PARENT, OR PLAYER, IS EJECTED FOR A 3RD TIME THEY WILL BE SUSPENDED FOR THE REMAINDER OF THE SEASON, AND BE REQUIRED TO MEET WITH WSYFL LEAGUE BOARD, TO DETERMINE THE APPROPRIATE CONSEQUENCE OF CONTINUED

INAPPROPRIATE BEHAVIOR. THERE SHALL BE NO EXCEPTIONS TO THESE RULES.

Attention: Smoking, E-cigarettes, vapors, alcoholic beverages, and glass bottles are strictly prohibited at all our playing fields and any violation of this policy could result in the loss of use of the field for the league. In addition, profanity and disruptive behavior will result in immediate ejection from the fields. Your cooperation is greatly appreciated. Any questions, concerns or comments should be directed to the coordinating organization you are registered with.

WSYFL DISCIPLINARY FORM

Violator's Full Name:_____

Date Form Completed:_____

Violator Role (circle one):

Coach Parent Player Spectator Board Member Other:

Violators Affiliated Org: _____

Board member completing this form:_____

Board Position:_____

Complaint Received from (circle one):

Coach Parent Player Spectator Board Member Other:

Complainant full name (leave blank if anonymous):_____

It has come to our attention that your actions during one of our events on (date)_____ violated one or more of our **codes of conduct.** The following actions were witnessed/occurred (continue on back if needed):

The following disciplinary action is being taken:

Warning given- If continued behavior occurs it results in:

Suspension- will not be allowed to attend event(s) on _____ located at _____

Other:

Violator full name:_____

Signature_____ Date:_____

RETURN TO THE WSYFL LEAGUE BOARD IMMEDIATELY AFTER COMPLETION

Appendix B: WSYFL Coach's Pledge

PRINTED NAME: _____YEAR:_____

AFFILIATED ORGANIZATION:_____FOOTBALL LEVEL:_____

By my Signature below, I pledge to:
1. Abide by the by-laws, general rules, and playing rules of WSYFL.
2. Actively conduct myself in a mature and sportsman-like manner to promote the objectives of the organization i.e.: To instill the ideals of good sportsmanship, honesty, loyalty, courage, reverence and community.
3. Refrain from use of profanity or other acts which could be seen as negative behavior if repeated by the youth.
Moreover, holding the safety and well-being of the youth to be of the highest importance, I pledge to:
4. Make every effort to learn and implement a program of training which will minimize the chance of injury through lack of conditioning and knowledge.
5. I understand that if charged with violation of this pledge, I may be required to appear before WSYFL League Board to answer for the charge. For flagrant or repeated violation.

By my Signature below, I agree to the following coaches disciplinary protocol:
Zero-Tolerance No inappropriate behavior will be tolerated at any time by anyone associated with ***WSYFL*** and disciplinary action will be taken to enforce this policy. All players, coaches, parents and spectators are required to conduct themselves appropriately in order to promote the values of good sportsmanship and make ***WSYFL*** a desirable and rewarding experience for all participants. ***WSYFL*** will take action to ensure that no participant is abusive to our officials, or other participants. Any inappropriate conduct could result in ejection from the field, a team suspension, or game forfeiture.
In addition, violators can be required to appear before ***WSYFL League Board*** or the organization they are directly affiliated with subject to additional suspension or other action up to and including banishment from league events.

***The WSYFL* instructs its officials to implement the following actions relating to Zero- Tolerance:**
COACHES: An ejection for unsportsmanlike conduct (Zero-Tolerance) shall be assessed whenever a coach:
(1) Openly disputes or argues excessively any decision by an official. (Please note appeals are ok when done in a professional manner)
(2) Uses obscene or vulgar language in a boisterous manner to anyone at any time; or
(3) Otherwise engages in misconduct or unsportsmanlike behavior before, during or after a game.
Any time that a coach persists in any of these actions, he shall be ejected from the game and removed from the playing field area.

ANY PLAYER, COACH, PARENT OR SPECTATOR WHO IS EJECTED FROM A GAME OR REMOVED FROM THE PLAYING FIELD AREA BY AN OFFICIAL FOR ANY INCIDENT OF MISCONDUCT SHALL, IN ADDITION TO BEING SUSPENDED FROM THE REMAINDER OF THAT GAME, WILL ALSO BE SUSPENDED FOR HIS/HER NEXT REGULARLY SCHEDULED GAME. IN THE EVENT A COACH, PARENT OR SPECTATOR IS EJECTED OR REMOVED FROM A GAME OR FROM THE PLAYING FIELD AREA FOR A SECOND TIME, THAT PLAYER, COACH OR PARENT SHALL BE SUSPENDED FOR THE NEXT 3 GAMES REGARDLESS OF WHERE THE GAME IS PLAYED. FINALLY, IF A COACH, PARENT, OR PLAYER, IS EJECTED FOR A 3RD TIME THEY WILL BE SUSPENDED FOR THE REMAINDER OF THE SEASON, AND BE REQUIRED TO MEET WITH WSYFL LEAGUE BOARD, TO DETERMINE THE APPROPRIATE CONSEQUENCE OF CONTINUED INAPPROPRIATE BEHAVIOR. THERE SHALL BE NO EXCEPTIONS TO THESE RULES.

I acknowledge that WSYFL has the power to restrict or remove me as a football coach.

SIGNATURE_____ DATE_____

Appendix C: WSYFL & Youth Organization Responsibilities

YOUTH ORGANIZATION RESPONSIBILITY

-Obtain **Background Checks, Coaches Certificates (for Cheer, stunt certification if obtained) and Coaches Pledges.**

-Upload all documents to WSYFL specific drive for each person **under their respective club and their full name** when all their documents have been obtained. **List as 1, 2 and 3 (EXAMPLE: John Smith 1, John Smith 2, John Smith 3).**

-Inform WSYFL when uploading a new volunteer by stating **their full name as labeled in the drive.**

-Print and laminate a badge for each volunteer that passes a background check.

-Badges must be worn at all times when at any event.

WSYFL RESPONSIBILITY

-Receive background checks for all volunteers for each organization.

-Keep a file/drive of all background checks to be discarded going into the following football season.

-Keep a file/drive of all coaches' pledges

-Keep a file/drive of all USA Football Coaching Certifications

-Keep a spreadsheet of all the approved background checks to share with all organizations before games begin.

Appendix D: Football Rules – SR, JR, SO, FR Divisions

All rules are in accordance with the **NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS FOOTBALL RULES BOOK** of the current year, with the following exceptions and addendum:

EXCEPTIONS

1. Home teams must provide AED at home game sites.
2. Freshman Level shall use USA Football Rookie Tackle Rules 8 Player.
3. All levels shall be limited to six (6) properly credentialed coaches per team on the field/sidelines during games.
4. Head coaches are the only people allowed to communicate with any of the officials.
5. Coaches receiving an Unsportsmanlike penalty will be penalized as follows:
    a. The 1st unsportsmanlike penalty on a coach will result in that coach being removed from the game and the game the following week. If a coach is removed another may not take his place on the sideline until the suspension is served in full.
    b. A 2nd unsportsmanlike penalty on a coach during the game or any point in the season will result in the coach being suspended for the rest of the season.
    c. Any appeals can be brought to the League Board by the club president or football AD and will be addressed during the weekly call.
6. Each team may supply the ball they wish to use to snap or free kick. The referee must approve all game balls. The ball to be used is:

    Senior Level: Youth sized inflatable football made of leather, composite, or rubber.

    Junior Level: Junior sized inflatable football made of leather, composite, or rubber.

    Sophomore & Freshman Level: Pee Wee sized inflatable football made of leather, composite, or rubber.

    Flag Level: Mini or Pee Wee sized inflatable football made of leather, composite, or rubber.
7. Use of exterior arm covers/pads manufactured to enhance contact with the football or opponent shall be legal.

8. Cleats – Refer to current NFHS rule.
9. Game Timing:
    a. All tackle level game timing shall be a 15 minute running clock per quarter. The clock shall stop for timeouts and injuries. The final 2 minutes of the 4th quarter shall be timed per standard NFHS timing.
    b. Clock Operation
        i. When present, league provided officials shall be in charge of the clock.
        ii. When league provided officials are not available, the home team will provide a person on the sidelines to run the clock. It is suggested that the visiting team provide a monitor to observe proper clock operation.
10. Rules for handling player(s) with possible concussion.
    a. The referee, official, or coach of player in question, who determined the player exhibited the concussion symptom(s) will tell the head coach the player is removed from the game for exhibiting symptoms of a concussion.
    b. The player may only return to the game (same game, that day) with written authorization (letterhead is required, if the health care provider's letterhead is not on the note/letter it is not acceptable) from the following health care providers:
        i. Medical Doctor (MD).
        ii. Doctor of Osteopathy (DO).
        iii. Advanced Registered Nurse Practitioner (ARNP).
        iv. Physician's Assistant (PA).
        v. Licensed Certified Athletic Trainer (AT/L).
    c. The referee will retain the written authorization. No other person may authorize the player's return. This includes the player's parents, guardians, family members or coaching staff.
11. Successful try for points:
    A. Kick: 2 points.
    B. Run or Pass: 1 point.
12. Roster Check: If desired by team, 10 minutes prior to game start time teams shall line up and perform a roster check..
13. Sophomore level coaches: One coach from each team may enter the field and huddle with their team when the whistle has been blown to end the

down or to stop play. When the offensive team leaves the huddle, both coaches must immediately leave the field and be in their team box by the time the offensive line is set. Penalty - Delay of game – 5 yards.

14. Freshman level coaches: One coach from each team may be on the field. Once the players leave the huddle the coaches may remain on the field but must remain behind their respective formations. Coaching after the ball is snapped is not permitted. D Level shall use C Level coaching rules from week 5 until the end of the season including playoffs.
15. Sophomore level only:
    a. When a team intends to kick from scrimmage, the offensive team, coach or player, must inform the referee of this intention before the ready-for-play whistle is sounded, who shall then inform the opposing team. If a time out is taken either after notifying the referee of its intention to kick or if no notification has been given, the team must announce its intention to kick after the time out and prior to the ready-for-play whistle. Penalty – Delay of game – 5 yards.
    b. Receiving team shall have 7 and only 7 players within 5 yards of the neutral zone. Penalty–Illegal Formation – 5 yards.
    c. After the ball is snapped neither team shall cross the line of scrimmage until the ball is kicked. Penalty – Encroachment – 5 yards.
    d. Failure to kick the ball within 5 seconds will result in a Delay of Game penalty – 5 yards. The kicking team will be given a second chance to kick the ball, regardless of the down. Failure to kick the ball within 5 seconds will result in turning the ball over on downs to the opponent at the previous spot to be put in play by a snap. There will be no second try to kick on an extra point try if the kicking team fails to kick the ball within 5 seconds.
    e. When kicking the extra point, the kicking team must kick the ball off a block/ground with a player holding the ball upright. Kicking on a tee for the extra point is not allowed.
    f. No field goal tries are allowed in the Sophomore level.
16. The Chain Crew will preferably be manned by an ADULT crew. The Chain Crew will be advised that instructing the teams and/or coaching while a member of the Chain Crew will not be permitted.
17. Clubs may have one (1) photographer on the sidelines. The photographer must have submitted and passed a required background

check and been issued a badge from their organization before they will be allowed on the sidelines. Photographers should stay out of the coaching box if possible. If photographers attempt to coach or speak to the refs, they will be removed from the sidelines and placed in the general seated area with fans.

18. Overtime Procedures:
    a. If both teams are tied at the end of regulation, WSYFL will follow WIAA overtime rules with the following exceptions:
        i. For Freshman and Sophomore levels, teams will start their possession on the 10 yard line.
        ii. For the Junior and Senior division, teams will start at the same prescribed yardage as the high school level.

Appendix E: Football Rules - Flag Division

1. Each team will consist of up to 8 players on the field.
2. Playing time shall be 40 minutes, two halves of 20 minutes each. Half-time shall be 5 minutes. Playing time will be a running clock with no dead ball time stoppage except for injuries and time outs. Each team will have two (2) timeouts that may be used during the game.
3. The game should be played on a field marked as 40 X 35 1/3 yards whenever possible or as close as possible to this. With a ten (10) yard end zone. The field will be divided into four 10-yard line to gain sections.
4. The offensive team must have a minimum of 5 players on the line of scrimmage. The interior 3 linemen are ineligible. The center may snap the ball either between the legs or sidewise. The defensive team will line up at least one (1) yard off the line of scrimmage. Only 3 Defensive players may cross the line of scrimmage, at the snap. All defensive players can cross the line of scrimmage when a handoff, fake handoff or backward pass has occurred. Penalty of 5 yards and replay down. (I.e., if 4 Defensive linemen cross the line of scrimmage on 2nd down, the offense will gain five yards from the line of scrimmage and replay 2nd down.)
5. All teams shall only use "Triple Threat Flag Football Belts." All shirts must be tucked in. The flag belt must be the outermost garment worn. Flags shall be placed on the hips and tailbone. Flag color shall contrast jersey main body color.
6. Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes:
   a. Swinging the hand or arm over the flag belt to deny the opportunity for an opponent to pull or remove the flag.
   b. Placing the ball in possession over the flag belt to deny the opportunity for an opponent to pull or remove the flag.
   c. Lowering the shoulders in such a manner which flag guards.
   d. Stiff arming is considered flag guarding.
   e. Improperly wore flag belt. Flag belts shall be always worn correctly. Tying of the belts is not allowed.

Penalty for flag guarding: Spot of foul, play is dead and loss of 5 yards. (I.e., if the ball carrier gains 15 yards, then flag guards and gains another 10 yards,

the ball would be spotted at the 15 yards gained and then the 5-yard penalty will be marked off)

7. Gameplay:
    a. There will be no kickoffs or punts.
    b. All possessions start on the 40-yard line. Teams will have 4 downs to make it to the next line to gain. If they succeed in making it past the line to gain, they will have 4 more downs to move the ball across the next line to gain.
    c. If the offensive team fails to make the next line to gain after 4 downs the defensive team will take possession at the 40-yard line.
    d. Extra points will be 1 attempt from the 5-yard line, 1 point for running try and 2 points for a passing try.
    e. If there is a loss of possession by the ball carrier, the ball is dead at the spot of the loss of possession and the offensive team retains possession. If this occurs on 4th down and the line to gain has not been crossed, the fumble will result in a change of possession according to rule 7.c.
    f. If there is a bad snap, the ball is dead and returned to the line of scrimmage. There is NO loss of yardage, only a loss of down. If this occurs on 4th down, the bad snap will result in a change of possession according to rule 7.c.
    g. Interceptions cannot be returned. After the interception, the play is dead, and the intercepting team takes possession according to rule 7.c.
    h. One coach for each team may be on the field and behind the play. Once the play has started the coach must be silent and stay out of the action.
    i. This is an instructional level and as such no score will be kept.
    j. A play ends when the following occurs:
        A. Ball carrier's flag is pulled.
        B. Ball carrier's knee touches the ground.
        C. Ball carrier steps out of bounds.
        D. Ball carrier loses their flag belt
        E. Ball carrier dives, jumps or leaps; ball is spotted where the runner left their feet.
        F. Ball carrier is called for flag guarding.

8. Size of game ball will be Mini or Pee Wee sized inflatable football made of leather, composite, or rubber.
9. The home team is responsible for supplying officials. The visiting team may, if requested, supply an additional official.
10. Equipment Safety: Mouth guards, Softshell head gear are required.
11. The home team has the option to choose offense or defense to start the game. The visiting team has the option to choose offense or defense at the start of the second half.
12. Blocking with hands is allowed. All blocking is to be done below the shoulders and above the waist.

Appendix F: Cheer Requirements & Rules

Pre-Season Requirements

1. **Registration**
    a. Respective organizations will open registration when desired.
2. **Coaching Requirements**
    a. It is the responsibility of the individual youth organizations to ensure all coaches, assistants, have signed the Coach's Pledge. See Appendix B for the Coach's Pledge.
    b. Coaches and all volunteers who interact with cheerleaders on the field must undergo a Washington State background check. Detailed identity information & background check authorization will be supplied in the online registration process by each organization. If a background check authorization needs to be performed offline, organizations then will require the Disclosure Form allowing for a Washington State Patrol background check to be obtained. A copy of your state issued ID, front and back, must be submitted with the disclosure form. Military ID's are not accepted, and are a violation of Title 18, US Code Part I, Chapter 33, Section 701.
    c. The Coach's Pledge and the WSP background check forms must be completed prior to every football season regardless if it was completed during the previous season.
    d. The Coach's Pledge and the WSP background check forms must be completed by any parent volunteer that directly interacts with the children during the course of practices or games.
    e. All organizations will create their own badges for coaches who sign the Coaches Pledge and pass the WSP background verification. Badges are required for coaches to be on the field during games.
    f. WSYFL will receive all background checks for any volunteers that affiliated organizations plan to utilize in any volunteer role during the upcoming season. When receiving background checks WSYFL reserves the right to reject a volunteer or to seek legal counsel in making the decision to do so.
    g. Appendix C captures what is required for each organization and WSYFL for documenting/filing paperwork for coaches.

h. Only four (4) badges coaches are allowed to be on the field in season. More coaches can help during practice as long as they have the proper credentials identified in this appendix.

In-Season Requirements

1. Four (4) badged coaches are allowed on the sideline.
2. One (1) stunt certified coach must be present per squad on the sideline or practice, or no stunting will take place.
3. No stunting while the ball is in play.
4. When multiple teams will perform at halftime the home team chooses to go first or second.
5. No one may walk through sideline cheer formations.
6. No stunting in the rain.
7. If multiple cheer teams are sharing the same sideline, they will cheer with a you go, I go rotation with the home team starting.
8. A touchdown cheer may immediately take place when your team scores even if the other team is cheering.
9. Water only allowed on the field.
10. Coaches and junior coaches may be stunting spotters but may not be a part of the stunt being performed.
11. Fans actively interfering with the cheer team's ability to perform a cheer or be heard during a cheer may be removed by the field administrator.