



PREMIER YOUTH FOOTBALL LEAGUE

Participating & Coaching Rule Book

PREMIER Youth Football League is dedicated to the athletic, academic, and social development of our student athletes through football. We will conduct all our business with the student athlete's safety and social wellbeing in mind. In doing so, we will accomplish our goal of supporting our local communities and both the middle and high schools that we represent. PREMIER promotes diversity, inclusion, academic/social success, personal accountability, self-discipline, respect, integrity, and sportsmanship toward one another.

Executive Board:

Premier General Board shall consist of an Executive Board and/or a President from each affiliate.

- a. The Premier monthly meetings are CLOSED meetings. Any organization or person wishing to have anyone, other than the President or alternate, attend must contact the Premier Commissioner to be approved to be added to the guest list and agenda.
- b. The Premier General Board will meet every 2nd Sunday of each month. All meetings starting at 3:00 pm.
 - i. The only exception to this will be any emergency meeting as called by the Premier Commissioner or any meeting postponed, or cancelled, by the Premier President. Meetings will be cancelled for lack of content.
- c. Every affiliate must have a representative at every conference meeting. If a Representative can't make it, they need to send an alternate. Each team is allowed to send 1(one) Football Representative. Each team will need to notify the Commissioner and Secretary who their Representative/Alternates will be. Meetings will start no later than 10 minutes after the scheduled time. If a team is late, it will be their responsibility to get any information they may have missed.
 - i. Each association shall designate a primary and an alternate representative to the Boards.
 - ii. If either the primary representative or the alternate representative cannot attend the meeting, the association may appoint another representative to attend on their behalf.
 - ii. Commissioner must be notified prior to the meeting who the substitute representative will be.
- d. Any Association Representative who does not attend 80% of the meetings will be removed from the board and their individual affiliate will be required to replace that individual.
- e. All board members are expected to be present at all conference events. This included all conference competitions, play-offs, championships, etc.
- f. Each affiliate sponsoring one (1) or more non-school youth tackle football affiliates and in good standing with Premier shall have one (1) seat and (1) vote on matters brought before them by the Premier Board of Presidents.
- g. The Executive Board Committee, administrative team shall consist of Commissioner, Vice Commissioner, Treasurer and Secretary.

- h. Commission will be granted authority based on the collective agreed upon duties, which require a $\frac{3}{4}$ vote. Commission will abstain from voting on any issue unless, there is a tie/deadlock vote. Commission will then, vote to break tie.
- i. Vice Commissioner will serve in the absence of Commissioner.
- j. Secretary shall be responsible for preparing an agenda for each general meeting. Secretary will also take minutes for each meeting. Minutes from the regular meetings will be emailed to each affiliate representative by the following Wednesday after the monthly meeting.
- k. Treasure will be responsible for establishing account and maintaining PYFL funds. Treasure shall provide an accounting of funds at each board meeting. Treasure shall establish an account at a mutually agreed/voted on financial institution.

RULE CHANGES

- 1) Associations wishing to propose new rules or rule changes, additions or amendments for football shall submit their proposals in writing to the first Premier general meeting of the current year.
- 2) All proposals will be taken under advisement by the Premier Board of Presidents.
- 3) Rules passed during the off-season will go into effect the following season, unless it is a safety issue, or voted in by unanimous decision.

APPLICATIONS:

- 1. Each Association shall have a current application on file each year, to be completed and turned in by the first meeting of the year.
 - A. Along with the application, every team will present a copy of their Constitution/By Laws for approval. A copy of their board members, with addresses and contact numbers, a copy of their Facility Use Agreement for the upcoming season, and a financial statement from the previous year.
 - B. Along with their application, the team shall include a copy of their deposit slip for the annual conference registration fees.

CERTIFICATION:

- 1) Each player shall have a Premier Youth Football League application, release of liability, proof of age, grade verification (for 12-year-olds in 6th graders only). These items will be kept in a separate binder for each division and will be cross checked by an opposing organizations', Executive Board Member, during the annual Premier Official certification prior to the first game. All forms must be completed on approved Premier forms and have an official Premier stamp on each required form.
 - A. Each player information shall be put in a binder in clear plastic sleeves in the following order:
 - 1) Registration/waiver
 - 2) Birth Certificate
 - 3) Picture of player showing DOB and name (Dry erase board)
 - 4) Grade Declaration for 12yr old players

TEAM ASSIGNMENTS:

1. Premier is a group of affiliate associations, whereby competing association player age groups (divisions) are the same. The conference currently does not enforce draw areas. An affiliate association that sponsors and administers one or more divisions that have the intention to attend a parent high school will be recognized as a junior program to that high school. Attendance area is based on the geographic boundaries of the middle and/or high school that the applicable Premier organization allows participants that reside inside of a parent high school/middle school attendance area of affiliated associations to participate. The participants can participate in an organization of their choice if given a waiver by their affiliated organization. (Affiliate Associations **can only have 4 waived players per age group**). Once a player certifies with a Premier affiliated association, they must complete a waiver form to transfer to another affiliated association within the Premier. This waiver must show a legitimate reason for the transfer such as proof of residence (**i.e. utility bill with parent/guardian's name, etc.**) in the new affiliate's attendance area. Associations that have players from other affiliate associations will be put on probation and that age group will not be eligible for the playoffs (**Please make sure your players go to the school in your area**).
2. An Affiliate is an organization that sponsors and administers one or more affiliates characterized by the intention to attend an affiliated high school/middle school.
3. A Team is a group of participants organized under the direction of a coaching staff within a given affiliate. Each team will be organized accordingly and shall be called divisions.
4. Divisions of affiliates will be as follows:
 - A. **Tinymites**- 6 yr. olds & under that cannot turn 7 on/before July 31st of the current year.
 - B. **Rookies**- 8 yr. olds cannot turn 9 on/before July 31st of the current year
 - C. **Midgets** – 10 yr. olds cannot turn 11 on/before July 31st of the current year
 - D. **Pee Wee** -12-year-olds cannot turn 13 on/before July 31st of the current year and cannot be going into 7th grade.
5. The formation of affiliates is done on a first-come, first-served participation policy. Tryouts of any kind can only be done to determine what team level the participant will be placed on and to ensure that all affiliates are created equally and have similarly competitive skill levels. Cutting of players is not allowed in Premier, however, there are certain guidelines that should be met if it becomes necessary to not assign a player to a team. Premier strongly recommends that the coaching staff work closely with these players before the extreme measure of

dropping a player takes place. Premier believes that the game of football may just be a saving grace for this type of participant.

A. Dropping A Player Will Be Acceptable:

- i. When a participant is found to have signed as a result of parent or guardian pressure, or he/she tells team management he/she does not really want to play football.
 - ii. When a participant cannot furnish the required documents to be certified to a team roster, (e.g., Medical, Proof of Birth date, etc.).
 - iii. When a participant shows no interest in football, is disruptive to other participants and the instructions of the coaching staff and becomes a discipline problem.
 - iv. When a participant does not show up for practice(s). Participants must have a valid excuse from the parent(s), guardian(s) or a physician.
 - v. When a participant attempts to intimidate fellow participants by word and/or physical act.
 - vi. When a participant is actively a member of another football team while actively participating with a Premier team (dual participation, some may exceptions apply).
6. The maximum roster for all divisions shall be 36 participants and at 32 participants you have the option to split the team. There are no maximum weights at any division; however, X-men rules **do apply for Tinymite, Rookie, & Midget divisions only.**
 7. Each team will be entitled to have 1 (one) head coach, 4 (four) assistant coaches, 1(one) Equipment Manager and 1 (one) team parent/business manager on each team at each division.
 8. New Leagues that want to join PREMIER Youth Football League must contact the board of PYFL. Once the board is contacted. It will be put up to vote on that new league. The new league must have the majority vote to join. Any league that is voted in WILL BE ON TWO-YEAR PROBATION PERIOD. If the new league is caught breaking any PYFL rules during the two-year probation period that league will be removed from PYFL at that moment.

CERTIFICATION:

1. Certification is the process whereby the league ensures each participant meets the minimum league requirements for participation.
2. All participant certification requires the presence of the participant and may be done during early certification, certification day or at a late certification.
3. Early certification is for any participant who will potentially miss certification day. Early certification is by appointment and done by a certification volunteer.
4. Late certification (this is for any new player not certified by August): Late certification of any player will be done by a certification volunteer appointment by the Friday prior to the First official game.

5. Play-off certification is a re-examination of each affiliate and player's paperwork to insure the validity and compliance of all conference rules and regulations.
 - A. Play-off certification **does not** require the player's presence, but player must have played in at least 3 regular season games. This 3-game minimum requirement will be examined during the play-off certification process.

The Maximum number of participants allowed on a certified roster is 36. The Minimum number of participants required to certify a roster is 11.

PLAYER WEIGHTS:

The maximum weights for a player to be designated as a designed carrier of the football is as stated below:

- **Tinymite**: 95 pounds – Any player above 95 lbs must be noted as an X-Man.
- **Rookie**: 110 pounds – Any Player above 110 lbs must be noted as an X-Man.
- **Midget**: 125 pounds – Any Player above 125 lbs must be noted as an X-Man.
- **PeeWee**: Not applicable (PeeWee does not have a maximum weight for designed ball carrier.)

X-MEN:

1. A player weighing in as an X-Man at certification cannot drop into a lower category if there is a weight loss during the season.
2. X-Men must be identified by an "X" on the back of the helmet. The "X" must be a fluorescent color that does not match the color scheme of the team, so that it stands out; 3.
3. All X-men must meet on the field with the officials and head coaches 5 minutes prior to the start of the game to be recognized and identified.
4. X-men are eligible to participate on the offensive line in a 3-4point stance, must play Center, Guard or Tackle.
5. X-men is eligible to participate on the Defensive line in a 3–4-point stance, must be positioned head up or inside the offensive end of the line of scrimmage.
6. X-men may advance the ball during a fumble or interception.
7. X men can be on kick off or kick return affiliates.
8. Should the X-Man gain possession of the ball; the play will proceed.
9. There cannot be offensively designed plays were an X-men receives the ball.
10. If a player that is an X-man enters the game without a X on the players helmet it will be a 15-yard penalty. If a X-men player enters the game a second time without an X on the helmet the Head Coach will be ejected from the game the ball.
11. For consistence, the "X" denoting the X-Men, will be provided during registration by Premier.

WEIGH-INS:

1. Each football participant will weigh in to determine team / position eligibility one time. This will be done at the specified weigh in times during team certification. This must be completed on or before the Jamboree.
2. Any player certifying after Jamboree must be weighed in and certified prior to practicing with an individual affiliate. A player's weight certification will be his/ her certification for the remainder of the playing season (see age weight chart). i.e., a player weighing in as an X Man at certification cannot drop into a lower category if there is a weight loss during the season.
 - a. All players will be weighed by a Premier staff member.
 - b. The official weight as determined by the official scale will be final.
 - c. In order to make weight a player may remove any article of clothing except undergarments (i.e., briefs for males, briefand sport bras for females)

EQUIPMENT:

1. Each player must be equipped with NOCSAE approved football equipment. Every player must wear a mouthpiece.
2. Each team must ensure that the organization's helmets are reconditioned every 3 years.
3. Conference authorized footballs:
 - a. For the 12U old (Pee Wee)
 - a. TDJ GST 7.7x6.2x5.3 L 10.98x5.98x5.98 W
 - b. For the 6U, 8U, 10U (Tinymite, Rookie, & Midget)
 - a. K2 GST-Pee Wee Size-WTF1312B
 - c. Clear face shields ONLY shall be allowed.
4. No player may participate in any form of contact while wearing a hard or soft cast, unless the cast is wrapped and padded. This will also be a judgment call, made on the part of the referees, and based on the safety of the other participants.
5. All equipment must be covered including back-plates with uniform.
6. All players must have knee pads covering their knees.
7. Only one mouth piece should be displayed/worn by player.

PRACTICE:

1. Any more than 7 players and 1 coaches/parents will be considered an official practice.
2. There are no practices allowed prior to the start of official practice except for: The practice and team fall under the umbrella of the Spring Football season, or it is an approved clinic.

3. A mandatory 10-minute break (Mandatory Break) after each hour of practice is required. Mandatory Breaks are not counted against the hours per week nor the maximum hours per day.
4. Affiliated Associations may conduct clinics under the following guidelines:
 - A. The clinic may not exceed 5 days or 20 hours.
 - B. The clinic must be held prior to the first day of practice.
 - C. Each team must be invited to attend the said clinic.
5. The conference will set the official date of practice.
6. Regular Season practices will be conducted as follows:
 - a. Five (5) days per week, a maximum 10 hours per up to the 1st game
 - b. After the 1st game, practices shall be limited to 8 hours per week.
 - c. All players must complete 10 hours of condition prior to being allowed full contact.

SEASON PLAY:

1. Final roster will be those certified at certification
2. Admission fee will be as follows:
 - a. Adults - **\$5.00**
 - b. Children 6 years old and above - **\$5.00**
 - c. Children 5 years old and younger- **FREE**
 - d. Players/Cheerleaders in uniform - **FREE**
 - e. Opposing Coaches, wives, & Children - **FREE**
3. Each Head Coach is required to always have a copy of the Conference Rules on hand and his/her team binder on hand during conference events.
4. Only players and coaches/volunteers will be allowed on the field or sidelines before, during, or after the competition.
5. The **HOME** team is responsible for providing the chain gang.
6. Affiliates should arrive and be ready to check-in 1 hour prior to game time. Home team checks in first.
7. **REPORT** to the **ENDZONE** 15 minutes **BEFORE** the scheduled **START** of your game.
8. Coaches are required to play every kid on their roster a minimum of 4 plays. The mandatory play rule will only be in effect throughout the regular season games and post season games.
9. Regular High School rules will be in effect except were modified by the conference.
10. There shall be no crashing of the center on Punts or PAT's. The defensive linemen must line up on the guard's, not over the center. They must make contact with the offensive guards prior to entering the gap.
10. All affiliates must have a Starts Division.
11. Scoring: Touchdown-6; PAT by Run or Pass – 2; PAT by Kick – 1; Safety – 2; Field Goal – 3; and forfeit -6. (For starts scoring, see starts section.)
12. No communication device will be allowed on the field (blue tooth, cell phones, handheld radios, etc.). Affiliates may not use radio equipment between coaches.

13. Peewee teams can elect to kickoff in the second half only. If the team is up by the mercy rule that team cannot kickoff.

14. In the months of August and September, no heat time outs are allowed when a team is inside the "Red Zone."

MANDATORY PLAY RULE:

1. Coaches are required to play each player on rostered, a minimum of 4 plays.
2. Appeals may be considered if clear game film is provided to the Premier Football Director or Premier Vice-President within 48 hours of the end of the game.
3. Follow all National and High school rules for good sportsmanship.
4. A game is a legal game, if 8 players per team are present. All teams who have less than 11 players, must play all players available. The opposing team of the team with the lesser players, must match the player on field number of the team with the lesser team members.
5. If a team has below 8 playable team members, the game is a forfeiture. Teams may elect to continue to play the game at a lower number than 8, however on field numbers must always be the same. If a team, at any time during a legal game of 8 or above players, drop below 8 during the game (due to injury, refusal to play, etc....) the game is automatically forfeited to team with the legal playable number. Thus, the score, at the time of the drop below the legal number of players on the field, is void.

MERCY RULE:

1. The game will go to a running clock when a team is up by 35-points or five touchdowns. The clock stops only for injuries and each team can stop the clock once with a time-out. The clock would continue to run if either team needed to call a second or third time out in a half.
2. NO kick-offs. The ball is placed at the 40-yard line for the team that is trailing and the 25-yard line for the team that is leading.
3. The team that is behind can run a play on fourth down, punt or change possession by moving the ball to the leading team's 25-yard line.
4. Once a running clock starts it will not revert back if the score drops below 28-points however kickoffs are reinstated if the score drops under 35-points.
5. When ahead by more than 35-points the leading team must remove all first-string backs from their backfield.
6. Affiliates leading by 35-points or more must call run plays, no Pass plays. Once the point score drops below the 35-points difference, the coach can return to running whatever plays he desires.
7. When one team is ahead by 35-points or more NEITHER team is allowed to blitz. Only defensive lineman can rush the ball. In this situation a team may have no more than six (6) defensive linemen

Tinymite:

1. At the Tinymite level, the center will never be covered or crashed by a defensive player. The defensive linemen must line up on the guard's, not over the center. Defensive player must make contact with the offensive guards prior to entering the gap and/or making contact with the center.
2. The Linebacker must be 3 (three) yards off the ball.
3. Two coaches will be allowed on the field. Once the players break the huddle, the coach must not have any further communication with the players.
4. There shall be no kick-offs during the game start. Each team shall take a new possession of the ball at their own 35-yard line.
5. There will be no punts at this level. On 4th down if the possession team wants to punt, they will declare the punt to the officials and mark-off a 35-yard punt and the opposing team will take possession. If the ball is inside the 25, the receiving team will start at the 25.
6. The maximum penalty assessed at Tinymite will be 10 yards.
7. Extra Points will be awarded as follows: 2 points for Pass, 2 points for Run, No kicks allowed
8. Tinymite will use regular high school rules.
9. Tinymite minimum play rule will be in effect in post season play.
10. Tinymite do not have to be in any stance on the line.
11. Tinymite is a 6-minute regular clock.

Rookie, Midget, & Pee Wee:

1. One offensive and defensive coach will be allowed on the field. Once the offense breaks the huddle, neither offensive nor defensive coach may communicate to their players. 1st time warning then penalties.
2. There shall be no kickoffs during the game start. Offensive team will start with possession on their own 35-yard line.
3. All punts walked off are 35 yards but if it goes inside the receiving 25-yard line the receiving team will start possession at their 25-yard line.
4. Any kickoffs or onside kicks will be discussed at coin toss and must be a unanimous decision or not allowed.
5. These age groups are 8 min. Quarters.

PLAY-OFFS:

1. Conference standing will be determined by conference record, head-to-head, and then points against/points for
 - a. Play-off seeding will be based on the entire schedule.
 - b. All final ties will be determined by coin toss.

2. All tied games will be played off following the National Federation Rules.
3. All affiliates in good standing will be eligible for post-season play.
4. The play-off format will be based on the best-seeded team facing the last seeded team.

COACHING GUIDELINES:

1. Head coaches must be at least 21 years of age.
2. Assistant coaches must be at least 18 years of age
3. Coach Trainees must be a minimum of 16 years old and may only carry out the instructions of the Head or Assistant coaches.

EJECTION POLICY:

1. Each affiliate will appoint a board member who will be responsible to report scores and ejections and will provide all contact information for this person to the President of Premier within 48 hours.
2. Scores are to be reported each Sunday night by 8 pm starting with the Jamboree and including all playoff games.
3. If a player or coach is ejected from a game by a referee:
 - a. The Head Coaches of both affiliates must notify the Vice President of Premier and describe the incident that caused the ejection within 48 hours of the end of the game or face additional possible suspension.
 - b. The Referee must send a report to the Commissioner of Premier.
 - c. The affiliate president must notify the Commissioner of Premier of any ejections when they send in their game results for the weekend.
4. A player or Coach who has been ejected from a game will be suspended the following week (the following week includes both practice and game). There are no appeals.
5. If a player or coach is suspended a second time by the referees during the same season they are suspended for the remainder of the season or the following year if it is the last game of the season.