

# CONSTITUTION

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July 2017

## ARTICLE I - NAME

The name of this organization shall be the **Four Corners Youth Sports, Inc. (FCYS)**.

## ARTICLE II – PURPOSE

The purpose of this League shall be to set up standard rules and regulations so that all players will play under equal conditions of age and weight; to bring closer supervision and regulation of teams playing in this area; to bring, through local publicity, a better understanding of this “game for children” to the people of San Juan Basin so that with their increase interest and help, more children may have the opportunity to play the game; to publicize and promote the organization of football teams for kids in the age brackets of seven through thirteen years of age, up to and including seventh grade; to inspire youth to practice the ideals of citizenship and character; to bring sportsmanship, fair play and fellowship; to impart the game of football, elements of safety, sanity, and intelligent supervision; to keep the welfare of the children first, foremost, and **entirely free of adult lust for glory**.

Four Corners Youth Sports Inc. is organized exclusively for charitable, religious, educational, and scientific purposes, including, for such purposes, the making of distributions to organizations that qualify as exempt organizations described under Section 501(c)(3) of the Internal Revenue Code, or corresponding section of any future federal tax code.

Upon the dissolution of the organization, assets shall be distributed for one or more exempt purposes within the meaning of Section 501(c)(3) of the Internal Revenue Code, or corresponding section of any future federal tax code, or shall be distributed to the federal government, or to a state or local government, for a public purpose. Any such assets not disposed of shall be disposed of by a court of competent jurisdiction in the county in which the principal office of the organization is then located, exclusively for such purposes or to such organization or organizations, as said Court shall determine, which are organized and operated exclusively for such purposes.

## STATEMENT OF PRINCIPLES

1. The objective of this program is to inspire youth, regardless of race, color, or creed, to practice the ideals of health, citizenship, and character to bring our youth closer together through the means of a common interest in sportsmanship, fair play, and fellowship; to impart to the game, an element of safety, sanity, and intelligent supervision; and to keep the welfare of the children first, foremost, and entirely free of adult lust for glory.
2. The specific purposes are to acquaint the players with fundamentals of the game - rules, passing, running, kicking, blocking, and tackling; to teach through the game, sportsmanship, love of the game, and the ability to take a few knocks and bumps; to promote safe play and to prevent rough play and piling it on.

## ARTICLE III – GOVERNMENT

1. The Executive Committee of the Four Corners Youth Sports, Inc. shall consist elected officials. It is recommended that these major areas be represented as President, Vice-President, Secretary, Treasurer, Equipment Manager, Disciplinary Committee Chairman and the Head of the Officials.

- A. A President to be elected by the membership of the League.
- B. A Vice-President to be elected by the membership of the League.
- C. The Secretary and the Treasurer to be elected by the membership of the League.

- D. The Disciplinary Committee Chairman will be elected by the membership of the League.
- E. Equipment Manager to be elected by the membership of the League.
- F. Two at large members will be elected by membership of the league.

G. Area representation has been revised such that each town will receive a certain number of reps depending on the amount of teams that town has in the league. Area representatives will be charged with setting up and taking down the field after each use. Representatives will be the point of contact for said field and must secure a scorekeeper, gate keeper, chain crew and clock keeper. They will be asked to be at registration to help hand out equipment. Other duties that will be charged to the Area Representatives will be established by the Executive Board.

Area Representatives are an extension of the FCYS board and have FULL authority to enforce any and all rules and by-laws of FCYS. Any disciplinary situations will be handled by the area representatives, and then turned over to the disciplinary chair for investigation and additional action if needed. New towns entering into the league will begin with two representatives.

- One – Three teams = 2 representatives
- Four – Six teams = 3 representatives
- Seven -- Nine teams = 4 representatives
- Ten – Fifteen teams = 5 representatives
- Sixteen and up – 6 = representatives

2. All elected members shall serve a term of two years or until their successors take office. A person wishing to serve on the executive board must serve at least one year as an area representative prior to being elected to the executive board.

A. Executive board members shall be split between even and odd years, starting year ending 2013.

- Odd years; President, Treasurer, Disciplinary Chairman and 1 at large member.
- Even years; Vice-President, Secretary, Equipment Manager and 1 at large member.

All current board members will maintain their current position; they will not be able to accept a nomination for a different position until they have completed their commitment to the current board position.

B. An individual may be a Board Member and a Town Representative at the same time

3. All By-laws will be separate from the game rules.

4. This organization will use Robert's Rule of Order as reference.

#### **ARTICLE IV – MEETINGS**

1. The President shall call a meeting in November for the purpose of disposing of any old business, election of officers, game rule proposals and organizing the League for the current season.

2. Meetings will be held on the second Tuesday of each month; except December and January. Special Meetings may be called by the President upon prior notice to all members of the Executive Committee and shall be notified in advance of the meeting.

3. A quorum shall consist of two-thirds of the membership of the Executive Committee.

4. All parents involved in the FCYS program will be welcome at any and all regularly scheduled Executive Committee meetings.

5. By-law proposals will be at the February meeting

6. Any member wishing to proxy a vote must have that proxy in writing prior to the start of a meeting.

7. All board elections will be voted on by existing board members and existing area representatives only.

8. If any Board member or Area Rep is unavailable in person for a regularly scheduled meeting teleconferencing and /or phone conferencing will be made available.

# FOUR CORNERS YOUTH SPORTS

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## BY-LAWS

### ARTICLE I - DUTIES OF OFFICERS

**Job descriptions can be updated as the needs and events of FOUR CORNERS YOUTH SPORTS Executive Board deems necessary**

- A. The President shall preside over all meetings, act as a chairman of any advisory groups and perform such executive and administrative work as would naturally fall within the duties of his office.
- B. In the absence of the President at any meeting the Vice-President shall exercise the powers and duties of President. Weekly scores are reported to Vice-President.
- C. Area Board Members shall be the chairman of the Player Agent Committee for the League. The Area director shall be responsible for all the player certifications, contracts, and doctor's certificates; be responsible for overseeing all drafts, and practices; secure referees for all scheduled games; act as an agent for all player dismissals; and act as an enforcing agent of the By-Laws.
- D. The Secretary shall keep a record of all meetings and be entitled to such stationary, postage, and Supplies, and as the duties of the office require, and post the scores supplied by the area field representative, and perform such other executive and administrative functions as directed by the Executive Committee.
- E. The Treasurer shall make sure that all FCYS expenses are paid to run League, deposit registration moneys and gate fees throughout season, and any pay fees to host website.
- F. Equipment Manager shall make sure that all equipment is purchased as necessary, handle logging in all equipment and checking equipment out. The Equipment Manager will be the coordinator of all certifying and conditioning of all equipment in the league.

- G. The Disciplinary Committee Chairman will be charged with having a disciplinary committee in place prior to the start of the season. When possible a town representative from each community will be on the disciplinary committee.

## ARTICLE II – GOVERNING RULES

### A. EXECUTIVE BOARD

1. The Executive Committee has the right to challenge any player certifications, contracts, and doctor's certificates, to assure players legal age, grade, and school is correct for division he/she is playing in.
2. It shall be the duty of each member of the Executive Committee to attend all called meetings. Two (2) unexcused absences may result in a member being replaced by majority vote of the Executive Committee.
3. The Executive Committee shall hold meetings every second Tuesday of the month; except December and January. An annual meeting in November will be held for election of officers.
4. The Executive Committee and Area Representative shall, by a majority vote, make any changes to the Constitution and By-Laws, and shall be responsible for enforcement of the Constitution and By-Laws. **As situations occur the Executive Committee will handle each situation on an individual basis and said decision will be final.**
  - a. All Executive Committee petitions, decisions, waivers and exceptions to the by-laws will be presented to the town representatives in writing within 48 hours of said decision with vote count listed proving the 2/3 majority vote.
5. Proposals for game rule changes will be made at the meeting in November and the by-law proposals will be voted on at the meeting in February

### B. AREA REPRESENTATIVES

1. If Area has 2 unexcused absences, home games may be taken away and local areas may determine whether unexcused absences warrant replacement. Area Representative may submit proxies as long as it is in written form with signature and occupied with representative from the same town.

### C. REGISTRATION

1. Central location for all areas' registration, there will be a central location for Bloomfield, Farmington, Aztec, Kirtland and Shiprock; another central location for Bayfield and Ignacio; central location for Cortez and central location for Pagosa Springs. All registration will be held on the same dates regardless of location. There will be a minimum of four registrations for each town.
2. Secretary will supply registration forms
3. Treasurer will receive all receipts from registration
4. Final rosters and bookkeeping will be done by the district's Area Representatives
5. Annual records will be kept by each district Area Representative and League Secretary.
6. Each area may have a pre-registration prior to the end of the school year with the prior approval of the Executive Committee. All players who attend the preregistration must attend an official weigh-in registration.

7. Equipment - Equipment personnel shall disburse equipment as needed. Equipment Manager shall coordinate the certifying and conditioning of all equipment in the league.
8. No town shall turn away participants wishing to register **exactly one week** prior to the first regularly scheduled FCYS league game, registrants wishing to register after the final registration date may be assessed a late registration fee.
  - a. Towns which fail to comply will be subject to having their home game privileges revoked as the discretion of the executive committee.

#### **D.PLAYING SCHEDULE**

1. In the mighty mites (2<sup>nd</sup> grade), rookie (3<sup>rd</sup> grade), freshman (4<sup>th</sup> grade), sophomore (5<sup>th</sup> grade), junior varsity (6<sup>th</sup> grade) and varsity (7<sup>th</sup> grade) divisions there will be an American and National Conference made up at time of registration.
2. Each team will play at least a six game schedule. Top two teams from each conference will go into the playoffs. Wild card teams to be determined by playoff committee.
3. The FCYAFL season will last no longer than, but not limited to, the first weekend of November.

#### **D. OFFICIALS**

1. Includes assigning officials for all season games.
2. Setting up an officials' clinic.
3. All officials within Four Corners Youth Sports shall be certified by the executive committee, and will be subject to a back ground check.

#### **E. PLAYING FIELDS**

1. The field maintenance and scheduling of any playing field shall be done by the Area Representatives or their designees.
2. Includes gates, chain gang, p.a. announcer, time keeper, and attendance of the games by Area Representatives within area.
3. Area Representatives will notify each team if no official referee can be present. In absence of official referee, one (1) coach from each team playing will officiate the game.
4. Area Representatives will check on player eligibility at games through information provided by the league. This information will be available with the head coach.
5. Board Members will report their field's scores to the Vice-President upon completion.
6. Towns that do not report scores in a timely manner (within two days following a game) will be subject to having their home game privileges revoked for the following season.

#### **F. FINANCIALS**

1. All gate proceeds, sign and sponsorship fees, player fees, equipment sales, etc., will be turned in immediately for deposit by Treasurer. With the exception of teams that have their own equipment these communities will instead be required to pay a fee to FCYAFL of the cost of insurance per player plus \$10 per player registered prior to the first game every year. Consequently a ledger of all deposits and checks written will be kept on this account. All money will go through FCYAFL, not including the previous exception. No checks should be made out to any coaches, only to the league and turned in for immediate deposit in the main FCYAFL account by the treasurer. Only exception is if a team has a team account set up for the sole purpose of purchasing items for the team players.
2. All areas concession stand moneys remain in their own YAFL account. All gate moneys go to the main four corners YAFL account. With the exception of communities that have their own equipment.
3. All purchases will be handled by the FCYS Executive Committee.

#### **F. COMMITTEES**

1. Post Season Committee — Shall consist of no less than three (3) members and shall be responsible for all post season activities including but not limited to Superbowl,

All-Star games, trophies, advertisement, etc. Post season committee shall be set at the beginning of the YAFL season with a set schedule of meetings and agenda.

### ARTICLE III – ELIGIBILITY

- A. Must be an amateur. Definition of an amateur sportsman - one who engages in sport solely for the pleasure and physical, mental, and social benefits he or she derives there from, and to whom sport is nothing more than an avocation.
- B. Must be an amateur under Four Corners Youth Sports League Rules:
- C. Players cannot play for monetary benefits such as cash, merchandise, or any compensation, nor compete against any professional athletes.
- D. Players cannot compete under an assumed name or compete on any outside tackle football team during the same season.
- E. Any player dropped from any team in his or her league for any reason cannot again be certified to play in any league for that season unless approved by  $\frac{3}{4}$  majority vote of quorum present.
- F. A player, once certified, is ineligible to play on any other team without first obtaining written permission from the responsible person of his or her present team and the approval of the respective FCYS Executive Committee with the proper notification to the League. No transfers after September 1.
- G. A player, who has been registered and certified with a team of a conference through the current year, who later plays school football in any division, is ineligible to play in his or her conference for that season.
- H. Players who have competed on school teams may not be late registrations. This does not however prohibit registration of players cut at the start of the season.
- I. Awards - No player will accept any source, a sweater, a jersey, or any other than those usually given, such as medals, trophies, letters, and other athletic insignia or he or she shall be ineligible for further participation in the FCYS. Unless approved by F.C.Y.S.
- J. Banquets may be given in honor of a team's activity.
- K. Trips, excursions of post season trips, except those sponsored by the League as part of their regular programs are considered a violation of the award rule.
- L. The rule shall not be interpreted to prohibit the acceptance and of a team award in playoff tournaments or meets approval of the League.
- M. The only way a player may obtain a sweater or jacket is for himself or herself or their parents to purchase it. Unless approved by the league.
- N. Only children who are 7, 8, 9, 10, 11, 12, or 13 years old before September 1<sup>st</sup>, current year, up to and including the seventh grade (as long as it does not conflict with the age requirements), may participate in the FCYAFL in the division for which they are eligible. No player may play more than 2 years in any age group.
  - 1. All 2<sup>nd</sup> graders who are seven (7) will play in the Mighty Mite division
  - 2. All 3<sup>rd</sup> graders who are eight (8) will play in the rookie division
  - 3. All 4<sup>th</sup> graders who are nine (9) or ten (10) will play in the freshman division. There will be a two- year limit for playing in the freshman division.
  - 4. All 5<sup>th</sup> graders who are either ten (10) or eleven (11) years old will play in the sophomore division.
  - 5. All 6<sup>th</sup> graders who are eleven (11) or twelve (12) years old will play in the junior division.
  - 6. All 7<sup>th</sup> graders who are either twelve (12) or thirteen (13) years old will play in the varsity division. Any player who reaches their fourteenth (14) birthday before September 1<sup>st</sup> will be ineligible to play in the FCYAFL.
  - 7. No eighth grader shall play in FCYAFL. No Exceptions.
  - 8. No player shall play more than 2 years in any division; Board will make decision on special consideration.

## O. Selection Method

1. The League shall draft all players into their respective teams using a blind draw. The registrants shall be divided according to playing district and division. Their names will then be placed into two hats, one for kids who are weight limit eligible to carry the ball and one hat for those that are not weight limit eligible to carry the ball. (This allows both teams to gain a variety of kids) The names are then chosen out randomly from one hat until that hat is completely empty then the other hat is drafted. The blind draft system has been eliminated in the Farmington and Durango areas. [Farmington and Durango will adhere to middle school district when possible based on registration numbers of said districts. The Executive Board reserves the right to move players based on registrations per team.](#)
2. A COACH FROM EACH TEAM THAT IS DRAFTING MUST BE PRESENT PRIOR TO THE DRAFT TAKING PLACE. AREA REPS AND EXECUTIVE BOARD MEMBERS ARE NOT ALLOWED TO DRAFT FOR A TEAM COACH.
3. Parity Rule: Applies to coaches (at least 50% of the previous coaching staff) that are moving up through the league with the same group of kids. They will be allowed to petition for Parity to the Executive Board to determine if the teams are fair and equal. If not then the Draft or Gentleman's agreement will be applied.
4. All teams may protect **FIVE** (5) players from the draft. Head coaches and Assistant coaches will use their sons for protected players, up to five (5) players. If all protected slots are not used on coach's child, additional players must give an area representative a signed "Letter of Intent" paper from the player. The release must state the name of player and the team for which he will be playing. Additionally, the paper must be signed by the player, a parent or guardian of the player, and the coach of the team. All signatures must be accompanied by date of signature. This release paper must be turned in prior to the draft to be valid. a. In the event that a player has signed release papers for more than one team, the first release signature shall be regarded as valid and nullifies any subsequent release papers.
5. If any player entering a division for the first time already has an older sibling in the League, this player may be assigned to the same team as his sibling if the family so desires. This declaration must be made prior to the draft. If a sibling chooses to enter the draft, he will be placed on the team which chooses him in the draft.
6. If two or more brothers are entering a division together for the first time, they may be grouped as one selection in the draft so that they will play on the same team if the family so desires. This declaration must be made prior to the draft. If the siblings choose to enter the draft independently, *they may be placed on separate teams* In the event that a draft selection containing multiple players in the late rounds of the draft puts a team over the player limit, the previous pick(s) (those prior to the multiple child draw) will be put back into the draft for placement on different teams. If a coach wants to protect siblings then each sibling is considered an individual protected player.
7. Returning players to the same league will be placed on the team they played on the previous year.
8. All players must play in the district in which they attend school, i.e., a player living in Bloomfield but attending school in Aztec must play on an Aztec team. a. A child who is home schooled must play in the district in which he lives.
9. **Private school exemption;** a child that attends private school has the option to play in the town that they attend school or play in the town that they physically reside in, they must supply proof of enrollment. The boundaries shall be the established school district boundaries in the county.
10. All protected players must be in their first year of participation in the division for which they are being protected. No returning player may become a protected player for another team.
11. Advanced players able to move up one grade level as a coach's protected player and with parent approval. Final approval must come from the Executive Board.

12. There may be a gentlemen's agreement in place between coaches prior to any draft or selection is made.
13. Draft position shall be determined by team standing in the League from the previous year. A new team shall be considered as having the worst record. The lowest team shall get the first draft position; the second lowest team shall get the second draft position, etc
14. The total number of players for each team shall be identified. This includes returning players, coach's sons and children choosing to play on the same team as an older sibling.
15. Beginning with the first round, the teams shall equalize as to the number of players as follows:
  - a. The team or teams with the fewest numbers of players shall draw first, i.e., if team A has 14 players, team B has 12 players, and team C has 15 players, and this is the established draft order, teams A and C pass in rounds 1 and 2, and only team B draws players in these rounds. In round 3, teams A and B draw players and team C passes. In round 4 and all subsequent rounds, all teams will draw players in the assigned order.
  - b. Late registrations shall be assigned to the teams in the order of their draft positions beginning with the team which would have had the next selection in the draft.
  - c. A player who is remaining in a division for his second year may choose to reenter the draft. This declaration must be made prior to the draft. This player will then be assigned to the team which draws his name from the hat.
  - d. Executive Committee members and head coaches, or assistant coaches designated by the head coach if the head coach cannot attend, may attend the draft session. No players, parents, or other individuals may attend.
  - e. A player, once drafted and certified, cannot be cut from the team's roster unless the player has missed more than three consecutive practice sessions or a total of five practice sessions without an acceptable excuse or unless the player violates the rules and regulations as set forth in the Constitution and By-Laws of the League. Coaches must be consistent with this rule and apply it fairly to each member of his team.
  - f. Late registration will extend through the first two (2) weeks of the season. Through the first two weeks, a team must accept late registration if less than 25 players exist on the team. From Monday through Friday of the week in which games begin, a player may be registered on a team if the coach chooses to allow this player to register. Additionally, a coach may not exclude a child from registering during this period and then accept another child later in the week. This week is not for selective registering. Once games have begun, no more registration is allowed.

#### **ARTICLE IV – CERTIFICATION**

- A. Physical Requirements - No child shall be certified if he or she has not attained and does not sustain a sound physical condition. The attainment of a sound physical condition shall be attested to by a duly qualified doctor of medicine or physician. No child is permitted to enter into any type of physical training without first obtaining the doctor's report outlined above.
- B. Certification Forms - Each League and team member must have on file a completely filled out copy of a season contract on each child who is certified. The forms will be furnished by the FCYS.
- C. Each player must have turned in his parental consent form and parent code of ethics form, a copy of his birth certificate, a physical, and money before the first practice, or he/she will not be allowed to participate in the practice. The cost for registration will be \$95 and \$125 for late registration.
- D. Any coach in violation of these rules will be responsible and will be brought before the Executive Committee for possible reprimanding.

- E. Rosters for each team must be submitted to the executive board by each town's representative prior to the first game. A special meeting will be called for the purpose of certifying the rosters. If the head coach or representative does not turn in their roster at the certification meeting the head coach will be suspended from the first game and will continue with that suspension until the team roster is turned in and certified by an executive board member.
- F. Roster Certification - The League shall establish a date on which all players must be certified. This date shall be prior to the commencement of the League's opening game. The certified team roster shall be submitted by the team in sufficient copies to satisfy the requirements of the League. Any team that fails to certify their roster – the head coach shall remain suspended from games and practice until the roster has been certified by the league.

## ARTICLE V –COACHES

### A. Eligibility - The following are prerequisites for adult participation in the FCYS program.

1. Head coach must be 21 years of age or over.
2. Assistant coach must be at least 18 years of age.
3. All adults who come in contact with the players must be registered with their League.
4. Any adult registering to be a coach shall be certified through their respective state high school coaches association (i.e. NMAA) AND/OR the FCYS Executive Board approved certification through the USA Football Heads Up Program.

### B. Selection Process

1. Executive Committee shall select the head coach of each team. A returning head coach will be given first priority to his team, provided there is no documented flagrant violation against him and he is not moving from one weight class to another. Also all required paperwork must be completed and turned in.
2. Assistant coaches of each team shall be selected by the head coach of the team with the approval of the Executive Committee. [The assistant coach cannot be from a different Town/District with purposes of bringing his son/daughter/other player, i.e., relative, to play for said coach.](#)
3. The Executive Committee shall determine eligibility of a returning Head / Assistant Coach if there is a history of documented violations.

### C. Coaching Ethics / Rules / Requirements

1. Head coach and assistant coaches must make every effort to make all scheduled practices and games and they will abide by all By-Laws listed herein.
2. All coaches must attend the mandatory coach's clinic at the beginning of the season.

#### Dismissal if not attended.

3. No more than a total of six (6) registered adults will be allowed on the side line with the team. Matching coaching shirts must be worn.
4. No coach shall be allowed to coach multiple teams of the same age group.
5. He/She will refrain from smoking or chewing during contact with the players.
6. He / She will not "belittle" players or physically abuse any player in the league, directly or indirectly.
7. He / She will accept decisions of officials on the field as being fair and called to the best ability of the officials.
8. He / She will not criticize the opposing team, the coaches, the officials or fans, by word of mouth, or gestures.
9. He / She will emphasize that good athletes are good students and are both physically and mentally alert.
10. He / She will strive to make every football activity serve as a training ground for life, and as a basis for good mental and physical health.
11. He / She will emphasize that winning a game is a result of "Team Work".
12. . He / She will refrain from "Piling It On" as the phrase used when a team gets commanding lead and desires to raise the score as high as it can. This will be defined as any coach that has a commanding lead and continues to play starters in key positions and continues to score using those starters. When at all possible second and third string players must be used.

With 2 minutes or less left in a half and a commanding lead has been established the coach that is leading must take a knee and the opposing coach may not take any timeouts during that time period.

13. . A proof of player's age must be with the coach during games. Area reps can check for proof of age and take it to the executive board if a player does not meet the required age.

14. Any coach (head coach or assistant) on the sideline may be ejected from the game if the officials have cause to do so. The coach that is ejected must leave the field of play immediately before any play is resumed. This could lead to disqualification. Any Coach ( Head Coach or Assistant Coach ) ejected from a game will pay a fee of ( \$50.00 for the first offence, \$150.00 for the second offence) before being able to return to his/hers coaching duties. ( these monies will be earmarked for training) In addition He /She must contact the league and make arrangements to assist the referees for the following weekend games while serving His /Her suspension. Failure to do so will extend the suspension. For a third offence He / She will not be allowed to return to FCYS.

16. / She or any member of the staff will not provide any YAFL player with an energy enhancing drink. (non energy enhancing drinks; Gatorade, PowerAde are acceptable.)

17. . If a team (including head coach and players) does not show up for a scheduled game and does not notify the other team and/or a league representative the Wednesday prior to the scheduled game the head coach will be suspended for the next game.

18. Head Coach is responsible for insuring that all players on his team are from the correct town and are of the correct age for the grade in which he coaches. i.e., 5th grader ten (10) or eleven (11) years old, 6th grader eleven (11) or twelve (12) years old, etc. Any exceptions must be approved by the executive board.

#### **D. ACTS OF DISBARMENT--- ALSO SEE DISCIPLINARY SECTION**

1. Paid coach - by receiving a portion of his annual income for services as a coach in the FCYAFL.
2. By striking any other coach, official, or spectator or any participator in the FCYAFL.
3. Any sufficient cause such is unsportsmanlike conduct, unethical proselytizing, or profane language, whether on the field or as a spectator.
4. He will not permit "sweating down" tactics in order for a player to make eligible weight to carrying the ball. Sweating down to include, but not limited to:
  - i. STEAM ROOMS
  - ii. STEAM CABINETS
  - iii. RUBBER SWEAT SUITS OR ANY METHOD THAT MAY CAUSE INJURIES AND COMPROMISE THE HEALTH OF THE CHILD
5. He will not permit a child to reenter a game once he is badly bruised or injured to such an extent, to the best of the coach's knowledge, that further play would jeopardize his health. It is recommended that a doctor or physician's decision is obtained in a matter of serious injury.
6. He will not permit any ineligible player to participate in a game until the player has been approved for play by the League.
7. Coaches shall be responsible for the return of all equipment issued to their team. If said equipment is not returned there will be a complaint filed with the Executive Committee.
8. Any formal complaints will be brought to the disciplinary committee for resolution and any needed action.
9. If a coach knowingly plays an ineligible player he shall have games played forfeited and be brought before the Executive Committee for discussion and/ or possible disbarment.

10. Recruiting: anyone caught recruiting players, i.e., [having players register out of district/town he/she attends school in](#), shall be dismissed for that year, and will have to petition the executive board for consideration for the following year. (As an assistant coach). [Or could result in TIER 4 of Disciplinary action for the Major Infraction.](#)
  - i. In-town recruiting rule: Non football athletes can be recruited if in same district/town.

**ANY VIOLATION OF THESE BY-LAWS COULD RESULT IN GAME FORFEITURE OR POSSIBLE SUSPENSION. ALL RULES VIOLATIONS WILL BE HANDLED BY THE DISCIPLINARY BOARD.**

## **ARTICLE VI – PLAYING FIELDS AND EQUIPMENT**

### **A. Playing Fields**

1. No team or teams shall be approved to play home games unless they have an approved field as determined by whatever method the League shall choose.
2. The fields will have the following dimensions:
  - a. Field size for grades
  - b. 80 x 40 yard field (2<sup>nd</sup> thru 6<sup>th</sup>)
  - c. 100 x 53 yard field (7<sup>th</sup>)
3. FCYS will reserve the right to modify the size of the playing field for super bowls in each division to include the 100 x 53 yard field size.
4. All fields will be properly marked to include yard marker. Hash marks uniform and equal to the dimensions of eight man high school football field. Coaches' box will be confined within the 25 yard lines.
5. A sideline marker other than caution tape must be used to maintain field boundaries. It must also be safe and be of a semi-permanent basis for duration of games.
6. Goal posts will be ten yards from the goal line, regulation 10 foot high crossbar, 23 feet 4 inches in width and minimum of 20 feet from ground to top of goal post.
7. Home field will have a minimum of one time piece for the timekeeper, to be kept by official on sidelines.
8. Each town is responsible for field security at their home games. Fields must be roped off or barricaded in some manner such that non-players and non-coaches must be behind that restraint. There will be an official National Federation High School Rulebook at every field.

### **B. Equipment**

#### **1. Official Ball**

- a. The official ball for all 2<sup>nd</sup> (Mighty-Mites), 3<sup>rd</sup> (Rookie) and 4<sup>th</sup> (Freshman) grades games shall be a leather or rubber pee-wee ball or equivalent football. Sophomore and Junior Varsity games shall be leather or rubber "J" or junior designated ball, or equivalent, football. The Varsity games shall be leather or rubber "Y" or youth designated ball, or equivalent, football.
- b. The game ball will be furnished by the Area Representative. Even though the provisions of the paragraphs above are used, each team is then responsible that a satisfactory ball is furnished. Should either one of the balls not be satisfactory, the sole judgment of the official as to the ball to be used will be binding.

#### **2. Minimum Equipment Requirements**

- a. All teams must be equipped during all practice, contact sessions, scrimmages, and games with equipment meeting the minimum protection standards found to exist in the following equipment: **(DO NOT SIT ON HELMETS!!!)**
- b. The helmet is the single most important piece of equipment a football player wears because it protects the nerve center of the entire body. Helmet shall be of either one or two piece construction of high quality fiber of plastic type material, head cushion or head suspension type. A double bar shall be attached to the helmet. Chin straps to be standard equipment. All helmets must be NOCSAE approved. Do not let your players cut their helmets. Mouthpieces must attach to helmet and must meet N.F.H.S. Rulebook standards.

c. Shoulder pads shall be of corrugated molded fiber or plastic material, for sanitary reasons, should be padded with coated washable finish. Should have adjustable elastic underarm straps. Should be of a canto-lever type.

d. Hip and kidney pads should be made of heavy padding with plastic or fiber protection over kidney, hips, and spine. However, it can be of vinyl coated material with or without fiber inserts. Care must be taken to guard the exposed edge of hip bone, the base of the spine, and the kidney area.

e. Thigh guards shall be molded, corrugated fiber or plastic material.

f. Practice jerseys should consist of either an all cotton jerseys or a cotton/nylon (natural color recommended). Double elbows are recommended. No numbers or extras are required.

g. Knee pads shall be constructed of a shock absorbing material.

h. Game jerseys for all divisions and ages should consist of all cotton, rayon/cotton, or cotton/nylon material. Double shoulders and double elbows shall be optional and not required. It is recommended that 8" back number be used. It is suggested that all jerseys be ordered one or two sizes larger than chest measurements.

i. Pants may be of either a shell or one-piece construction, natural or colored. One piece pants must have removable pads, snap or belt. Knit material recommended, with either tunnel belt loops or attached web belt. Thigh guard and for longer wear, should be hanging from waist band, knee pad pockets should be sanitized cotton drill cloth, or self material envelop style. Football pants are sized according to waist measurements – allowances are made for wearing of hip pads.

j. Footwear for all divisions - rubber cleat, bar cleated Little League baseball shoes and tennis shoes are permissible. Steel, hard rubber, and nylon with metal cleats are not allowed.

#### C. Care of Equipment

1. Players should be required to take care of their own equipment and keep it clean and in good repair. Socks, pants, and jerseys, for example, can be washed in luke warm water. Shoes should be clean. Helmet should always be scrubbed clean. **FREQUENT INSPECTION OF EQUIPMENT SHOULD BE SCHEDULED BY COACHES.** Repairs should be made immediately as damaged equipment is both unsafe and costly for the team.

##### 2. Return of Equipment

a. All equipment will be returned after the completion of the player's last game. Coaches will need to sign for equipment and be responsible to have it all turned in at the end of the season. Players will need to take a change of clothes to the last game and turn in their equipment immediately.

b. If equipment is not returned, the player will be ineligible for play the following year, or until equipment is returned.

### ARTICLE VII –PRESEASON / PRACTICE / TEAM COMPOSITION

#### A. Practices

1. Head gear shall be worn at all practices.

2. Practice will begin on the week designated by the Executive Board.

i. No Team or players shall participate in the following prior to the official practice start date set forth by the Executive Board, this list includes but is not limited to:

1. Team/Partial Team workouts or walk through

2. Offensive practice/workout of any kind i.e. QB, WR, RB, running or passing game

3. Defensive practice/workout of any kind, i.e. DB, LB, DL, coverage or stunts

4. Skull, white board, or film sessions

5. Any practice/workout that will give the team/players an advantage in the upcoming season

6. Exceptions will include the following:

- a. Teams participating in post season tournaments prior to December 31 of the previous calendar year
  - b. League approved 7 on 7 football, clinics or conditioning camps
- 7. Violation of afore mentioned bylaw will result in disciplinary action resulting in forfeiture of the teams (players and coaches) entire season.
- 3. Practice sessions shall be two hours, a day, in length, for five days a week, for fifteen days. The first three practice sessions for a player shall be for conditioning (six hours). Helmets shall be the only equipment worn during these three practices. Full pads may be worn after completing the conditioning period.
- 4. Practice and conditioning sessions are at the direction of the coach. No night sessions shall last past 8:30 p.m.
- 5. After the first three (3) weeks of practices, practice sessions will be limited to two (5) hours per week for contact football and one (1) one-hour session for skill or chalk talk (NO PADS, HELMETS ONLY!!) (4<sup>th</sup> through 7<sup>th</sup> grade)
  - a. 3<sup>rd</sup> grade will be limited to two (2) two hours sessions per week for contact and one (1) one hour session for skill or chalk talk.
  - b. This six (6) hour total weekly practice session shall include skull/whiteboard/film sessions, walkthroughs, and scrimmages.
- 6. At all body contact sessions players must wear full safety equipment as they would in regular games, and if possible, a physician or trainer should be present.
- 7. All practices shall have 15 to 20 minute warm-up consisting of calisthenics.
- 8. There will be no practice or scrimmages on game day.
- 9. All coaches, before the start of practice, must have turned their practice schedules, times, and place to their Area Representative. Also the coach must know where the nearest phone is in case of emergency.

#### B. Team Composition

1. Each team shall consist of minimum of 15 certified players. New teams shall be automatically added to the League in the event that, **prior to the draft**, too many players are registered in a playing area to enable most young men to play. If there are more than 25 players, but less than 30, an area is allowed to play up to 29 players on one team. The coaches and area representatives have the right to make this decision. Therefore, the maximum number of players to teams shall be as follows:
  - 30 players 2 teams
  - 59 players 3 teams
  - 88 players 4 teams
  - 117 players 5 teams
  - 146 players 6 teams etc.
2. Any player added to the team must meet all requirements of these rules and, in addition, must have at least 6 hours of physical conditioning before any bodily contact is allowed.
3. Outlying community addendum: Outlying communities have the autonomy to remain one team or form two teams when the registration is 30-34 players after open registration has closed, with Board approval after the final registration has been completed. Final registration will be at site(s) decided by FCYS Executive Board. When registration has reached 35 or more players, there is a mandatory split to two teams. All other team splits continue as set forth within this article.

### ARTICLE VIII –SCHEDULING / SCRIMMAGES / POST SEASON

- A. Scheduling - The League shall establish its own season schedule subject to the following limitations:
  1. All teams are limited to a season schedule of no more than ten total games.

2. All teams are permitted to play one (1) non-league game. Executive Committee approval must be received in order to play any non-league game.

4. A period of at least one hundred hours must lapse from the conclusion of one game prior to the playing of another game.

4. All night games must be scheduled to begin no later than 7:30 p.m. Local curfew laws and other athletic contest ordinances must be taken into consideration when scheduling all games.

5. No team shall be permitted to play in a game prior to September 1 unless scheduled by the League.

6. The game schedule will be out the week after final registration.

7. All field availabilities will be done and into the scheduling committee before the final registration.

#### B. Scrimmages

1. Controlled scrimmages may be scheduled among League teams but such scrimmages shall not exceed two (2) per season of two hours duration. Such scrimmages shall not be counted in the five hour practice time. Teams are allowed to scrimmage teams outside of the league as long as they are the in the same age group.

2. Under no circumstances may a team play or scrimmage a team which is not in the same division as said team.

3. Scrimmages shall be approved and attended by Area Directors.

#### C. Post season championships

1. The post season will begin the week following the end of the regular season games. There will be up to eight (8) teams in the playoffs for the 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> grades. These will be the top eight (8) teams. The playoffs will consist of two playoff rounds and one championship round. Seeding for the first round will be based on the overall win/loss record and recorded on the post season playoff bracket. The first round shall be played as follows ( 1 V 8 – 2 V 7 – 3 V 6 and 4 v 5 ). In the event of a tie, the tie will be settled by using Article XII-Determination of Winner in Case of Tie, stated in these By-Laws, reference to National Federation of State High School Association Rule Book. After the second round of playoffs, the winners of those games will play each other the following week in the league Super Bowl to determine the league champion for each grade level. The official crews for the championship games will be a New Mexico/Colorado split crew if there are adequate officials available. The white hat will be from the higher seed's home state.(for Superbowl)

2. After a player's season has ended that player may move up to an older team or to another team in their division to attend any tournament not held by FCYAFL. **Players are not allowed to move to another team to participate in the FCYS playoffs or FCYS Superbowl.**

## ARTICLE IX – GAME REGULATIONS

### A. Uniform Requirements

1. Each player shall be equipped with a uniform designed and titled to provide maximum protection as set forth in ARTICLE VI. The following items of equipment are mandatory:

a. Durable helmet.

b. A minimum - double-bar face guard.

c. Shoulder pads.

d. Thigh guards or thick padded pants.

e. Athletic supporter and protective cup are recommended.

f. Hip or kidney pads.

g. Mouthpiece - There will be no exchange of this personal equipment. These cannot be clear in color.

h. Footwear for all divisions - rubber cleated Little League baseball shoes and tennis shoes are permissible. Steel, aluminum, hard rubber, or nylon with metal cap, cleats are not allowed.

2. All teams must have all their players in matching uniforms, with numerals on the jerseys when on the field of play. No two jerseys shall have the same numerals. Should it be necessary that jerseys be changed, and if approved, shall notify the opposing coach of the change. If a team shows up for a game

with a primary color assigned to the other team, that team must provide “pennies” for the players to wear.

4. Opposing teams should be in jerseys of contrasting colors.

#### **ARTICLE X – BY-LAW VIOLATIONS**

- A. ANY violation of rules contained within the By-Laws shall be handled by the FCYS Executive Committee and the Disciplinary Committee (inclusive of at least one executive).
- B. A Coach may appeal a decision in writing to the FCYS. Whether the matter will be heard by the Executive Committee shall be decided by the majority of that committee.
- C. Executive Committee Authority
  1. Nothing herein contained prohibits the League from taking action on a violation without any member formally presenting it if the Executive Committee decides this action is to be in the best interest of the FCYS.
  2. All decisions of the Executive Committee are final and binding on all team members or individuals.
- D. . PENALTIES: A violation of any rules or By-Laws herein contained may subject a team or individual to any or all of the following penalties. (Also See Disciplinary Guidelines)
  1. Forfeiture of game or games.
  2. Disqualification from competing for or taking part in championships.
  3. Disqualification from competing in bowl or post-season games.
  4. Suspension, expulsion, or ineligibility.
  5. Loss of sponsorship.
- E. Any Player, Coach, and Parent that participates or attends a FCYS event will be subject to all By-Laws, Rules and Discipline.
- F. If the Player, Coach or Parent does not abide by the discipline imposed they will be banned immediately from any FCYS events and will have to petition the Executive Board for reinstatement.

#### **ARTICLE XI – PARENT ETHICS**

- A. A parent will refrain from any unsportsmanlike conduct.
- B. A parent will not criticize the coaches, opposing teams, or the fans.
- C. A parent will not interfere with the coaching methods of the League.
- D. A parent will refrain from using abusive and profane language before anyone connected with the Game.
- E. All Parents and spectators will be required to be in the stands or a minimum of 10 yards off the field. No parents will be allowed on the sideline at any point except in the case of an injury. Parents and spectators will be warned once and then removed from the event afterwards. At Doc Jones field parents and spectators will not be allowed at any point during the game. Please adhere to the signage at all fields.
- F. Violation of any of the foregoing rules may result in the parent’s child being barred from further participation in the FCYS. This decision rests with the Executive Committee.

#### **ARTICLE XII – DETERMINATION OF WINNER IN CASE OF TIE**

- A. . Refer to current National Federation of State High School Association Rule Book.
  1. In the event more than two teams tie, the champion and/or runner-up shall be determined by a point spread system during the season as follows:
    - a. Consider the results of head to head competition: If one team defeats the other two, that team is considered the champion or runner-up, as applicable.
    - b. Champion and/or runner-up shall be determined by a point spread of the teams tied, with 13 points being the maximum allowed for any one game.
    - c. If two teams tie on the point spread of the tied teams, the team which defeated the other team in regular conference play shall be declared the winner.

d. If all teams are still tied, a coin toss, shall determine the champion and/or runner-up positions to the playoffs

2. This process, including the coin toss, shall be administered by the FCYS Executive Committee. It shall be done at a site determined, as required. The official declaration of results shall be the responsibility of the FCYS Executive Committee

### **ARTICLE XIII – GAME OFFICIALS**

- A. Games - There shall be a minimum of two (2) qualified officials at each game who are a minimum of 18 years of age.
- B. The League shall make suitable arrangements of officiating at all times complying with Article XIII, Section 1.
- C. In the absence of game officials, the opposing teams will supply 2 representatives from each team to act as game officials.
- D. Superbowl teams will be represented by an equal number of officials from their respective districts.
- E. All officials will be under the supervision of the Head of Officials for FCYS

### **ARTICLE XIV – GAME OFFICIALS (PROTEST)**

- A. Protests on matters involving judgment as rendered by an official will not be considered.
- B. All other protests will be submitted in writing with 48 hours to the FCYS Executive Committee.

**As situations occur the Executive Committee will handle each situation on an individual basis and said decision will be final.**

### **ARTICLE XV- MEDIA**

- 1. Any and all FCYS registered teams that would like to have a Facebook page, or any other media page will need written consent from FCYS.
- 2. Any and all FCYS data and institutional knowledge will only be published on a FCYS approved web site or media page,
- 3. Any and all registered and approved media pages or websites that contain FCYS images or data, will not be used for any other publications other than those of FCYS images and information. Excluded publications include :
  - A. Negative, Discriminating, or harmful remarks towards a player or team of FCYS.
  - B. Use of the website or media page as a political sounding board of any type.
  - C. Negative, Discriminating, or harmful remarks towards any FCYS registered coach
  - D. Negative, Discriminating, or harmful remarks towards any FCYS Executive Board Member
  - E. Negative, Discriminating, or harmful remarks towards any FCYS registered officiating personnel.
- 4. Any Violation of policy will be enforced by the FCYS Disciplinary Committee. Based on the severity of the infraction FCYS reserves the right to escalate the type or amount of discipline without prior offence.

### **ARTICLE XVI- Player Code of Conduct**

- 1. All players and parents must sign a code of conduct form.
- 2. See attached form

# PLAY RULES

1. No parents or unauthorized personnel allowed on the field during the game. Game officials will clear the field before the game is resumed.
2. During charged time-outs, one coach may converse with either one player or the entire team.
3. No member of the coaching staff is allowed on the playing field unless a player is injured or has permission from the officials. If both teams are on one side of the field, the allowed space is from midfield to the twenty nearest a team's bench. If teams are on the opposite sides of the field the restraining area shall be between the 25 yard lines.
4. Non chargeable time-outs will be for injury of player, repair of equipment, and official's time-out. An injured player for whom the clock is stopped, or for whom the ready-for-play signal is delayed, shall be replaced for at least one play. His team shall not be charged a time-out.
5. The official will not charge a time-out to a team when the captain calls for a time-out and there is cause for the official to have an official's time-out by reason of injury, etc. He will inform the captain in this case that he was already calling a timeout which is not chargeable, and that the team's request will not be honored unless the team captain desires to have the additional time-out charged.
6. Coaches will be informed by the official closest to them of the player's number and the rules infraction for which a penalty is imposed.
7. No official of a League shall be allowed on the field while a game is being played.
8. Only coaches, assistant coaches, and doctors of the teams currently playing are allowed on the benches with the team. All others will be removed by the officials. No more than a total of six (6) registered adults will be allowed on the side line with the team. Matching coaching shirts must be worn.
9. In the 2<sup>nd</sup> (mighty Mite) and 3<sup>rd</sup> (Rookie) divisions coaching staff is allowed on the field with the following rules:
  - a. 2<sup>nd</sup> grade (mighty mite) division teams can have two (2) coaches on field
  - b. 3<sup>rd</sup> grade (rookie) division teams can have two (2) coach on field
  - c. Any coach on field must always move to an area that does not affect game play after breaking the team huddle
10. The clock running time shall be as follows: Eight minute quarters with a 13 minute intermission between the second and third periods, this intermission will include a ten (10) minute half time with a separate MANDATORY three (3) minute warm up period.
11. The official rule book for the conduction of all game shall be the "NATIONAL FEDERATION OF STATE HIGH SCHOOL RULES" book.
  - a. This shall be superseded only by written rules of the League, which are in conflict with it. In these cases League rules will take precedence.
12. All participants in the program will play in every game his team participates in, providing the participant has attended the previous week's practice session or been excused from the session, or his team will be called before the Executive Committee to review and discuss the game.
13. All players who participate in all practices for any week MUST play at least ten plays (10) with the following exceptions:
  - a. The player is injured and playing him/her would lead to potential further injury.
  - b. A coach may reduce playing time by three (3) plays for each unexcused absence from practice or arriving late for the game.
  - c. Any serious violation of team or League rules.
14. Major penalties will be ten yards. Minor penalties will be five yards.
15. Only two speaking captains.
16. No intentional tackling above the shoulders.
17. In the rookie and freshman division, when the offense chooses to punt, the referee will advance the ball 20 yards from the line of scrimmage. If the punt occurs inside the opposing team's 30 yard line, the ball will be placed on the 10 yard line.

18. Normal special teams for all grades. 2<sup>nd</sup> 3<sup>rd</sup> and 4<sup>th</sup> have the option to punt of ball placed 20 yards from line of scrimmage.
19. During a kickoff if the ball goes out of bounds the ball will be placed on the 35 yard line.
20. Team coaches may utilize headsets during a game without having to supply the other team with headsets.
21. **MERCY RULE:** Once a team is leading with a 28 point differential, the game will go to a running clock. However, if the point differential falls below 28 the game will resume to a normal play clock. Once a team is leading with a 40 point differential, the scoreboard will be reset to 0 on scores only and the clock will continue to run.
22. In the Mighty Mite and Rookie division no more than 4 defensive line players are allowed on the line of scrimmage (inside the tackle box). All other players must be 1.5 yards back from the line of scrimmage and cannot line up directly over the center (inner most lineman) position of the opposing team. Failure to do so will result in a five (5) yard penalty.
23. When a game is under the Lightning rule as governed by NFHS, if a game is delayed for two hours or more, then the game is either rescheduled or final depending on when the game was stopped.
  - A. If the game was stopped during the first half, then the game should be rescheduled.
  - B. If the game was stopped in the second half, then the game is finalized with the resulting score to determine the winner.
  - C. In the Case of a tie, the game will be settled as per FCYAFL By-Laws.

# **DISCIPLINARY COMMITTEE GUIDELINES**

## **Minor Infractions**

1. Not playing the kids 10 plays
2. Belittling or demeaning the players
3. Smoking or chewing tobacco around players
4. Administering energy enhancing drinks (i.e. Red Bull, Monster)
5. More than 6 coaches on the sideline
6. Not having matching coaches apparel
7. Piling it on
8. Practicing more than 6 hours a week (5/1)
9. Player code of conduct violation
10. Parent code of conduct (arguing with coaches, referees or officials of FCYS)

## **Disciplinary Actions for Minor Infractions**

### **TIER 1**

1. Warning with probationary period of 2 weeks
  - A. Burden of proof is on the accuser
    1. Must keep logs and be accountable to Committee and or Board

### **TIER 2**

1. Minimum 1 game suspension with any combination of minor infractions or additional infractions during the probationary period will result in a 1 game suspension with 4 additional week's probation.

### **TIER 3**

1. 3 game suspension with review of coaching application or certification  
Violation of probation or 3<sup>rd</sup> repeat of same offense.

## **Major Infractions**

1. Recruiting
2. Touching a Referee
3. Playing ineligible players
  - a. Not proper age
  - b. Grade
  - c. Weight
  - d. Town
  - e. Medical clearance
4. Dismissal from game
5. Drinking
6. Endangering players safety
  - a. Sweating the kids down
  - b. Playing kids with concussions
  - c. Weather / lightening
7. Filming other teams
8. Fighting on the field
9. Failure to not complete concussion training
10. Not turning in ALL equipment
11. Altering equipment (physically)
  - a. Facemasks
  - b. Helmets/ helmet pads

## **Disciplinary action for major infractions**

### **TIER 1**

1. 1 game suspension with season probation

### **TIER 2**

1. 3 game suspension with season probation

### **TIER 3**

1. Season ending, Reinstatement upon board review

### **TIER 4**

1. Banned from League for life