

**Jeffersonville Parks Youth Football League (JPYFL)  
2010 Bylaws, Rules, Guidelines and Philosophy  
20100604 Approved**

**a) BYLAWS**

**ARTICLE I: Name and Mission Statement**

**Section 1**      **NAME:** The name of this organization shall be the Jeffersonville Parks Youth Football League, hereinafter referred to as JPYFL. This is a not-for-profit organization. Its purpose is to serve the youth of Jeffersonville, Clark County, and surrounding communities.

**Section 2**      **MISSION STATEMENT:** To provide the youth of this area, regardless of race, color or creed, the opportunity to participate in controlled athletic competition; to instill the belief of fair play, good conduct and sportsmanship at all times; To teach the values of Integrity, Honor, Respect, Loyalty, Personal Courage, and Teamwork; to promote a common interest and tolerance among youth; and to keep the welfare of youth foremost and free from any adult compulsion for power or glory.

**ARTICLE II: Parliamentary Authority**

**Section 1**      The "ROBERT'S RULES OF ORDER" shall be the parliamentary authority for all matters of procedure not specifically covered by these bylaws.

**Section 2**      The Memorandum of Understanding between the City of Jeffersonville and the JPYFL dictates the responsibilities of each party. (See attachment 1)

**Section 3**      A Quorums of the Board of Directors is required for all business meetings of the JPYFL (51%)

**ARTICLE III: Meetings**

**Section 1**      All regular meetings will be held in the State of Indiana. Meetings will be held the second Tuesday of each month beginning at 7:00pm local (prevailing time of meeting site), or as designated by the Board of Directors. Notice of any designated meeting shall be given to as many members as possible. The notice should be no later than ten days from the date of the meeting.

**ARTICLE IV: League Goals**

**Section 1**      The Jeffersonville Parks and Recreation Department and the Parks Authority Board shall be the governing principle of all rules, bylaws, and philosophies contained herein. This league is operated in conjunction with the Jeffersonville High School Football Program. The goals of the program are as follows:

1. To teach the fundamental skills of the game of football.
2. To make each boy and girl a better player and citizen.
3. To teach these values of Integrity, Honor, Respect, Loyalty, Personal Courage, and Teamwork. The highest potential of football is achieved when competition reflects these values and fundamentals of football.
4. To educate the children involved in good sportsmanship and improve both physical and mental attitudes of the participants.
5. For the purpose of unity, uniformity of programs, and equal opportunity for all players and coaches to follow the established rules and regulations.
6. Each coach will actively strive to avoid and to control the tendency to instill stress and pressure in order to win.
7. Indiana High School Athletic Association (IHSAA) will serve as guidelines unless amended below.

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**ARTICLE V: Membership and Voting Members**

- Section 1** Membership in this organization shall be open to all persons who sincerely desire to further its purpose as expressed by these bylaws. Membership applications for players and parents will consist of the player application; all other will fill out the coaches' application. Once approved, all members will be subject to the JPYFL by-laws and division rules. Membership is not considered a right; it is a privilege.
- Section 2** The Board of Directors has the power to appoint members to special committees. These special committees shall report to the Board of Directors. The compensation of any member for duties performed must be approved by the Jeffersonville Parks Department.
- Section 3** The Voting Membership shall consist of the Board of Directors and any additional board members that may have a spot on the board. Board of Directors and additional members of the board are expected to attend all monthly meetings to remain eligible to retain their voting privileges. Failure to attend these meetings or multiple absences could result in the forfeiture of your position on the Board of Directors or your position as an additional board member.

**ARTICLE VI: Board of Directors**

- Section 1** The JPYFL Board of Directors shall be the governing body responsible for the implementation and enforcement of the by-laws, rules, philosophy and guidelines of the league.
- Section 2** The day to day affairs of this organization shall be conducted by the Board of Directors. Each director shall hold office for an annual term. The JPYFL Board of Directors will be appointed by the Jeffersonville Parks Department's Assistant Superintendent of Sports and Athletics. The Board of Directors shall consist of the following Directors:
1. President
  2. Vice President
  3. Budget Director
  4. Secretary
  5. Additional Board Members
- Section 3** The Board of Directors shall submit any change requests to the by-laws, rules, philosophy and guidelines to the Assistant Superintendent of Sports and Athletics for final approval.
- Section 4** All drafts issued by the JPYFL and approved by the Assistant Superintendent of Sports and Athletics shall be in the name of the JPYFL and counter-signed by the President. All contracts by the JPYFL must be approved by the Jeffersonville Parks Department and signed by the Assistant Superintendent of Sports and Athletics and the President of the JPYFL.
- Section 5** At the last regular September meeting, the President shall appoint a nominating committee consisting of at least one Board member and one Head Coach from each Division to obtain nominees for the next Board. The nominees shall be submitted to the Assistant Superintendent of Sports and Athletics and approved by the Jeffersonville Parks Department; new appointments will take effect in January.
- Section 6** The Assistant Superintendent of Sports and Athletics shall appoint the newly elected board for the following year. The newly elected board of directors shall assume the business of the organization upon official notification from the Assistant Superintendent of Sports and Athletics.

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**ARTICLE VII: Officers Duties**

**Section 1**

**PRESIDENT**

1. To preside over all meetings and be the Chief Executive Officer of the Organization.
2. President has sua sponte powers to ban temporary any person from the league in order to protect the best interest of the JPYFL
3. To appoint committees and act as ex-officio presiding.
4. To break any tie vote resulting from any ballot decision.
5. To countersign orders and checks when needed.
6. To call meetings when needed and if an emergency vote is required, conduct one by telephone.
7. To perform such other duties as the Board of Directors shall prescribe.
8. Responsible for corporate sponsorship and fundraising.
9. Inform Referee's of Divisional Rules.
10. President shall be a member of all committees.

**Section 2**

**VICE PRESIDENT**

1. To preside over all meetings in the absence of the President.
2. To perform all duties assigned to him by the President and coordinate with other Officers.
3. To assume the duties of any Officer unable to perform his duties until the vacant office is filled.
4. To perform such duties as the Board of Directors may from time to time prescribe.
5. To assist the Concession Directors.
6. Referee liaison.
7. Assist League Commissioner in resolutions of league issues, and elevate issues to the President where necessary.
8. Safety Officers for the league

**Section 3**

**BUDGET DIRECTOR**

1. To receive and collect all funds due the Organization.
2. To dispense all bills and charges under the direction of the Board of Directors.
3. To maintain an accurate and current ledger as to all Organization funds.
4. To perform such duties as the Board of Directors may from time to time prescribe.
5. To give a financial report at all meetings.
6. To maintain an adequate level of inventory and inform the Parks Department on any needs.
7. Accountable of the Concession funds during the season and report finding to the board.

**Section 4**

**SECRETARY**

1. To take and preserve the minutes of all meetings and to record all votes.
2. To make available minutes of general meetings and have available results of all Board of Directors votes.
3. To handle all correspondence assigned by the President.
4. To perform all duties assigned by the President and Board of Directors.

**Section 5**

Additional membership duties.

**LEAGUE COMMISSIONER (3) – Varsity, JV, & Freshmen Divisions**

1. To immediately report to the Board of Directors any complaints brought about a Coach from any party and disciplinary action taken, if any, and/or recommendation of such action.
2. Responsible to verify that head coaches have held a team meeting during preseason, be available for parent conferences and meet and greet parents as an ambassador.
3. Notify Head Coaches, within their division, of any Hazardous Weather Conditions.
4. To perform such duties as the Board of Directors may from time to time prescribe.

**EQUIPMENT MANAGER (3) – Varsity, JV, & Freshmen Divisions**

1. To maintain records concerning the distribution of equipment, uniforms, balls, etc
2. To coordinate the opening and preparation of field for play.
3. To provide a list of Coaches in each division who have not accounted for all equipment issued to them by the deadline time so set by the Organization.
4. To perform such duties as the Board of Directors may from time to time prescribe.

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**CHEER COMMISSIONER** – Varsity, JV, & Freshmen Divisions

1. To maintain records concerning the distribution of equipment, uniforms, etc
2. To coordinate all cheer activities and insure each team is represented during the season.
3. To be available for parent conferences and meet and greet parents as a league ambassador.
4. To perform such duties as the Board of Directors may from time to time prescribe.
5. Report any problems or concerns to the Board of Directors.

**PUBLIC RELATIONS**

1. To prepare articles for publication at the direction of the President and Board of Directors.
2. To maintain and coordinate with Head Coaches a weekly standing report (Head Coaches responsible for reporting correct scores to Public Relation/Historian).
3. To submit weekly reports of games played to the local newspaper.
4. To inform the local media prior to any play-off games, bowl games, etc. for coverage.
5. To perform such duties as the Board of Directors may from time to time prescribe.

**REGISTRAR**

1. Appoint and chair the Registration Committee.
2. Maintain the League data base of all registered players.
3. Prepare each divisions draft sheets and all draft slips.
4. Update the Team rosters and distribute to each League Commissioner and all Board members.
5. Submit all Program Scholarship Application request forms to the JPYFL executive board for approval.
6. To perform such duties as the Board of Directors may from time to time prescribe.

**PLAYER AGENT**

1. Organize and maintain player records.
2. Certify birth records and player eligibility.
3. Monitor the progress of all players playing on a waiver that have advanced to the next division.
4. Serve as the Player representative to resolve any disputes.
5. Report any problems or concerns to the Board of Directors.
6. To perform such duties as the Board of Directors may from time to time prescribe.

**FIELD COMMISSIONER**

1. To coordinate the setup and breakdown of all fields. (Lining of all Playing Fields).
2. To inspect the Playing fields and Practice sites and alert the Board of any safety hazards.
3. Advise the Board of any field equipment needs.
4. To perform such duties as the Board of Directors may from time to time prescribe.

**COACHES COMMISSIONER**

1. To insure all Coaches are NYSCA Certified.
2. Conduct coaches clinic's with the support of Jeffersonville High School Coaches.
3. Be available for Team Meetings (when requested)
4. Must be proficient in all Divisional rules.
5. To perform such duties as the Board of Directors may from time to time prescribe.

**ADDITIONAL BOARD MEMBERS (5)**

1. To help with any additional duties around the league.
2. Be part of committees for the league.
3. To perform such duties as the Board of Directors may from time to time prescribe.

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**ARTICLE VIII: Membership Dues**

**Section 1** The Board of Directors may at any time require members to be assessed with membership dues. While this is not always in the best interest of the JPYFL the Board of Directors may request that a reasonable rate be established. If so, any rate must be approved by the Assistant Superintendent of Sports and Athletics.

**ARTICLE IX: Amendment of By-Laws**

**Section 1** The Board of Directors may add an Operational Procedure to dictate the day-to-day affairs of the JPYFL. The Board of Directors will adopt league rules as prescribed by the Assistant Superintendent of Sports and Athletics. These By-Laws are to be the guiding principle for the discretionary affairs of the JPYFL. This document can only be amended by the recommendation of the JPYFL Board of Directors and approved by the Assistant Superintendent of Sports and Athletics.

**b) DIVISIONAL RULES**

**I: Eligibility**

1. Teams will be grouped by grade/age level.
  - A. Varsity: 5<sup>th</sup> and 6<sup>th</sup> Grades (Maximum 13 years old, must not be 13 prior to August 1<sup>st</sup>)
  - B. Junior Varsity: 3<sup>rd</sup> and 4<sup>th</sup> Grades (Maximum 11 years old, must not be 11 prior to August 1<sup>st</sup>)
  - C. Freshman: K, 1<sup>st</sup> and 2<sup>nd</sup> Grades (Minimum 5 years old, must be 5 on or before August 1<sup>st</sup> and Maximum 8 years old, must not be 8 prior to August 1<sup>st</sup>)
2. All children residing within Clark County and outside Clark County are eligible to play in the JPYFL.
3. A child who plays middle school football is ineligible to participate in the JPYFL program. Only children in kindergarten through Grade 6 are eligible for JPYFL.
4. Players may advance to the next division by One Grade level with a signed waiver. See **Art b) V. 5-6**.
5. Cheerleaders are under the same guidelines as players unless otherwise noted.
6. Any player not meeting the eligibility for the lower divisions will be put placed in the next higher division. If a player does not meet the varsity division eligibility, that player will not be able to participate in the league. Players must meet both requirements of age and grade to participate in the league. Verification of age and grade may be required by the league.

**II: REGISTRATION**

1. Registration fees will be determined yearly by the Jeffersonville Parks Department.
2. Fees per Family will be as follows with a \$150.00 Family maximum for the football season
  - a) Division I & II Tackle \$70.00 per child
  - b) Division III Flag \$60.00 per child.
  - c) Cheerleaders all divisions \$60.00 per child.
3. This fee must be paid at the sign-ups unless other acceptable arrangements are made. However, no children will be denied participation if unable to pay the registration fee. All program scholarship application forms must be submitted to the Registrar for approval by the Jeffersonville Parks Department.

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4. The Player registration/application will serve as a written consent from parents stating that they are physically able to participate in the league at the time of the sign-ups.
5. Parents will read and sign the Parental Code of Ethics Pledge. This will be marked on the registration form..
6. Insurance by the parents is required for all children participating and verification of Birth Certificates is required. NO EXCEPTIONS.

**III: LEAGUE EQUIPMENT REQUIREMENTS**

1. The JPYFL Board of Directors reserves the right to inspect the protective equipment of any team in the JPYFL at any time and to ask for improvements before a team participates in a game or practice.
2. Game jerseys will be used for league games only and will be issued no sooner than one week prior to the first game.
3. Athletics supporters and cups are strongly recommended. Annual physical check-ups are recommended
4. Uniforms/Safety
  - A. Helmets, shoulder pads, jerseys, girdle pads, pants and mouthpieces will be issued into the custody of the player's parent/guardian who will be required to sign for them acknowledging understanding of liability.
  - B. Mouthpieces must be worn attached to the helmet during practices and games for tackle division. Freshman Division must have 1 inch tail displaying the mouthpiece.
  - C. No steel spikes will be allowed. Sneakers and rubber cleats only.
  - D. Requests for replacement of equipment must be made through League equipment manager. The items to be replaced must be turned in before replacement equipment can be issued.
  - E. Any violation of the Uniforms / Safety regulations shall warrant disciplinary action as judged necessary by the Board of Directors.
  - F. The Board will reimburse the Head Coach up to \$25.00 for the sole purchase of Helmet Decals.
  - G. The team may purchase color pants for the whole team. They must follow the Uniforms/Safety regulations and the whole team must be in the same uniform.

**IV: SPORTSMANSHIP**

1. The head coach of each team shall be responsible not only for his actions, but also for his assistants and players as well. Any coach, assistant or players showing unsportsmanlike conduct, profanity or other misbehavior will be subject to disciplinary action by the JPYFL Board. Unsportsmanlike penalties can be subject to league suspension and/or dismissal from the league. Unsportsmanlike penalties shall be reported to the League President. The board shall review the case and notify the coach if such unsportsmanlike penalty warrant's suspension or dismissal. Coaches and players will conduct themselves in a sportsmanlike manner in practice and games at all times. Failure to do so will result in disciplinary action.
2. Coaches shall have the right to appeal to the board. Sanctions shall be enforced for the following game.
3. Coaches and Players:
  - A. All coaches will attend the NYSCA Certification Training.

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B. Any player/coach who commits 2 unsportsmanlike penalties in one game will be automatically ejected from that game and will be suspended from the next game as well.

C. **A second such incident will result in suspension for the remainder of the season or the permanent suspension from JPYFL as determined by the board of directors.**

D. Profanity, fighting or threatening to do harm to other teammates or coaches or parents will NOT be tolerated. Fighting or threatening behavior will result in the application of section **IV.3.C.**

4. Spectator Behavior

A. Spectators must obey the sideline boundaries and they are NOT permitted between the Division Varsity & JV fields, End Zone Areas. Head Coaches are responsible for informing spectators of the boundaries.

B. Any unsportsmanlike behavior by spectators during the game will be subject to a major penalty (15yds and loss of down). If 4th down when penalty is called the opposing team will take over at the line of scrimmage. If penalty on Defense, then 15yds penalty and automatic first down. Removal of that spectator from the field will be at the discretion of the head referee and league president. Spectator must respect the side line boundaries or may result in a penalty.

C. Any such incidents may result in permanent removal from participation in a JPYFL activity as determined by the Board of Directors.

D. Parents must sign and agree with the "Parents' Code of Ethics" Policy.

E. Parents/Spectators are not allowed on the playing field at any time and must stay only in the spot provided by the league during games.

**V: Practice**

1. **Hazardous Weather Conditions:** The President shall notify the League Commissioners of any hazardous weather conditions as dictated by the national weather service for the Greater Louisville area.

A. Heat Index

1. below 92: Regular practices
2. 93 – 97: Helmet and shoulder pads only. Water break every 30 minutes.
3. 98 – 101: NO Equipment light exercises/drills. Water break every 15 minutes.
4. 102 greater: NO Practices.

B. Extreme Weather

1. Lightning: Cease all practice for 30 minutes from last sighting.
2. Severe weather warnings: All practices canceled.

2. **Varsity Division** (5<sup>th</sup> & 6<sup>th</sup> Grade). Bridgepoint Elementary.

A. Practice sessions are limited to 3 times a week. An additional Walk-Through Practice (NO Equipment) is permitted on the ***Saturday prior to the First scheduled regular season game and prior to the First playoff game.***

B. No longer than 2 hours of practice per session not to exceed 8:00pm.

C. The Head Coach will determine the practice days and times. However, practice days will be limited to Monday through Thursday before the first game. Once the season begins, practice days will be limited to Tuesday through Thursday.

D. A player must participate in at least three (3) contact practice sessions before playing in his first game. Practices are Mandatory and any missed practices must be excused by the Head coach. Missing mandatory practice without excused absent may result in discipline action by the Head coach.

E. No practice will be allowed the same day as game participation.

3. **Junior Varsity Division** (3<sup>rd</sup> & 4<sup>th</sup>). Practice at Wilson Elementary.

A. Practice sessions are limited to 3 times a week prior to the first game and limited to twice a week after the first game. An additional Walk-Through Practice (NO Equipment) is permitted on the ***Saturday prior to the First scheduled regular season game and prior to the First playoff game.***

B. No longer than 2 hours of practice per session not to exceed 8:00pm.

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- C. The Head Coach will determine the practice days and times. However, practice days will be limited to Monday through Thursday before the first game. Once the season begins, practice days will be limited to Tuesday through Thursday.
  - D. A player must participate in at least two (2) contact practice sessions before playing in his first game. Practices are Mandatory and any missed practices must be excused by the Head coach. Missing mandatory practice without excused absent may result in discipline action by the Head coach.
  - E. No practice will be allowed the same day as game participation.
4. **Freshman Division** (K, 1<sup>st</sup> & 2<sup>nd</sup>). Practice at Wilson Elementary
- A. Practice no more than 2 days a week. . An additional Walk-Through Practice is permitted on the ***Saturday prior to the First regular season game and prior to the First playoff game.***
  - B. No longer than 1-1/2 hours of practice per session not to exceed 8:00pm.
  - C. The Head Coach will determine the practice days and times. However, practice days will be limited to Monday through Thursday before the first game. Once the season begins, practice days will be limited to Tuesday through Thursday.
  - D. Practice no more than 2 days a week. Focusing on fundamentals.
  - E. A player must participate in at least two (2) practice sessions before playing in his first game. Practices are Mandatory and any missed practices must be excused by the Head coach. Missing mandatory practice without excused absence may result in discipline action by the Head coach.
  - F. No practice will be allowed the same day as game participation.
  - G. Every 2 games EVERY PLAYER on a team gets to touch the ball offensively, which is defined as throwing the ball, running the ball or catching the ball on a pass play.(Must touch the receiver's hand or be catchable on a pass attempt).
5. Players must attend practices to remain eligible to play in games. Any unexcused absences can result in the player losing playing time. The Head Coach must alert the League Commissioners and Player Agent of any practice concerns. See **b).V.2.D. and b).V.3.D.**
6. Any player playing with a signed waiver to participate in the next division but displays an inability to compete at the next level or is reluctant to participate, will be allowed to move down to his/her grade/age division, if a head coach and board member determine that the waived player is just not ready for the next level. The Player Agent and Board of Directors must be notified immediately so a player parent conference may be set up in order to determine player placement. No moves will be allowed after the first game.
7. Any player that participates in the practice sessions the week of a game will be entitled to play at least half of the game on either Offense or Defense, excluding special teams for that week's game. We strongly encourage and advise all of our coaches to give every kid an opportunity to earn a starting role on the team throughout the season. Exceptions will be allowed for injury or disciplinary actions from the Head Coach. If disciplinary actions are taken against a player, his/her Parents and the Board must be informed.
8. No team in this league will practice, play or scrimmage against other teams unless within their divisions age/grade.
9. Contact practices are not permitted the day before a scheduled game. No equipment other than helmet and mouthpiece may be worn on these days and only with the Board of Directors' approval
10. Coaches are responsible for their player's conduct during official practice sessions.
11. Inter-League scrimmages are permitted to last no more than 1 hour during practices. No practice on game fields without prior approval by Board of Directors
12. A practice attendance roster shall be kept each week and turned in prior to each game. This will ensure the coaches and players are keeping the practice roster. If a coach wants to impose discipline for missing practice, this is a tracking tool for the league, coach, players, and parents. This will help with the iron man award for not missing any practices or games.

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**VI: Games**

1. Time will be kept on the scoreboard clock when available.
  - A. Varsity Division: (5<sup>th</sup> & 6<sup>th</sup>) 8 minute quarters with 30 second play clock.
  - B. JV Division: (3<sup>rd</sup> & 4<sup>th</sup>) 7 minute quarters with 35 second play clock. Will play on an **80yrd Field**
  - C. Freshman Division: (K – 2<sup>nd</sup>) 7 minute quarters with 40 second play clock. Will play on an 50yrd Field.
2. Each team will receive three (3) timeouts per half and one (1) for overtime. Timeouts do not carry over from half to half or into overtime. Freshman Division receives two (2) time outs per half, no overtime in this division. (Except for playoff games)
3. In the event of a tie-game at the end of regulation, a “sudden death” overtime will be played according to IHSAA rules. (Limit of 2 over-times) if still tied the game will be recorded as such. (Except for playoff games)
4. Games called due to weather conditions after the 3rd quarter has started will constitute a ball game. The team leading will be recorded as the winner. If tied, will be recorded as such.
5. Scoring will be as follows: No Field Goals and Kicking in Freshman Division
  - A. Touchdown 6 points
  - B. Field Goal 3 points
  - C. Extra point tries, the ball will be spotted on the 2-1/2 yard line
    - 1) Running 1 point
    - 2) Passing 2 points
    - 3) Kicking 3 points
6. The Score will be kept on the score board when available. Scoreboard will reflect the score of the game regardless of the score. It is advised that the team ahead substitute Starting positions on Offense and Defense.
7. Games will begin at the scheduled start times. There are no grace periods. Failure to start the game on time will result in a forfeit by that team and a loss will be recorded in the standings

**VII: RULES**

**1. Varsity Rules:**

- To be eligible to advance the ball, backs, ends and receivers cannot weigh over the following division weight limits: Varsity Division (5<sup>th</sup> & 6<sup>th</sup>). 125lbs.
- Overweight players can not line up in the backfield, nor may they be in motion to serve as a lead blocker.
- Overweight down lineman are permitted to pull.
- Official Weigh-in: The official weigh-ins for the season will be at the beginning of the season and prior to the playoffs. Players that are overweight may try to make weight before any game by weighing in with board members present.
- Players over the weight limit in their respective division (Heavyweights) will have their helmets marked with a wide black strip on the back of the helmet. Overweight players can be determined for subsequent games.
- Players over the weight limit cannot advance the ball in any manner, except for a turnover or fumble. You cannot pitch the ball to an overweight player for any reason and an overweight player cannot pitch the ball to any other player. The play will be marked dead at the spot of the foul.

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- Overweight players can line on the front line of the Kickoff and may return the kick from front line only. You cannot pitch the ball to an overweight player for any reason and an overweight player cannot pitch the ball to any other player. The play will be marked dead at the spot of the foul.
- A punter or kicker who is over the weight limit may NOT advance, or pass the ball even in the case of a bad snap from the center or a fumble.
- If the ball hits the ground the player may pitch the ball or hand off as long as he/she has not advanced the ball toward the line of scrimmage.
- The ball may be advanced in the event of a bad snap if the kicker is under the established weight limit. (For punting only)
- Varsity Division FG/PAT rule: Once a team declares they are going to attempt a FG or PAT by kick, they are committed to do so and cannot try a trick or fake. The team declares to the ref they are going to kick, the defense lines up a six man rush. Rushers may not be head to head or in the center gaps. Rushers may also not line up farther than the outside shoulder of the most outside offensive lineman. The other 5 defensive players can line up at linebacker depth and try to distract the kicker. A failed FG places the ball at the point of the kick for the opposing team. Blocked FG attempts may be advanced by players under the established weight limit.
- No on-side kickoffs are allowed by a team who is ahead by 16 points, regardless if it is intentional or not. The receiving team will start where the ball is marked dead.
- The president must inform referees of the special rules of JPYFL.

**2. Junior Varsity Rules:**

- To be eligible to advance the ball, backs, ends and receivers cannot weigh over the following division weight limits: Junior Varsity Division (3<sup>rd</sup> & 4<sup>th</sup>). 110lbs.
- Overweight players can not line up in the backfield, nor may they be in motion to serve as a lead blocker.
- Permitted to pull overweight down lineman.
- Official Weigh-in: The official weigh-ins for the season will be at the beginning of the season and prior to the playoffs. Players that are overweight may try to make weight before any game by weighing in with board members present.
- Players over the weight limit in their respective division (Heavyweights) will have their helmets marked with a wide black strip on the back of the helmet. Overweight players can be determined for subsequent games.
- Players over the weight limit cannot advance the ball in any manner, except for a turnover or fumble. You cannot pitch the ball to a overweight player for any reason and a overweight player cannot pitch the ball to any other player. The play will be marked dead at the spot of the foul.
- Overweight players can line on the front line of the Kickoff and may return the kick from front line only. You cannot pitch the ball to a overweight player for any reason and a overweight player cannot pitch the ball to any other player. The play will be marked dead at the spot of the foul.
- The defense shall not blitz in this division. The ball carrier must be outside the tackles in order for linebackers to advance beyond the line of scrimmage. Any player that is not a down lineman and advances beyond the line of scrimmage on the start of a play constitutes a blitz. (5yrd penalty replay down)
- The defensive team cannot line up a nose guard directly over the center. Defense can line up in the A/B gap (C/G Gap) with their head lined up in the gap, but no closer to the center than that.

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- No more than 6 defensive linemen allowed when the ball is between the 20yrd lines.
- Defensive ends must attempt to make contact with the shoulder of the offensive end and line up no further than the most outside offensive lineman.
- The offensive team must inform the referee and the opposing team if they intend to kick the ball (Punt, FG, PAT). The ball may not be advanced in the event of a bad snap.
- The defense is NOT allowed to advance beyond the line of scrimmage until after the kick (Punt, FG, PAT). Once the ball is placed the kicker will have five (5) seconds to kick the ball.
- Punt Option – Coach must inform the referee – This is an Automatic punt of 20 yards or ½ the distance inside the 30 yard line.
- If a coach declares to the ref that he wants to punt, but changes his mind: the coach must call a timeout, so the opposing team’s coach can be notified of the change in decision. If the coach that declares a punt has exhausted all timeouts then he cannot change his mind.
- No on-side kickoffs are allowed by a team who is ahead by 16 points, regardless if it is intentional or not. The receiving team will start where the ball is marked dead.
- The president must inform referees of the special rules of JPYFL.

**3. Freshman Rules:**

- **This league is primarily for instructional play and having fun.**
- No unnecessary contact between players is permissible. All contact should be controlled and supervised and come from necessary drills. No contact drills or contact practices will be held without mouthpieces.
- Start of Game: The referee shall be responsible for the coin toss. The team winning the toss shall have the choice of receiving, or defending a particular goal. Loser of coin toss has choice of direction. The loser of the toss shall receive the ball at the start of the second half. The ball shall be put in play by the receiving team from the 15-yard line. Teams will change direction at start of second half.
- Scoring: Is completed with a touchdown or safety. The opposing team resumes play on their 15-yard line.
- The clock stops on: change of possession, penalties, TDs, and does not run during PAT attempt. The clock resumes on next offensive play after these occurrences.
- Advancing the Ball: The referee will establish a defensive line of scrimmage. This line will be marked 1 yard from the ball toward the defense.
- Offensive line up: The offensive team must place five players on the line of scrimmage, and three players behind the linemen. Including the quarterback.
- Defensive Line-up: No more than 4 defensive linemen must line up on the line of scrimmage.
- Defensive Line-up: No lining up over the center.
- No BLITZING, only the 4 down lineman can rush the QB. Once a handoff is made or the QB moves in a lateral direction the rest of the defense can make a move towards the ball.
- On the QB/RB exchange either the QB or the RB may pick up the ball to advance the ball.

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- Putting the ball in play: The ball must be centered between the legs of the center in the air, or snapped to the hands of the quarterback.
- Advancing the ball from scrimmage: The ball may be run, passed forward, passed laterally or backward. Once past the line of scrimmage, the ball may not be thrown forward. It can, however, be passed backwards or sideways.
- Backfield in motion: One player in the backfield may be in motion laterally or backwards, but not forward.
- Number of Downs: A team has four downs to advance the ball for a first down. The first down marks are mid field and the 15 yard line.
- One down in four must be an attempted forward pass. (Freshman Division only). Pass must be attempted behind the line of scrimmage and pass must travel beyond line of scrimmage.
- **PASSING THE BALL**
- The ball may be thrown forward from any position behind the line of scrimmage.
- The passer may throw the ball forward, sideways or backwards.
- More than one lateral may be thrown during one play
- There may be a lateral and a forward pass on the same play.
- A pass shall be ruled incomplete that strikes the ground; provide it is a forward pass attempt.
- Interference shall be called on the defensive team if any receiver is pushed, blocked or held in the process of catching the ball. This is a spot foul and a first down.
- **RECEIVING THE BALL**
- Ends and backs are eligible to receive a forward pass (maximum of 4 eligible receivers).
- Receiver must have one foot inbound when catching the ball.
- An offensive player cannot be out of bounds and return inbound to catch a pass. (This will be ruled as an incomplete pass).
- Plays must be started within 40 seconds after the ball is signaled ready for play.
- A “No Huddle” offense will NOT be allowed. The defense shall have 20 seconds to be set once the ball is signaled ready for play. Silent snaps are allowed if the 20 seconds has passed for the defense.
- Fumbles: The ball is dead as soon as it touches the ground. No fumble may be recovered by the defense. In the event of a Bad Snap only the quarterback will be allowed to recover the fumble and continue play
- Freshmen: The ball is dead at the spot where the flag is pulled from the runner or inadvertently falls off. A player must have their flag belt on before playing the down. Flag’s may not be wrapped around the belt or in any way attached except in the normal manner. Flag’s must be worn on both sides of the hip. Velcro on belt shall face outward; Velcro on Flag’s shall face inward.
- Ball out of bounds: Whenever the ball or a player who is carrying the ball touches or crosses the sideline stripe, the ball is out of bounds and is automatically a dead ball
- Blocking: Blocking is permitted on the line of scrimmage and in the open, but at no time is the blocker permitted to leave his feet. Blocking must be accomplished no more than 6 inches from the chest with the

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hands in a locked position. The arms cannot be extended. All linemen, except the back line, must assume the three-point stance. They must stand up completely before making contact with the other team. A blocker will never make contact above the shoulder or below the waist of another player.

- Defensive player must start from hands on knees positions
- Safety: A safety is scored when a player with the ball from the team in possession of the ball has a Flag pulled behind said players goal line.
- **DEAD BALL**
- When the ball goes out of bounds.
- When a touchdown is scored.
- When a safety or touchback occurs.
- When the player carrying the ball touches the ground with any part of his anatomy except the feet (knee, hip, hands and so forth).
- When a player carrying the ball has his Flag pulled or it falls from the belt.
- When a forward pass is incomplete.
- No fumble may be recovered by the defense. On the C/QB exchange only the QB can pick up the ball to advance. If another offensive or defensive player touches the ball it is a dead ball.
- 
- If a player passed to himself.

**4. Fouls and Penalties for Freshman Division**

- No penalty will be given that puts ball in touchdown area.
- Defensive players: It shall be a foul for a defensive player to wrap-up, hold a tackle, trip, use hands on opponent's head, or rough up any offensive player. (Use of hands by defensive players is restricted to the shoulder and torso of the offensive player).
  - ✓ Penalty: Loss of 10 yards from spot of the foul, plus loss of down, or ejection from the game if ruled obsessive effort to hurt another player.
- Offensive players: It shall be a foul for an offensive player to hold or push with the hands, block by leaving feet, or rough up a defensive player.
  - ✓ Penalty: Loss of 10 yards from spot of the foul, plus loss of down, or ejection from the game if ruled obsessive effort to hurt another player.
- Pushing out of bounds without going for the Flag.
  - ✓ Penalty: 5 yards from the spot of the foul.
- Player participating in game play without mouthpiece.
  - ✓ Penalty: Player will be removed from game until he has mouthpiece and 5 yard penalty.

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- Player running the ball does not have shirt tucked in prior to the play.
  - ✓ Penalty: Loss of 3 yards from line of scrimmage.
- Delay of Game - Too much time in huddle.
  - ✓ Penalty: Loss of three yards
- “Chopping” or Stiff arm in defense of Flag.
  - ✓ Penalty: Loss of 5 yards from point of foul.
- More than 8 players on the field
  - ✓ Penalty: Loss of 3 yards
- Clipping or blocking from behind.
  - ✓ Penalty: Loss of 5 yards from spot of foul.
- No more than one coach from a team will be allowed on the field.
  - ✓ Penalty: First offense, referee’s warning, subsequent offense, 5 yard penalty from line of scrimmage.
- OFFSIDES: Any defensive player that crosses the line of scrimmage before the ball is snapped is offsides. The first two weeks referees will warn players before each down begins.
  - ✓ Penalty: 5 yards from Line of scrimmage.
- Illegal procedure: Any Offensive player that starts before the snap. Exception: One player in motion. The first two weeks referees will warn players before each down begins.
  - ✓ Penalty: 5 yards from Line of scrimmage.

**VIII: COACHES**

1. All coaches must attend a coaching clinic sponsored by the Jeffersonville Parks Department staff. Once a nationally recognized coaching certification is established all coaches will be required to attend. Coaches who hold a prior certification through the NYSCA are encouraged to maintain their certification.
2. Applications of returning coaches must be renewed every year and follow the guidelines procedures of the Jeffersonville Parks Department. Head coaches will be selected by the board as soon as possible. The board will pick the same amount of head coaches as the previous year with one addition. Order of merit list will be determined if not enough players’ register for the league.
3. The head coach, his assistant coaches and team representative, will be the only non-players allowed in the players box during the games.
4. The head coach MUST conduct a mandatory team meeting with the parents and players to discuss and review the rules, values, bylaws and goals of the league. Inform the board of the meeting and one of the board members will be present if possible.
5. The head coach of each team shall be responsible, not only for his actions, but also for his assistants and players as well. Any coach, assistant or player displaying unsportmanlike conduct, profanity or other

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misconduct will be subject to dismissal from the league. They shall be notified to appear before the Board of Directors for a fair and just hearing. The decision of the Board shall be final.

6. Verbal abuse of players will not be tolerated.
7. No unnecessary contact between players is permissible. All contact should be controlled and supervised and come from necessary drills.
8. Smoking, drugs or alcohol are not allowed on the field or sidelines during games or practices.
9. It is the coach's responsibility to check the website for league notices and information. Any questions call your league commission or a Board of Director.
10. Follow the JPYFL Members Code of Ethics Pledge
11. Enforce the Parental code of ethics pledge.
12. **MUST** know the rules of football and the policies of JPYFL.
13. **MUST** be a positive role model for the players and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, board members, officials, and spectators at every practice, game, or other event.
14. **MUST** not engage in any kind of unsportsmanlike conduct with any official, coach, board member, athlete, or parent such as booing and taunting, refusing to shake, using profane language or gestures, or any other unsportsman like action.
15. Will teach the players to obey the rules and to resolve conflicts without resorting to hostility or violence.
16. Ensure every player gets equal playing time and follow the bylaws of the league.

**IX: AWARDS**

1. Each player on a team will receive an award for playing football for JPYFL. The type of award will be determined on a yearly basis by the Board of Directors.
  - A. Sportsmanship Award: The sportsmanship awards shall be awarded in each Division to the team displaying the best sportsmanship as determined by secret ballot by the coaches in each division. The Team winning this award will receive individual awards.
  - B. Coach of the Year: Awarded to the coach in each division displaying characteristics deemed appropriate for such an award as voted by their peers.
  - C. We will award an iron man medal for any player not missing any practice and games for the season.
  - D. Each registered player will receive one of the following trophies from the league at the awards ceremony.

JPYFL Division I, II, or III Champs  
JPYFL Division I, II, or III Runner Up  
JPYFL Division I, II, or III

***JPYFL 2010***  
***5<sup>th</sup> & 6<sup>th</sup> Grade Tackle***  
***Varsity Champs***

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**c) GUIDELINES**

1. ALL players can return to same team if desired or be placed in the draft. Players moving up in divisions will be placed in the draft. A player entering the draft with no desire to return to the same team will not be drafted by the old team. The draft will be conducted by name for Varsity and JV Division. Any player wishing to return to the same team MUST sign-up before Draft night or they will be placed back into the draft. Freshman teams will have equal amount of K, 1<sup>st</sup>, and 2<sup>nd</sup> graders on each team. Freshman Division will conduct a blind draft by K, 1<sup>st</sup>, & 2<sup>nd</sup> grade. The players will be placed in a helmet by grades and coaches will draft equal enough players by grade. We will start with K and every team will draft the same amount of players for their team, then 1<sup>st</sup> and 2<sup>nd</sup> grade. Teams with returning players will draft enough to make rosters equal and complete for each team. Only the Head Coach and two assistant can protect their children. Coaches must inform the board of any protected players prior to draft night.
2. Draft order will be determined by how the team finished last year in the playoffs and if any new teams for the season, they get first pick in the draft. The head coach or a designated representative will pick players from the player list or the blind draw once it is the team turn. The draft will be in the snake pattern. Teams will get extra pick to after the second round to make up the teams even with picks. Waiver players will be distributed evenly between the teams.
3. Late signups of players will be collected through the week and subsequently placed on teams that Friday. The draft will continue using the same format resuming the rotation where it left off and will be a blind draw.
4. Once a child is selected for that team, he shall play for that team. There will be no trading of players.
5. The Head Coach retains the right to determine if any additional assistant coaches are needed for the team after the draft. Varsity & JV 1-Head Coach and 3- Asst Coaches. Freshman 1-Head Coach and 2-Asst Coaches
6. Practices per week, minimum and maximum, will be observed.
7. A coach's clinic will be conducted.
8. IHSAA rules will apply, except where stated in JPYFL rules and guidelines
9. Coaches will be screened and approved by the JPYFL Board of directors and the Jeffersonville Parks Department.
10. Profits from concessions sold at the game will be used to offset league expenses. Profits from fund raising events and registration will also be used to offset expenses of the league.
11. Running and Conditioning of players
  - A. Most of the conditioning can come from well-organized practice that has players in constant motion. Avoid simple running! Combine conditioning with football drills. Stretching exercises are required prior to running and contact drills. **AT THIS AGE, BE CAREFUL NOT TO OVERDO IT.**
  - B. **DRINK PLENTY OF WATER**
12. Attachments
  - A. The following attachments are the building blocks for the league.
    1. Board Members/Coaches Code of Ethics Pledge
    2. Parents Code of Ethics Pledge
    3. Emergency and Heat Procedures
    4. Equipment

**d) PHILOSOPHIES**

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**REMEMBER- THE OBJECT AT THIS AGE IS TO START DEVELOPING FUNDAMENTAL ABILITY AND A DESIRE TO PARTICIPATE IN ORGANIZED FOOTBALL**

1. Criticism:
  - A. Emphasize what a player does well. Point out mistakes in a positive manner.
  - B. Do not raise your voice unless it is to complement or express enthusiasm.
  - C. Exercise tact at all times. Do not embarrass the players. They are highly impressionable and sensitive at this age.
  - D. ALWAYS ENCOURAGE- TRY TO AVOID DISCOURAGEMENT
2. Variety:
  - A. Make practice fun. Use as many different drills as possible.
  - B. Use competitive drills, contests, and relays.
  - C. Change practice routine on occasion.
  - D. End practice on a positive note.
3. Enthusiasm, attitude and discipline:
  - A. The kids are more likely to be enthusiastic if the coach is. Enthusiasm is contagious.
  - B. The practice atmosphere should be one of constant enthusiastic behavior and hustle.
  - C. Use older athletes (their idols or heroes) as good examples to help inspire them. Be sure the older athletes are good examples.
  - D. Encourage them to go to as many games as possible, watch games on TV, read football books or magazines etc.
  - E. Emphasize promptness, obeying rules and the importance of discipline.
  - F. Try to help them understand how self-discipline, dedication, determination and sacrificing for the team are all building blocks for a good team.
  - G. Encourage good study habits, grades and sportsmanship.
4. OFFENSE
  - A. Offensive patterns that encourage team play and equal scoring opportunities should be taught. Teach basic fundamental offense and stay away from complicated patterns. No intentionally “running up” of the score will be tolerated.
5. MOTIVATION
  - A. Remember- we are selling football. We want our players to realize what a great game football is.
  - B. If possible, keep basic statistics for your game. (tackle’s, pancakes, fumble recoveries, pass receptions, etc.) The kids enjoy them, they are educational and they are a coaching aid for player evaluation.
6. WINNING
  - A. We want very much to develop players who have winning attitudes. Keep in mind that at this level, virtually all of your competition is within our organization. **THE MAIN GOAL OF THE PROGRAM IS PARTICIPATION.**
  - B. Encourage competitiveness and the will to win among players, but not hostile attitudes towards other teams.
  - C. Ensure that you play all of your players early and often in your games. Change the starting rotation and key positions so all players get a chance to shine and feel the power of teamwork. A well organized game plan will build team confidence.
7. PATIENCE
  - A. It is impossible at this age to predict all the future good ball players- give them all a chance. Once again, be careful about over-coaching
8. Organize your practice. **MAKE FOOTBALL FUN!!!**
  - A. Develop a checklist of drills for yourself so your practice can have variety and organization. Practices should be well organized ahead of time, with a written practice plan. An hour to an hour and a half is plenty at this age if it is well planned and executed in an efficient organized manner.  
**START AND FINISH ON TIME.**



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Attachment 1

**JPYFL Members Code of Ethics Pledge**

If you are selected as a coach for one of the teams in the Jeffersonville Parks Youth Football League, your signature below means you agree to the following:

- You will abide by the JPYFL Rules and By-Laws.
- I will teach the JPYFL **Values of Character** which is Integrity, Honor, Respect, Loyalty, Personal Courage, and Teamwork. The highest potential of football is achieved when competition reflects these values and fundamentals of football.
- I will **Set the example** - to foster and encourage a positive team atmosphere in order to develop desirable attitudes and habits in your team and discourage undesirable characteristics.
- Promote good sportsmanship, not only on your team, but your opponent's team as well.
- Never place self - glorification and personal gain above the welfare of the players!
- Place more concern on molding the character and personality of your players than on your team's win/loss record.
- Will **not agitate** referees.
- You will refer any problems you have to the Board of Directors rather than make a scene in the presence of players, parents and spectators.
- I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.
- You will accept the responsibility of controlling your team parents during games.
- Remember at all times that your team is made up of children, not adults and will treat them as such.
- I will promise to review and practice basic first aid principles needed to treat injuries of my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will remember that I am a youth sports coach, and that the game is for children and not adults.
- I understand that the league has a zero tolerance for breaking the rules and ethics of the JPYFL.

Printed Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

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Attachment 2

**JPYFL Parents Code of Ethics Pledge**

The elements of character building and ethics in football are embedded in the concept of sportsmanship and values of characters of the JPYFL. These values are Integrity, Honor, Respect, Loyalty, Personal Courage, and Teamwork. The highest potential of football is achieved when competition reflects these values and fundamentals of football.

- I will not force my child to participate in football.
- I will remember that children participate to have fun and that the sport is for the youth, not adults.
- I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
- I will learn the rules of football and the policies of JPYFL.
- I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, board members, officials, and spectators at every practice, game, or other event.
- I will not engage in any kind of unsportsmanlike conduct with any official, coach, board member, athlete, or parent such as booing and taunting, refusing to shake, or using profane language or gestures.
- I will teach my child to obey the rules and to resolve conflicts without resorting to hostility or violence.
- I will not encourage any behaviors or practices that would endanger the health and well-being of the players.
- I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
- I will praise my child for competing fairly, giving their best, and make my child feel like a winner every time.
- I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
- I will respect the officials, board members and their authority during competition and will not confront coaches during a game or practice.
- I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.
- I will remember that practices are Mandatory and excused absent are approved by the coaching staff.
- I will read and understand the JPYFL bylaws and policies.
- I understand that the league has a zero tolerance for breaking the rules and ethics of the JPYFL.

Printed Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

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Attachment 3

**Emergency Procedures When and How to Call for Emergency Help and Heat Procedures**  
**By American Red Cross**

Knowing when and how to call for emergency medical help (9-1-1 or local emergency number) can save lives.

**What Our Coaches Should Know**

- The most important step a coach can take for an injured player who is unconscious or has some other life threatening condition is to call for emergency medical help.
- Make the call quickly and return to the injured player. If possible, send someone else to make the call.
- Be sure that you or another caller follows these four steps:
  1. Call the local emergency number. The number is 9-1-1 in our community.
  2. Give the dispatcher the necessary information. Answer any questions the dispatcher might ask.
  3. Do not hang up until the dispatcher hangs up. The EMS dispatcher may be able to tell you how best to care for the injured player.
  4. Return and continue to care for the injured player.
- If a player seems ill or complains about feeling ill, or has been injured, the coach needs to assess the player to determine if a medical team is needed. If the coach suspects the situation warrants it, he should call for emergency medical help (9-1-1 or the local emergency number).
- The most important step a responder can take in an emergency is to call for medical help. To determine if this is necessary, look for several signs, including unconsciousness; trouble breathing; pain; pressure or discomfort in the chest; severe bleeding; vomiting or passing blood; seizing from a diabetic emergency; severe headache; injuries to the back, neck, or head; possible broken bones; or any other signals that the athlete is at risk. If one or more of these signs exist, have someone call while the coach cares for the injured player.
- When calling 9-1-1 or the local emergency number, give the dispatcher the necessary information. Answer any questions the dispatcher might ask. The dispatcher needs to know:
  1. The location of the injured player.
  2. What happened?
  3. Number of people involved.
  4. The condition of the injured player
  5. What help has been given.
- Do not hang up the phone until the dispatcher hangs up. Many dispatchers are also trained to give instruction before EMS arrival, so they can assist with certain life-saving skills, such as rescue breathing or the use of an AED (automated external defibrillator)
- Coaches need to know the signs of an emergency. Once it is determined that help is needed, the coach or responder should call 9-1-1 for help and give the proper information. This simple call can save an injured player's life.

**Know What These Terms Mean**

- **Heat wave:** Prolonged period of excessive heat and humidity. The National Weather Service steps up its procedures to alert the public during these periods of excessive heat and humidity.
- **Heat index:** A number in degrees Fahrenheit (F) that tells how hot it really feels when relative humidity is added to the actual air temperature. Exposure to full sunshine can increase the heat index by 15 degrees F.
- **Heat cramps:** Heat cramps are muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are an early signal that the body is having trouble with the heat.
- **Heat exhaustion:** Heat exhaustion typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim may suffer heat stroke.
- **Heat stroke:** Heat stroke is life-threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.
- **Sunstroke:** Another term for heat stroke.

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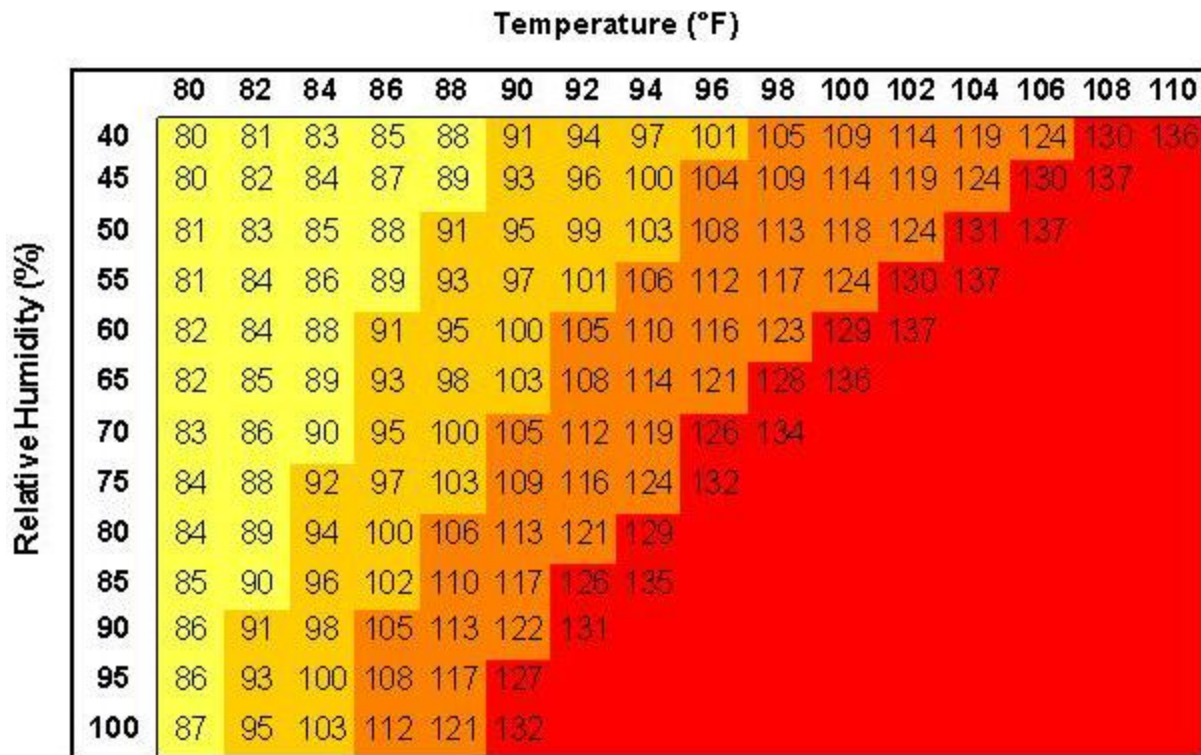
**Signals of Heat Emergencies...**

- **Heat exhaustion:** Cool, moist, pale, or flushed skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.
- **Heat stroke:** Hot, red skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high-- as high as 105 degrees F. If the person was sweating from heavy work or exercise, skin may be wet; otherwise, it will feel dry.

**Treatment of Heat Emergencies**

- **Heat cramps:** Get the person to a cooler place and have him or her rest in a comfortable position. Lightly stretch the affected muscle and replenish fluids. Give a half glass of cool water every 15 minutes. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse.
- **Heat exhaustion:** Get the person out of the heat and into a cooler place. Remove or loosen tight clothing and apply cool, wet cloths, such as towels or sheets. If the person is conscious, give cool water to drink. Make sure the person drinks slowly. Give a half glass of cool water every 15 minutes. Do not give liquids that contain alcohol or caffeine. Let the victim rest in a comfortable position, and watch carefully for changes in his or her condition.
- **Heat stroke:** Heat stroke is a life-threatening situation. Help is needed fast. Call 9-1-1 or your local emergency number. Move the person to a cooler place. Quickly cool the body. Immerse victim in a cool bath, or wrap wet sheets around the body and fan it. Watch for signals of breathing problems. Keep the person lying down and continue to cool the body any way you can. If the victim refuses water or is vomiting or there are changes in the level of consciousness, do not give anything to eat or drink.

**DRINK PLENTY OF WATER**



**Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity**

Caution
  Extreme Caution
  Danger
  Extreme Danger

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Attachment 4

**Equipment Information Provided by: USA Football**

- The physical contact in football demands that each player wear a full complement of protective equipment. Most youth football leagues require equipment used during play to meet the standards of the National Federation of State High School Organization (NFHS).
- Additionally, it is recommended that no jewelry of any kind including, but not limited to necklaces, ear rings and bracelets and watches be worn during competition (including games, practices, and scrimmages.) Medical alert bracelets or necklaces are permitted but must be taped to the person and considered a danger during games or practices. Moreover, no head coverings with any type of knots in them are permitted. It is highly recommended that a player be removed from the game for wearing illegal, altered or modified equipment and not allowed to return until the condition is corrected. JPYFL recommends not allowing youth players to wear face shields in practices or in games, unless the player receives a written physician's request. If face shields are allowed to be worn, JPYFL advises only clear shields that are of a "snap on nature" can be used. All shoulder, hip, kidney, tailbone, thigh and knee pads shall not be altered by players, or team staff in any way.
- To ensure safety, JPYFL incorporates a policy regarding privately owned equipment. **JPYFL is hereby not responsible for any privately owned equipment or damages as a result of its use. JPYFL will inspect all privately owned equipment for safety standards before the player starts practice.**
- At a minimum, JPYFL requires the following equipment to be worn:
- **Helmet** – The helmet is typically the most recognizable piece of all sport's equipment. It protects various parts of the head from collisions with other players and the ground. The chin strap will be standard equipment for all helmets. There are different types of helmets including their padding structure. Having a proper fitting helmet is essential for youth players; therefore JPYFL will take the proper steps to train the equipment manager how to fit a helmet properly. Furthermore, it is the duty of JPYFL enforces guidelines regarding all helmet decals and the type of stickers used by teams/individuals to decorate their helmets. JPYFL requires that all decals, emblems, etc. be distributed by the head coaches.
- **Face Mask** – The role of the face mask is to shield the face from contact and collisions. Most importantly, it protects the nose. There are many styles of the face mask, depending on position, which provide the player with several options.
- **Shoulder Pads** – These pads tend to take the most abuse during the course of the game. Shoulder pads are extremely important because they cushion the impact a player makes with other players and the ground. Shoulder pads protect the shoulders, chest, and back.
- **Girdle and Hip Pads** - These pads are probably the smallest pads required for competition. The hip and tailbone pad protect both respective areas. They are made of foam and are held in check by the girdle or football pants. Care must be taken to guard the exposed edge of the hip bone, the base of the spine and the kidney area. Pads must be either worn in girdle or attached to a belt or pants.
- **Thigh Guards/Pads** – The thigh pads are the biggest leg pads and are worn underneath the pants. They protect the quadriceps muscles from collisions with other players and the ground. There are many different sizes for players at different positions. Kickers and punters generally wear the smallest size pads because those positions receive the least amount of contact.
- **Knee Pads** – Knee pads protect the knees, fit inside the lower part of the pants and are constructed of shock absorbing material.
- **Mouth Piece** – The mouth piece is fitted and should be inserted into the mouth prior to any live play in practice and a game. The mouth piece does protect players' teeth but even more importantly, it protects from concussions resulting from blows to the head. It must be attached to the helmet. It is recommended that a mouth piece is a "keeper strap" variety. This "keeper strap" enables the mouth piece to be safely secured to the face mask.
- **Pants** – Pants may be of one-piece or 'shell' construction. One piece pants feature removable (snap-out) hip and kidney pads; knit (cotton/nylon) material is suggested with tunnel belts loops or attached web belts. "Shell" pants typically feature knee guard and waist-suspended thigh guard pockets.
- **Athletic Supporter** – An athletic supporter, also called a jock strap, provides support and lift for sports or activities requiring a support. It is an elastic support with a pouch for supporting and protecting the male genitals, while participating in athletics. Supporters also have an optional soft cup.