

Farmers Valley Youth Football League Rules & By-Laws

(Most recently updated September 10, 2023)

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A. General League Structure

1. The Farmers Valley Youth Football League (legally recognized as Farmers Valley Football, LLC) is a tackle football league created for the development of 4th through 6th grade players in the state of Nebraska. Established in 2015, the league offers an 11-man and 8-man division. The structure of those divisions will be determined after May 1, 2023. The FVYFL will follow all current high school football rules established by the Nebraska School Activities Association (<https://nsaahome.org/football/>). As the NSAA adopts new rules for high school football, so will the FVYFL. 11-man and 8-man specific rules will be applied. To meet the needs of the league, the following rules have been changed, modified, or adapted from the NSAA rules of play.
2. 2023 league dues are \$100.00 per team and may be mailed to the commissioner. Dues are used to pay officials, help teams with equipment upkeep, and to purchase trophies and medals for championship events. These are due no later than May 1, 2023. Please mail to the commissioner at the above address.
3. There are 2 meetings that occur annually, 1 for 11-man and 1 for 8-man. At these meetings, rules are discussed, and the league's structure is debated and modified. Each team has 1 official vote with the commissioner being the tiebreaker. A simple majority is required to pass items. If a rule is accepted in the 11-man division that effects the league as a whole, then it will be required to pass in the 8-man division as well before taking effect or vice versa. There are 2 types of rules in the FVYFL.
 - I. **Executive:** Rules that help govern and make the league safer can be modified by the commissioner at any time without a vote from the teams. These are things that help us make the league more secure & organized. Things like banning certain equipment pieces, outlawing plays, setting dates, organizational structuring, etc.
 - II. **General:** Rules that pertain to how the league operates, such as the adding or removing of teams, weight rules, season structure, disciplinary procedures, general rules, etc. are all modified based on a vote from the teams.

B. League Specific Rules (rules in addition to that of the NSAA)

1. Coaches may be allowed to go onto the field during timeouts.
2. 1 coach will be allowed out to the tic mark between plays as long as they are not interfering with the other team and are back to the sideline before the snap. If a coach fails to retreat and interferes with the play, then it will result in a 15-yard penalty.
3. Coaches may move out of the sideline players box and down to the goal line. Players must remain inside the players box.
4. All NSAA jersey numbering rules will be suspended except for one case. Duplicate jersey numbers are prohibited and will not be allowed under any circumstance. This rule is in place to help eliminate unscrupulous practices involving roster manipulation.
5. Substitution violations will not be penalized.
6. Overtime procedures will follow NSAA overtime procedures.
7. Mercy Rule: If one team has a 30-point advantage after the first half, then the clock will run continuously with stoppages for timeouts, possession changes, quarter changes, injuries, and penalties. 1 coach will be allowed on the field to assist their team on offense and defense. 1 coach from the team with the 30-point advantage will also be allowed on the field to be able to assist their team. Please utilize this time for second string, younger players, players playing out of position etc.
8. Special teams play will be the same as outlined by the NSAA.
9. The Auto-Punt Option: A team will have the option of a 30-yard auto-punt for 11-man or a 25-yard auto-punt for 8-man. The ball will be moved down the field 30 or 25 yards (depending on your division) and will not to be placed any deeper than the opponent's 25-yard line on an 11-man field or the 15-yard line on an 8-man field. After the ball has been moved the down is over. Once 4th down has been declared on the field, the coach with possession can use the entirety of the play clock for that down to make their decision or to call timeout.
10. Punting is fully legal. The return team/defense are allowed to rush the punter to attempt a block. They are, however, not allowed to place anyone over the top of the long snapper. The long snapper is **not to be hit** prior to the ball leaving the punter's foot. This is a 15-yard unnecessary roughness penalty with an automatic first down (when applicable).
11. PAT kick attempts as well as field goals are allowed. The same rules apply for this as for punts. Please see rule *B10* for clarification.
12. A forfeit will officially be counted as a victory with a score of 2--0.
13. The "fumblerooski" trick play is illegal and will count as a loss of down if attempted. This play is defined as the quarterback/center intentionally fumbling the ball so that an offensive lineman can pick it up and immediately run with it.
14. The play known as the "swinging gate", commonly used in PAT attempts is illegal.

15. Teams are allowed to host any kind of camps or activities that they want during the offseason. They may also charge a fee for camps if desired. Once the season begins, August 1-October 31, any sort of organized team activity counts as a practice. In accordance with rule *H7*, you can only have 3 practices per week. Practices may occur on any day of the week.

C. Player Eligibility

1. Players must be entering 4th-6th grade for the 2023 academic year.
2. Players CANNOT be the age of 13 at any time during the season. That means if they turn 13 mid-season, then they are not eligible for the entirety of that season. Teams that are found in violation of this rule will be subject to season forfeiture and win vacation.
3. Players in 3rd grade may be allowed to practice and play in JV games or 5th quarters but will not be allowed to play in regulation football games. Teams have the option of including them on their roster if they choose. If a team must play 3rd graders in order to field a Varsity team, then the commissioner, as well as the team's weekly opponent, must be notified 1 week in advance.
4. All players must pass an athletic physical before the first game. Physicals must be on hand at every game and can be viewed at the request of an opposing coach. Physicals are once again mandatory. The 2020-2021 Covid-19 rule of not needing them has been rescinded.
5. All players must sign a unique liability waiver provided by their own team.

D. Equipment

1. All players must be outfitted with legal equipment that is in good condition and has been properly fitted by the team's coaching staff.
2. Helmets are to be either reconditioned or replaced every 2 years according to the *National Operating Committee on Standards for Athletic Equipment (NOCSAE)*. **This is the law!** Companies such as Riddell, Schutt, & Harco Athletic (Fort Collins, CO) are all options that some FVYFL teams currently use for reconditioning. Please create a plan to maintain your helmets, your players' safety depends on it.
3. Any helmet, no matter how many times it is reconditioned, has a maximum life of 10 years from its manufacture date, **not from its initial season**. This also means that if a helmet sits unused for a season, that still counts as a year of its lifespan. Please make sure that your helmets are compliant. It is up to the individual teams to make certain that their equipment is properly maintained. The FVYFL shall not be held liable for any injuries resulting from improper, unsafe, or expired equipment.
4. Full metal cleat spikes, such as those commonly used in baseball, are strictly prohibited.
5. Wearing any kind of watch, Fitbit, or related device during games is strictly prohibited. This includes anything from the standard digital watch all the way up to a smart watch.

6. Electronic communication between coaches and players during games is prohibited. This includes earbuds, cell phones, smart watches, etc. Bluetooth enabled hearing aids are illegal if found to have electronic communication abilities. If a player must wear these, then their communication ability must be disabled prior to gameday. Coaches may use headsets if they so choose to communicate amongst themselves, but not with their players.
7. If a player needs to wear a hard cast on their arm, wrist, hand, or leg, then it must be covered with a soft padding on the outside of the cast. This is required to reduce the risk of injury (to both the injured player and their opponents) by using the cast as a club.

E. Player Weight Requirements

1. Players 150 pounds and under will be allowed to participate in all aspects of a game.
2. All players over 130 pounds on the roster will be weighed before each game. It is recommended that an official be present at the weigh-in for transparency and rules clarification. Everyone involved with the game needs to be on the same page regarding weight regulations. The home team will provide the scale. The scale must be digital. All players that need to be weighed will be weighed on that scale only. The player will weigh in football pants with pants pads, shirt, and socks. No shoulder pads, shoes, or helmet. Weigh-in will occur 30 minutes prior to game time or earlier. **Weigh-in will occur ONCE. There will be no re-weighs or do-overs after the initial weigh-in.** 2 out of 3 weigh-ins will be used to deem whether or not a player is a “heavyweight” or is ineligible. A player must weigh under 150 pounds 2 out of 3 times. Any player over 150 pounds **MUST** have an indicator on the back of their helmet that is easily visible for the officials. This indicator can be a star, paw, X, circle, etc. The goal is to tag the player for heavyweight distinction without causing embarrassment. It is highly encouraged that you weigh in a private area such as a bathroom or equipment shed so as to not cause any undue stress to players. **Parents are not allowed at weigh-in, this is for coaches, officials, & players only.**
3. Players between 150-180 pounds will be allowed to play interior offensive line or interior defensive line **ONLY**. These players are classified as “heavyweights.” This means that they can only play Guard, Center, Guard or Defensive tackle, Noseguard, Defensive tackle. This does not mean that they can play Offensive Tackle, Tight End or Defensive End!
4. Only 2 heavyweights are allowed to play on offense or defense at a time per team. In the 8-man division, only 1 heavyweight is allowed to play on offense or defense at a time per team.
5. Heavyweights **MAY NOT** participate in any special teams play. Special teams are defined as kickoff, kick return, punt, punt return, field goal, field goal defense, PAT, and PAT defense.
6. Dedicated 2-point conversion attempts are not considered special teams. This is when a team lines up with their normal offense and plans to run a play. The attempting team must declare if they are “going for 2” or not so that the defense also has an opportunity to put their heavyweights back onto the field. However, if a team lines up to kick a PAT (or field goal or punt during a normal drive) and instead plans to run a fake, then that does not need to be disclosed and the play may proceed as normal. This is because if a team lines up to kick (or punt) it, then they, as well as the defense, couldn’t have had any heavyweights on the field to begin with by rule.

7. Heavyweights are deemed ineligible for pass receiving or ball carrying. Even if the formation deems them eligible, they may not carry the ball intentionally. That means that typical guard-eligible pass plays and runs are illegal when involving a heavyweight player as the ball carrier.
8. Heavyweights may possess the football when turnover opportunities arise. Instances such as fumbles, tipped passes, interceptions, strips, etc. are all times that this can occur.
9. If a player is over 180 pounds, then they are illegal and will not be allowed to participate in any facet of a game, be it JV or Varsity. This is non-negotiable. The liability is too great for the FVYFL, and this rule is not to be modified by coach agreement under any circumstances.

F. Team Eligibility

1. Teams must declare whether they are playing 11-man or 8-man to the commissioner by May 1, 2023.
2. FVYFL teams will be comprised of any eligible players that attend the public school district in which their home field resides in. Where you play your home games is your official district. Team jurisdiction will be based on that home field school district only. However, co-op teams may use the kids from their respective cooperative school districts. A current example would be Nuckolls County. They have players from both the Lawrence-Nelson & Superior school districts on the same team.
3. If a program wants to claim more than 1 public school district, then they will be designated as a co-op. Their official team name must reflect that intention. This eliminates larger communities from just claiming that their neighboring schools are also under their jurisdiction. This does not mean that you must change colors, uniforms, mascot, or equipment style, just that your name must reflect that you are in fact a co-op organization. Current co-ops within the FVYFL include Arcadia/Loup City, Bruning/Davenport/Shickley, Fusion, H&H, Newman Grove/St. Edward, Nuckolls County, Shelby/Rising City/Osceola, & Thayer County. If an 8-man program claims 3 or more districts, then their 8-man status will be discussed annually, and that team may be designated for 11-man play by the commissioner. This is a decision based on roster size and other circumstances in addition to claiming 3 or more districts.
4. If a player attends a private/religious school or is homeschooled, then they are allowed to play as long as that “school” is located within the public school district of their team.
5. Free Agents: Any child that attends a public school district in which an FVYFL team does not currently occupy, has the freedom to choose wherever they wish to play. Current examples would be kids from Dorchester, Ohiowa, Trumbull, etc. They may have teams close by but are not bound by a specific district. A Dorchester kid for example may choose to play for Fusion or Milford respectively. They are considered “free agents.”
6. Opting-in & Opting-out: If a player currently attends school within another FVYFL team’s jurisdiction and they wish to opt-in to play for a different FVYFL team, then they must have a signed release from both head coaches before playing for their new team. That includes the district that they are leaving and the district that they are joining. This form is available for

download on the league website (<https://www.farmersvalleyyouthfootball.com/rules>). An example would be a player who lives in Stromsburg and attends school at Cross County wanting to play for High Plains. This is only an issue if that player attends Cross County Community Schools. If that player lives in Stromsburg, but already attends High Plains for school, then it is legal, and no forms need to be filed. Coaches must be able to verify where their players attend school if a request is made by the league or another coach. Verbal commitments are not verifiable if a dispute arises and will not be honored. Proper paperwork is to be filled out and mailed to the league office for records before August 1, 2023. Teams found in violation of this rule will be subject to post-season probation or league expulsion.

7. If the public school district represented by an FVYFL team is playing 8-man at the high school level, then the team has the option of playing 11-man or 8-man at the youth level. A team who represents a school district playing 11-man at the high school level has the option of petitioning the league for the chance to play 8-man at the youth level. After considering the argument represented by the team, all league members from both divisions will vote. They will either accept the request to play 8-man or deny the request. This decision must be completed by May 1, 2023.

8. All teams must be voted into the league by a simple majority from the division that they wish to join, be it 11-man or 8-man. Each program must compete for 1 full season (1 season in the competitive division for 8-man) before being granted voting power.

G. Roster Requirements

1. Each team must submit a properly filled out roster to the league media director by August 6, 2023. If a roster is not declared and submitted by this time, then that team will NOT be placed on any active schedule for the 2023 season. This allows teams and staff to print rosters ahead of time for games, so don't be late!

2. Rosters MUST include the following:

- ❖ Player jersey number.
- ❖ Player first & last name.
- ❖ Player grade.
- ❖ Player weight.
- ❖ Public or Private School in which a player attends.
- ❖ Complete list of coaches and student managers.
- ❖ Team sponsors (optional).

Hometowns are no longer needed, please just include the physical location of where your players attend school. If it is a private or local religious school, then please specify what town that school is in on the roster in parentheses. Example: *Grace Lutheran (Geneva, NE)* or *Saint John Lutheran (Seward, NE)*. Please submit by email to the commissioner or website administrator before the deadline above.

3. Children that move into a district after roster submission may be added later, pending they follow all rules pertaining to their participation on that team such as age, weight, school district, etc.
4. Teams may not add any new players once the first official game has occurred. This date is usually different for 11-man and 8-man, so please pay attention to that detail!

H. Coach Responsibilities

1. All teams must have access to a home field. 11-man teams are highly encouraged to have access to a properly sized playing surface. This is encouraged, but not required.
2. All players must be properly equipped.
3. Coaches must have a copy of each player's athletic physical on file and on hand at games. They must also be able to verify where their players attend school.
4. Coaches must have each player sign a liability waiver of their own design.
5. Coaches must adopt the concussion and player safety protocol of the high school program in the district that they reside in. If multiple high schools are in your district, then please pick just one.
6. If you have a parks and recreation department or municipal organization that governs your program, then using their concussion and player safety protocol is also acceptable.
7. Teams may begin practicing any time after August 1, 2023. They must limit practices to 3 days a week. Practices may be held on any day of the week. Any organized team activity during the official season, August 1-October 31, will count as a practice regardless of intensity or length of time taken to gather.
8. Each player must have 2 non-contact practices to start the season.
9. Both coaches need to report the outcome of a Varsity game on gameday to the commissioner or media director via text, call, or email so that they may be recorded and posted on the website. Both are required to report to help eliminate score discrepancies. Contact information for these individuals may be found at the beginning of this document.
10. All coaches and team governing organizations must adhere to the guidelines of the *Nebraska Concussion Awareness Act*, effective July 1, 2012. It requires that all public, private, and parochial schools, as well as all organized youth sports sponsored by villages, cities, businesses, or non-profit organizations for children ages 19 and under, make available approved concussion training. The law has three requirements:
 - I. **Education:** All coaches, youth athletes, and their parents or guardians must be provided with education about the risks and symptoms of concussion and how to seek proper medical attention.
 - II. **Removal from Play:** Under any reasonable suspicion of concussion, coaches will remove youth athletes from play.

- III. **Return to Play:** Youth athletes will not be allowed to return to play including games, scrimmages, and practices of any kind, until written approval from an appropriate licensed healthcare professional AND the youth's parent or guardian are obtained. A licensed healthcare professional may be a physician, physician's assistant, nurse practitioner, athletic trainer, neuropsychologist, or any licensed healthcare worker in Nebraska who is specifically trained in pediatric traumatic brain injury. The law was amended, effective July 18, 2014, to include a return-to-learn provision. The return-to-learn protocol recognizes that students who have sustained a concussion and returned to school may need informal or formal accommodations, modifications of curriculum, and monitoring by medical or academic staff until the student is fully recovered. It requires schools to establish a return-to-learn protocol.

I. 11-man Season Structure

1. The 11-man division consists of 12 teams divided into 2 conferences; a large Blue & a small Red conference.

Blue Conference

- Aurora Black
- Beatrice
- Crete
- Milford
- Seward
- York

Red Conference

- Adams Central
- Aurora Red
- Fillmore Central
- Malcolm
- Raymond Central
- Wilber-Clatonia

2. Each conference will play 5 games within themselves. A 6th non-conference game will occur following conference play. For that 6th game, each team will play an opponent of equal standing from the other conference. This game is part of the official schedule and is not optional. The champions of the Blue & Red will play for the overall league championship at Aurora on October 15th.

- ❖ September 10
- ❖ September 17
- ❖ September 24
- ❖ October 1
- ❖ October 8
- ❖ October 15 (championship/non-conference week)
- ❖ October 22 (alternate championship date)

The official schedule may be found on the league website (<https://www.farmersvalleyyouthfootball.com/schedules-and-scores>).

3. FVYFL teams have the option of competing in a “bowl game” at the end of the regular season. These are games that are independently planned by 2 FVYFL teams for the purpose of playing another game. They are not scheduled by the league! These contests do not impact a team’s final W-L record, but they may be posted to the website upon request. Both head coaches must agree in order for the score to be posted. Remember that you must seek approval from the commissioner before playing any non-FVYFL teams while in season (August 1-October 31).
4. The season shall not extend past October 31, 2023. W-L records will be frozen on November 1.

J. 8-man Season Structure

1. The 8-man competitive division consists of 16 teams divided into 4 conferences; West, North, Central, & South.
2. There are 3 teams, Giltner, High Plains, & Thayer County Lightning that will be playing in the Developmental Conference for 2023. Thus, they are not included in the following lists.

West Conference

- Arcadia/Loup City
- Central Valley
- Fullerton
- Ravenna

North Conference

- Cross County
- Newman Grove/St. Edward
- Shelby/Rising City/Osceola
- Twin River

Central Conference

- Centennial
- Fusion
- H&H (formerly Hampton & Henderson)
- McCool Junction

South Conference

- Bruning/Davenport/Shickley
- Nuckolls County (formerly South Central & Superior)
- Sutton
- Thayer County Thunder

3. Each conference will play a 3-game regular season within itself to determine the final 2 games. Once the first 3 games occur, teams will then be matched up with opponents of equal standing from another conference. Then the last 2 games of the season will be played based on those standings.
4. The 4 initial conference winners will instead compete in a playoff for the championship. The championship game will be held on October 1, 2023, at Shelby-Rising City high school.
 - ❖ August 27
 - ❖ BYE (Labor Day)
 - ❖ September 10
 - ❖ September 17
 - ❖ September 24
 - ❖ October 1 (championship/last games)
 - ❖ October 8 (alternate championship date)

The official schedule may be found on the league website (<https://www.farmersvalleyyouthfootball.com/schedules-and-scores>).

5. FVYFL teams have the option of competing in a “bowl game” at the end of the regular season. These are games that are independently planned by 2 FVYFL teams for the purpose of playing another game. They are not scheduled by the league! These contests do not impact a team’s final W-L record, but they may be posted to the website upon request. Both head coaches must agree in order for the score to be posted. Remember that you must seek approval from the commissioner before playing any non-FVYFL teams while in season (August 1-October 31).
6. The season shall not extend past October 31, 2023. W-L records will be frozen on November 1.

K. Game Day Structure

1. Varsity games will be held on Sundays at 2:30p unless an alternate time and date is agreed upon by both head coaches. **The home team cannot just choose a new kickoff time without the approval of the visitors!** When considering a time change, please take Sunday religious services into heavy consideration. The reasoning for 2:30p being the standard kickoff time is to allow for those who practice their religion to be able to go to service and also play football without rushing or being underprepared to play.
2. Games will consist of 4 quarters, each being 9 minutes in length.
3. The home team will supply all game officials. A minimum of 4 officials is required. 1 of those officials must be certified. **Gameday officials must be at least 19 years of age or older. High school kids are not allowed to referee varsity level competition under any circumstances!** Teams that violate this rule will be subject to discipline. A chain crew of 3 is also required, those operators are not regulated. Please refrain from using the parents or guardians of your players as officials. If those individuals are running chains or the down marker, then they need to do so in a neutral manner. They, at that point, are part of the gameday

crew and should act professionally. We respectfully ask that they not show bias while fulfilling their respective roles. Public address announcers should also adhere to a high standard of professionalism!

4. It is the home team's responsibility to educate their officials on the *FVYFL Rules & By-Laws*. Please communicate with your officials prior to gameday so that any confusion is avoided.
5. If the home team cannot supply 4 officials, then it is their responsibility to notify the visiting team 1 week in advance of their game. The visiting team is allowed to supply additional officials to reach the required number of 4. This is not required of the visitors, but fully allowed regardless of whether the home team agrees to the specific person(s) chosen or not. 4 officials need to be there and both teams have the ability to make this a reality.
6. The number of officials for JV games is not regulated. Extra coaches or team reps are allowed to officiate.
7. The home team will contact the visiting team 1 week prior to game day to confirm game details. A few teams in the league have only 1 game jersey. Please communicate with each other so that similar colors are not worn. The home team has the right to pick their jersey color first.
8. **No entry fee will be charged to attend regular season games. A fee of \$1 for students (under age 19) and \$2 for adults will be charged at any post-season events such as bowl games or the championship. These proceeds go to the host team's organization. This does NOT include September 24 or October 1 games for 8-man or October 15 games for 11-man. Only the 2 championship games (or extra bowl games) are considered the post season for 2023.**
9. Games may be played on an 80 or 100-yard regulation football field with adequate markings. It is highly recommended that you play on the field size of your respective 8-man or 11-man division.
10. Each team will be required to play with an official leather or composite Wilson TDY football of their choosing. The Wilson GST is the popular style/variation of this size of football. Other sizes such as TDJ or K2 are illegal. Other brands such as Nike, Spalding, Baden, Rawlings, Under Armour, Adidas, Franklin, etc. are also illegal.
11. Each team has the freedom to use their own football during their offensive and special teams' possessions. However, this is not mandatory. The home team is required to provide a football for both teams to use for the entirety of the game(s).
12. The home team must provide a location of similar size to their own warmup space for the visitors to get ready on. They must also provide a minimum warm-up time of 30 minutes for the visitors.

L. Junior Varsity & Non-League Varsity Regulations

1. JV contests between FVYFL teams are not scheduled by the league. They are, however, subject to the same basic rules for safe play as outlined in this document.

2. A JV game may be played to allow younger players to get on-field time. Both coaches will need to agree on terms and conditions. The length of quarters is at the discretion of the coaches. The league allows for flexibility to create whatever environment is needed to encourage the development of its younger players.
3. Non-league JV games are fully allowed. The rules of a JV exhibition are not governed by the FVYFL. Teams may freely compete with other teams to get younger players on-field time.
4. However, if a Varsity team wishes to play an out-of-league opponent at any time during the official 2023 season (August 1-October 31), then the commissioner must be notified at least 1 week in advance and the team must receive clearance before proceeding with the contest.
5. If a Varsity team plays in an out-of-league game without permission from the commissioner, then all wins from the current FVYFL season will be vacated. You are an FVYFL member, and as such, will be expected to participate in our league first. Membership is a privilege, not a right.
6. Games that occur before August 1 or after October 31, 2023, are not governed by the FVYFL.

M. Tiebreakers

1. In the event of a tie of W-L records between multiple teams, the following tiebreakers will be implemented, in order to determine season standings, conference champions, postseason berths etc. These are the same rules that were adopted at the 2016 spring meeting.
 - I. Overall win-loss record.
 - II. Head-to-head winner.
 - III. Difference in score versus mutual opponents played during the regular season. This is the number of points scored minus the number of points given up. Higher is better.
 - IV. Difference in score versus ALL opponents played during the regular season. This is the number of points scored minus the number of points given up. Higher is better.
 - V. Coin toss at a central location with both head coaches and the commissioner present. 2 out of 3 tosses will confirm the decision. The older of the 2 head coaches picks heads or tails.

N. Rules of Conduct

1. Coaches will properly equip their players.
2. Coaches will emphasize correct and safe fundamentals.
3. Create a positive environment for all players.
4. Demand good sportsmanship always.
5. Demonstrate good sportsmanship as coaches.
6. Smack talking between players will not be tolerated.

7. Coaches will not make negative comments to opposing players.
8. If a coach has an issue with an opposing player or coach, then it needs to be brought to the attention of the game official or it needs to be handled discreetly after the game between the 2 coaches.
9. If an issue cannot be resolved, then it needs to be brought to the attention of the commissioner.
10. After each game, players and staff are required to shake hands and be taught good sportsmanship in victory and in defeat. Encourage players to have their helmets off. It is also encouraged to have a handshake at the conclusion of the JV game if applicable.
11. This is a developmental league, and it is the responsibility of the coach of the dominant team to allow the losing team the ability to have some success. This should be done by giving younger players the opportunity to play to create a more even contest.
12. **As a coach, do everything in your power to mitigate blowouts. It is not an achievement to put up 70 points on your youth aged opponents!** Players at this level can really be discouraged if they have a sour experience. We want them to continue to play the game and to teach it to their potential children in the future. Please get as many kids as you can onto the field at every possible opportunity and help them prosper. A single play in a lopsided game could mean the world to a kid. Be the reason that they fall in love with football, not the reason that they resent it.
13. The goal is to give all players the opportunity to improve and to learn the game in a competitive and SAFE environment. Safety isn't just physical. Emotionally support your players as well. They are still young children, treat them with patience and respect. This goes a very long way.
14. Football is a great game, and it needs to be FUN for the players. Remember, at the end of the day, they are still kids. Your actions as a coach will imprint on your players whether you think so or not. Be a good example and set the bar very high for your own actions!

O. Disciplinary Procedures

1. If a team or coach violates the “*Farmers Valley Youth Football League Rules & By-Laws*” or “*Section N: Rules of Conduct*”, then discipline will be determined by the commissioner or team representatives that are not directly involved with the incident in question or both. Severity along with the number of times an incident has occurred will heavily factor into punishment. Punishment can range from fines to post-season probation to full program expulsion. 11-man & 8-man teams will deal with their own respective divisions internally regarding discipline.

By participating in the Farmers Valley Youth Football League, you commit to playing by and upholding the rules outlined in this document. Disputes or challenges will be resolved first by citing the rules contained herein.