



**Wasatch Front Football League, Inc.
By-Laws, Rules, Policies, and Procedures**

2019 - Draft

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July 2018

Mission Statement

The Wasatch Front Football League, Inc. (WFFL) is a recreational youth football program with the ultimate desire to teach the area youth the game of football, good sportsmanship and to provide playing opportunities for all of our participants. The purpose of the WFFL is to provide positive growth experiences via athletic competition. Ideally, the benefits of these experiences will last far beyond the playing field. The WFFL program is a vehicle by which participants, both youth and adult, may learn lessons of life that strengthen both body and character with emphasis on developing skills such as self-discipline, teamwork, concentration, health and fitness, agility, leadership, and good sportsmanship.

1.0.0 GENERAL

- 1.0.1 The name of this organization shall be “Wasatch Front Football League, Inc.” (herein after referred to as WFFL) and shall maintain its tax exemption status under Section 501 (c)(3) of the Internal Revenue Service, as may be amended.
- 1.0.2 Jurisdiction. The WFFL claims jurisdiction and sole governing body over, but not limited to, the game of amateur football for youth in the State of Utah from the City of Farmington and county of Davis northward.
- 1.0.3 The principal address of the WFFL shall be located in the State of Utah at such locations as determined from time to time by the Board of Directors. The current legal address is: WFFL, 4045 Bona Villa Drive, Ogden, UT 84403. All correspondence pertaining to treasury and finances should be directed to this address.
- 1.0.4 The registered agent of the WFFL shall be the Secretary-Treasurer, or in their absence, the league President.
- 1.0.5 The Fiscal Year of the WFFL shall begin on August 1 and end on July 31 of the following year.
- 1.1.0 Definition of Terms:
 - 1.1.1 “League” is the WFFL organization in its entirety.
 - 1.1.2 “Region” is a geographical area consisting of a group of districts (see Addendum A).
 - 1.1.3 “District” is the geographical boundaries of an association (see Addendum B).
 - 1.1.4 “Association” is an organization that sponsors and administers to the affairs of one or more teams within a district (see 10.0.0).
 - 1.1.5 “Division” is a grouping of teams of the same ages and weight (see 12.0.0).
 - 1.1.6 “Player” is a youth participant that is listed on an official team roster. NOTE: this definition is

different than that found in the NFHS Football Rules Book.

2.0.0 ADMINISTRATIVE ORGANIZATION

- 2.1.0 The **EXECUTIVE BOARD** consists of a President, Past-President, President-Elect, Secretary-Treasurer, Four Executive Advisors (Officials, Legal, Internet and Non-Contact), and a Commissioner from each Region. The President-Elect shall be elected by written ballot on April of a voting year, for a six year term, by the Board of Directors. The President-Elect will function in that capacity for one year, then as League President for four years and Past President for one year. The Secretary-Treasurer shall be elected by written ballot in April for a four-year term by the Board of Directors. Commissioners are appointed by the Executive Board for an indefinite term. All other members of this board are appointed by the President for an indefinite period (see 3.0.0).
- 2.1.1 All members of the Executive Board have voting privileges except the Past-President, Executive Advisors and Supervisors of Officials.
- 2.1.2 A Commissioner is the head of a region (see 3.5.0).
- 2.1.3 There are 2 Supervisors of Officials, one for Regions 1, 2, and 3 (South), one for Region 4 (North) (see 3.6.0).
- 2.1.4 League Officers are the members of the Executive Board with the exception of Booster Club members.
- 2.1.5 The Booster Club is an auxiliary organization that supports League activities and youth participant development (see 6.0.0).
- 2.2.0 The **BOARD OF DIRECTORS** consists of one Director from each Association (see 4.0.0). The Board of Directors enacts, amends, repeals and adopts the league articles of incorporation, by-laws, rules, policies and procedures.
- 2.2.1 A Director is the head of an association (see 5.0.0).
- 2.3.0 Committees may be appointed from time to time by the President to inform and/or advise the Executive Board on specific issues. No member of an association on probation shall be permitted to serve on any committee. *Examples* of possible committees follow.
- 2.3.1 *Oversight:* oversees the actions of all League Officers and Directors, and investigates all alleged violations committed by a league member. This committee also investigates potential league and/or association liabilities by working directly with the league Executive Advisor/Legal.
- 2.3.2 *Fundraising:* works with the Booster Club, the community and the Executive Advisor/Internet to assist in raising funds to be used for league activities.
- 2.3.3 *Academics and Awards:* assists in organizing the presentation of post-season awards in conjunction with the Mini Bowl; provides a program to honor the student-athlete in the area of academic achievement; establishes academic requirements of eligibility for the Academic All-Division program.

3.0.0 DUTIES AND RESPONSIBILITIES OF THE EXECUTIVE BOARD

3.1.0 GENERAL

- 3.1.1 Interprets and enforces all policies and procedures of the league. The Board functions as a body and all final acts must be completed with a vote by a majority of the Board members.
- 3.1.2 Individually and jointly enforces league articles of incorporation, agreements, by-laws, rules, policies and procedures (see 7.4.0) including but not limited to, the removal of coaches, players or spectators for violations of these policies, rules or by-laws. A majority vote of the executive board may also make recommendations to the Board of Directors to enact, amend, repeal and adopt changes to the league policies, documents and structure.

- 3.1.3 Approves or rejects applications for association memberships, then forwards approved application to the Board of Directors for ratification.
- 3.1.4 Determines district geographical boundaries and forwards boundary dispute resolutions to the Board of Directors for ratification (see 4.4.0).
- 3.1.5 Investigates and rules on allegations of violations of League By-laws, Rules, Policies and Procedures, and assesses penalties to parties found guilty of league violations (see 8.0.0).
- 3.1.6 Reviews and rules on submitted appeals (see 8.3.1).
- 3.1.7 Approves each Director's appointment of Weight Master (see 18.0.1).
- 3.1.8 Supervises league finances.
- 3.1.9 **Conflict of interest.** Any WFFL voting board member, elected or appointed, shall disclose to the full WFFL executive board, in writing, any possible conflict of interest on an annual basis. Conflicts can be either financially based or based on personal matters.
 - A.) In matters concerning financial conflict, if the dollar amount exceeds five hundred dollars (\$500) in a fiscal year, a two-thirds vote of the disinterested board members of the WFFL is required to determine if the conflict warrants further action.
 - B.) At any time a matter comes before the WFFL board in such a way as to create a conflict of interest, the affected board member shall withdraw from any discussion, meetings, or votes on the topic.
 - C.) If it is found that a board member is in a conflict of interest situation and refuses to step down upon request, the board can remove them from the board with a simple majority of votes as long as there is a quorum.
- 3.2.0 PRESIDENT
- 3.2.1 Oversees and conducts the over-all league operations and affairs.
- 3.2.2 Presides over Executive Board meetings and directs President-Elect/Past President.
- 3.2.3 Keeps the Board of Directors informed of Executive Board actions.
- 3.2.4 Presides over Board of Directors meetings but only votes to break a tie vote (see 7.2.2).
- 3.2.5 Interprets league by-laws, rules, regulations, policy, and procedures (see 6.5.0).
- 3.2.6 Oversees the scheduling of games and designates an individual to determine the details of the playing schedule, i.e., dates, times, sites, opponents, and home teams (see 17.0.0).
- 3.2.7 Establishes annual league budget.
- 3.2.8 Organizes league-wide activities.
- 3.2.9 Appoints and oversees advisory committees from time to time (see 2.3.0).
- 3.3.0 SECRETARY-TREASURER
- 3.3.1 Maintains the current by-laws, up-dates changes, and distributes them to the Executive Board, Board of Directors, head coaches, and other interested parties.
- 3.3.2 Receives and keeps on file all team and coach registration forms submitted by the Directors (see 15.0.0).
- 3.3.3 Maintains the official League division standings and informs the Executive Advisor/Internet.

- 3.3.4 Forwards scores to the Executive Advisor/Internet by 7:00 p.m. each Sunday if not completed by the Association Directors.
- 3.3.5 Takes minutes of Executive Board and Board of Directors meetings. These minutes shall be retained for at least one year after each meeting.
- 3.3.6 Receives, maintains, disburses and accounts for league funds and prepares an annual League financial report (see 9.1.0 & 9.2.0).
- 3.3.7 Prepares and receives League written correspondence.
- 3.3.8 Carries out assignments as directed by the President or Executive Board.
- 3.4.0 COMMISSIONER
- 3.4.1 Acts as a liaison between the Executive Board and his/her region Directors.
- 3.4.2 Conducts region meetings.
- 3.4.3 Reviews each of his/her association's team registration materials and coach certifications to ensure that they are in compliance with these by-laws (see 15.1.1).
- 3.4.4 Hears allegations of violations of these By-laws within the region and rules or forwards recommendations to the Executive Board (see 8.1.0, 8.1.1 & 8.1.3).
- 3.4.5 Presides over and/or serves on committees as directed by the President.
- 3.4.6 Represents the Executive Board during League activities if there is no higher authority League Officer present.
- 3.4.7 Gathers region scores and forwards them to the Executive Advisor/Internet by 7:00 p.m. each Sunday if not completed by the region Directors.
- 3.4.8 Is available to his/her region Directors on game days or playing times or makes arrangements with another Commissioner for coverage in case of his/her unavailability.
- 3.5.0 EXECUTIVE DIRECTOR & SUPERVISORS OF OFFICIALS
- 3.5.1 One supervisor shall be responsible for officials in Regions 1, 2, and 3 (South); the other supervisor shall be responsible for Region 4 (North) (see Addendum A).
- 3.5.2 Recruits, organizes, and trains officials (see 19.0.0).
- 3.5.3 Prior to the beginning of each season, participates in/conducts all rules orientation meetings for coaches, Directors, and other interested parties.
- 3.5.4 Interprets and clarifies playing rules (especially League changes to high school rules-see 20.1.0).
- 3.5.5 Assigns an Arbiter/Evaluator to post officiating assignments and evaluate the performance of officials.
- 3.5.6 Resolves official-related problems in consultation with the Executive Board and President.
- 3.5.7 Executive Director of Officials serves in an advisory capacity within the Executive Board. (See 2.1.0 and 2.1.1)
- 3.6.0 EXECUTIVE ADVISOR/INTERNET

- 3.6.1 Maintains the League official website including, but not limited to, current “By-laws, Rules, Policies and Procedures”, key dates, scores and division standings.
- 3.6.2 Manages all internet advertising and promotion of League activities.
- 3.6.3 Informs news media of scores, division standings and other League activities such as the Mini Bowl, banquets, scholarships, clinics, etc.
- 3.6.4 Carries out assignments as directed by the President.

3.7.0 EXECUTIVE ADVISOR/LEGAL

- 3.7.1 Acts as an advisor to the Executive Board on all legal matters.
- 3.7.2 Carries out assignments as directed by the President.

4.0.0 DUTIES OF THE BOARD OF DIRECTORS

- 4.1.0 Elects the League Past-President, President, President-Elect, and Secretary-Treasurer (see 2.0.1).
- 4.2.0 Ratifies approved amendments or other changes to this and other league documents as initiated or as submitted by the Executive Board (see 7.4.0).
- 4.3.0 Ratifies Executive Board approval of new association applications for membership in the league.
- 4.4.0 Ratifies decisions by the Executive Board regarding district boundary disputes.
- 4.5.0 Requests League Officers to undertake specific actions as may be required from time to time.

5.0.0 DUTIES OF ASSOCIATION DIRECTORS

- 5.1.0 Strictly enforces League By-laws, Rules, Policies and Procedures. All association officers, coaches, teams, and players (and players’ parents/guardians) are subject to disciplinary action for violations of the sections contained herein.
- 5.2.0 Presides over the operation, administration and finances of an association.
- 5.3.0 Ensures that the association is represented at Board of Director meetings (see 7.1.2 & 9.6.1).
- 5.4.0 Appoints and supervises coaches and certifies that each coach within the Association completes required training (see 11.1.5).
- 5.5.0 Appoints Weight Masters (see 18.0.1).
- 5.6.0 Acquires and maintains the proper equipment for Association teams.
- 5.7.0 Arranges for practice areas, home game fields and equipment (clock, chains, etc.).
- 5.8.0 Ensures that a physician or other person trained in emergency first-aid is present at every home game or that there is immediate access to trained emergency medical personnel.
- 5.9.0 Provides for the orderly conducting of home games with emphasis on spectator behavior. Directors may require any disorderly or unsportsmanlike coach, player or spectator to leave the premises of the game or practice field.
- 5.10.0 Home field Director ensures that game officials are paid promptly (see 9.4.0).
- 5.11.0 Conducts player registration and keeps on file all documentation concerning the registration of each player (see 13.2.0).

- 5.12.0 Verifies that residency requirements of each player are adhered to and ensures that all players are eligible to participate according to the League By-laws, Rules, Policies, and Procedures (see 13.3.0).
- 5.13.0 Home field Director notifies the Executive Advisor/Internet or league Secretary-Treasurer of game scores no later than each Sunday at 7:00 p.m.
- 5.14.0 DIRECTORS SHIRTS/BADGES: Because Directors need to be readily identified at games, all Directors should wear identifying shirts or jackets. Directors' badges should also be worn and be clearly visible.

6.0.0 ADMINISTRATIVE PROCEDURES

6.0.1 MEETINGS

Meetings may be convened and conducted electronically, if feasible and the means to do so are available.

6.0.2 ORDER OF BUSINESS

- | | |
|--------------------------------|----------------------------------|
| 1. Call to order: | 6. Report of Officers/committees |
| 2. Roll Call: | 7. Unfinished Business |
| 3. Presentation of the minutes | 8. New Business |
| 4. Financial Report | 9. Open forum |
| 5. Opening Statement | 10. Adjournment |

6.0.3 PARLIAMENTARY RULES

1. The President may save time in deciding certain questions by asking if there are any objections. If none are offered, he shall declare the action adopted.
2. The President shall not allow any member to speak more than once on the same subject until all members desiring the floor have been heard, and not more than twice and not more than five (5) minutes at any one time, except those making reports.
3. When members desire that all talk or debate be stopped and a vote taken, they may call for a "Previous Question", when this done, it shall be put to a vote at once. If this is carried by a two-thirds (2/3) majority vote, then the main question shall immediately be put to a vote without further debates.
4. A motion can be amended only twice.
5. If a motion has been amended, the amendment must be voted on first. If it has been amended twice, the vote shall be first on each amendment, then on the main question.
6. An action can be reconsidered at the same meeting, a majority vote being sufficient to decide. If reconsidered at the next meeting, a three-fourths vote is required. A motion to reconsider must be made and seconded by members who voted with the majority.
7. Except as provided above, generally understood principles of parliamentary procedure shall govern.

6.0.4 GENERAL RULES

1. The general associated members may bring up issues, ideas or suggestions at any monthly meeting during an open forum for discussion, but may not request a vote until there has been adequate time to research, review the facts or debate the issue. The issue can be voted on at the next general meeting. It is suggested that any member wanting to discuss an issue, contact the President or a board member and ask to be put on the next agenda.
2. The exceptions to rule 7.0.4 subsection 1, are:
 - a) that if it is a simple request with obvious solutions, then the president may, with discretion, call for a vote on the matter; or
 - b) if the general body, with a two-thirds (2/3) majority vote of those present, may waive the application of this rule.
3. Electronic meeting attendance is allowed if the means and facilities can accommodate a request to participate electronically.

- 6.1.1 EXECUTIVE BOARD meetings shall be held no less than monthly as directed by the President unless waived by a majority vote of the board. Special meetings may be called by any member of the Executive Board but the member who calls a special meeting shall designate the place and time for this meeting with at least 48 hours advance notice be given for special meetings involving the Executive Board.
- 6.1.2 BOARD OF DIRECTORS meetings shall be held monthly from April through November of each year. Scheduling of these meetings, including date, time and location, shall be determined at the April meeting and posted on the official league website. Unless excused by an Executive Board member, it is mandatory that each association be represented. A fine shall be imposed on the association for each unexcused absence (see 9.6.1 & 5.3.0). The President may call an emergency meeting of the Board of Directors for any reason with at least 48 hours advance notice.
- 6.1.3 QUORUM: A majority of the voting board members present shall constitute a quorum for the transacting of business at any meeting of the Executive Board or Board of Directors.
- 6.1.4 REGION meetings may be called from time to time by a Commissioner to conduct region business.
- 6.2.0 VOTING
Votes may be taken by electronic means if time and/or convenience for a convened meeting are not an option because of a special situation.
- 6.2.1 Each Executive Board voting member is entitled to one vote and may, in his/her absence, submit an absentee vote signed and dated prior to the meeting. A person who is an Executive Board voting member and a Director shall only have one vote when in joint session.
- 6.2.2 Each Director (or appointed designee) is entitled to one vote. An association on probation may lose its voting privileges for violations of these by-laws, as determined by the Executive Board. In a Board of Directors meeting, the President only votes to break a tie vote.
- 6.2.3 Unless otherwise stated in these by-laws, approval of proposed actions requires a majority vote of the Board members present. For Executive Board voting, an absentee ballot counts as a member present (see 7.1.3 & 7.2.1).
- 6.3.0 REMOVAL OF BOARD MEMBERS. Members of either board may be removed by the respective board for failure to discharge duties in a satisfactory manner or violation of these League By-laws. Removal is mandatory for missing three consecutive regular meetings unless the absence has been approved by the respective Board, prior to the meeting.
- 6.3.1 VACANCIES: Any vacancy occurring on the Executive Board shall be filled for the un-expired term by the remaining members of the Executive Board.
- 6.4.0 AMENDMENTS TO BY- LAWS. The Bylaws of the League shall be amended only by the Board of Directors and changes to the amendments requires a two-thirds (2/3) majority vote of the Board of Directors members present. Proposed amendments to this document shall first be submitted to the Executive Board for review and clarification. With a positive recommendation it shall then be forwarded to the Board of Directors for a vote. No amendments for the current year shall be considered or approved after June 30 unless said changes receive a 2/3 majority vote of those present from the Board of Directors to consider said change. Amendments enacted under this provision may be effective immediately and applied prospectively, and such changes shall have no retroactive application.
- AMENDMENTS TO THESE BY BY-LAWS AND ALL LEAGUE RULES SHALL FIRST AND FOREMOST BE DESIGNED TO PROTECT THE HEALTH, SAFETY AND ENJOYMENT OF THE PARTICIPANTS AND PLAYERS OF THE WFFL.
- 6.5.0 INTERPRETATION OF BY-LAWS: The President, after conferring with the Executive Board, shall have the responsibility for interpretation of these By-laws, Rules, Policies and Procedures. However, any decision so made by the President may be appealed to the remainder of the

Executive Board (excluding the President) for final ruling. However, the decision of the President shall be over-turned only if found to be clearly erroneous, arbitrary or capricious.

7.0.0 ASSOCIATION VIOLATIONS

- 7.2.1 Alleged violations shall be submitted in writing to the appropriate association Director for resolution. If the Director feels the allegation warrants further review, the Director shall forward it to the Commissioner, along with all supporting information, who shall bring it before the Executive Board for investigation and recommendations.
- 7.2.2 The Executive Board may hold hearings as part of their investigation of alleged violations. Such hearings shall be conducted after proper notice has been given to the association, coach, parent, spectator or player under investigation. The association, coach, parent, spectator or player shall be given an opportunity to be present at such hearing and present their position and evidence concerning the allegations.
- 7.2.3 The President and/or Executive Board shall analyze and evaluate the evidence, statements, investigation results and recommendations prior to determining if a violation has occurred and the action(s) to be taken. Upon the determination by the President that a violation has occurred, the Executive Board shall find the facts specifically, determine a penalty if necessary, and serve a written copy thereof on the association director involved. The decision of the Executive Board shall be final.
- 7.2.4 The association shall have seven days from the receipt of such notice to resolve the violation or infraction. If the association cannot resolve the violation/infraction within seven days, the association shall request an extension from the Executive Board. The association shall promptly take all reasonable steps to resolve the violation/ infraction and notify the Executive Board in writing as to the exact steps that will be taken and the projected completion date.

8.0.0 ALLEGATIONS, APPEALS AND PROTESTS

- 8.0.1 **CONFLICT RESOLUTION:** It is expected and normal that in athletic competition there shall be disagreements. These disagreements have the potential to escalate to conflicts. Inherent with their position, Directors and League Officers have the authority and responsibility to resolve disputes. As much as is reasonable, opposing parties are expected to view the issues from a neutral perspective. If there were to be a prime directive applied to the WFFL it would be that adult administrators are responsible for the welfare of ALL of the participants and the integrity of the program.
- 8.0.2 Only allegations concerning the violation of these league By-laws, Rules, Policies and Procedures shall be heard by the League. The League shall in no way be involved in matters within or between associations except when the matter concerns an alleged violation of section(s) of this document.
- 8.1.0 All allegations concerning the violation of these By-laws, Rules, Policies and Procedures shall be sponsored by a Director or League Officer. Parties shall first take the allegation/complaint to the appropriate head coach, then the association Director. If the allegation remains unresolved, the Director shall forward the allegation to his/her Commissioner. Parent or coach input shall be presented only by a Director or Commissioner. If the Director or Commissioner is unable or unwilling to appropriately resolve the matter or fails to respond in writing within a reasonable time, then the league President may, but is not required to, review the matter in an effort to resolve the dispute, take no further action or submit it to the full Executive Board. If the complaint/allegation involves any one of the positions listed in the chain of command, then the complainant may bypass that step and move to the next.
- 8.1.1 The Commissioner and/or President shall fully investigate the matter and make a ruling and forward his/her findings and recommendations to the Executive Board (see 3.1.5). A League Officer may

initiate an investigation anytime that he/she has received credible information that a violation of these league By-laws, Rules, Policies or Procedures has occurred but shall notify the Association Director of the investigation.

8.1.2 The Executive Board shall have full and final authority in resolving all allegations, complaints suspensions, appeals and protests. The Executive Board and individual Board members have the authority and responsibility to take charge of any situation deemed necessary to protect the good name and reputation of the WFFL.

8.1.3 At any point while a matter is being investigated, if the President decides that any individual commissioner has a conflict of interest, or an appearance of the same, the President may, but is not required to, substitute another Commissioner, or himself, to make an unbiased and fair decision to all involved parties.

8.3.0 APPEALS

8.3.1 Appeals regarding decisions of a Director, President or a Commissioner shall be filed on a WFFL APPEAL FORM within 48 hours of the decision to the Director, President or Commissioner. If unresolved by the Director it shall be forwarded to the Commissioner, then to the Executive Board. Appeals of decisions by the President or a single Commissioner shall be submitted directly to the full Executive Board within 48 hours of the decision (see 7.5.0). The Board's decision shall be final.

8.3.2 APPEAL FORM must be filled out completely and signed by the association Director, or the Commissioner if it involves the Director, acknowledging receipt of the Appeal. Appeals must be received within 48 hours of the alleged infraction or ruling and include all applicable fees (see 9.5.2).

8.4.0 GAME PROTESTS shall be received only with regard to violations of these By-laws. Protests/Appeals involving the judgment of a game official will not be considered unless there is clear and convincing ("incontrovertible") evidence to the contrary. All protests/Appeals shall be submitted on a *WFFL GAME PROTEST FORM* along with a filing fee (see 9.5.2).

8.5.0 The burden of proof shall be upon the party requesting the action. Unless stated otherwise herein, all decisions made by a Commissioner or full Executive board shall stand unless, based upon clear and convincing proof, the decision was erroneous.

9.0.0 FINANCES, FEES AND FINES

9.1.0 Checks issued by the League shall require signatures of the President and an Executive Board member. Disbursements of more than \$1,000 shall be approved by the Executive Board. Disbursements of more than \$3,000 shall be approved by the Board of Directors.

9.1.1 When a contemplated expenditure exceeds \$1,000, the Executive Board shall obtain price or cost quotations from at least 3 responsible vendors or bidders in the business of supplying such services or bids and select the one most beneficial to the league. If the Executive Board finds that it is impractical or impossible to obtain 3 bids for the proposed transaction, the Board may procure the goods or services in any manner deemed to be in the best interest of the league.

9.2.0 The League shall provide a fiscal report to the Board of Directors monthly or no later than once per quarter while in season.

9.3.0 Each Director shall be responsible for his/her association finances. The League shall in no way be responsible or held liable for any financial costs regarding any dispute that may arise involving financial matters between associations (see 13.4.2).

9.4.0 Home team associations are responsible for paying game officials for both regular and post-season play. The league has responsibility for paying officials for post-season games played at a neutral site or when asked to host by the league. These payments should be made to the officials at the conclusion of the game assignments unless prohibited by city or other policy.

9.5.0 FEES.

9.5.1 Annual association fee - \$65 per team (**\$32.50 Jr Mite and Mitey Mite**). This fee is non-refundable (see 10.1.0).

9.5.2 Appeals of Director, Commissioner or President rulings - \$50. (see 8.3.0) Failure to pay this will result in any appeal hearings being cancelled and/or suspension from league participation until paid in full.

9.5.3 Lost identification badge replacement - \$10. (see 11.6.1)

9.6.0 FINES

9.6.1 Association not represented at Board of Directors meeting - \$50 (see 7.1.2)

9.6.2 Illegal recruiting - \$100 per player (see 13.6.2)

9.6.3 Other. As determined by the Executive Board taking into consideration the seriousness of offense, frequency, intent, remorse and/or any other factors the Board considers relevant.

10.0.0 ASSOCIATIONS

10.1.0 LICENSE AGREEMENT: Sponsors desiring to affiliate with the League shall be subject to all provisions of this document and any future amendments thereto and must agree in writing (via License Agreement) to be bound thereby. No Association shall receive a License until all League financial obligations (e.g., fines, fees) are met. License Agreements shall be signed by the Director and be on file with the League Secretary-Treasurer prior to the first League game (see 15.0.0).

10.2.0 RESIGNATION OF ASSOCIATIONS: Any association may resign or withdraw its teams by filing a written resignation or withdrawal with the Secretary-Treasurer. Such resignation or withdrawal shall not relieve the association of the obligation to pay any fees, assessments or other charges accrued and unpaid.

10.3.0 REINSTATEMENT OF FORMER ASSOCIATIONS: Upon written request and a License Agreement signed by the Director and submitted to the Secretary-Treasurer, the Executive Board may reinstate a former association to membership upon such terms as the Executive Board may deem appropriate.

10.4.0 ACCOUNTABILITY: Each association is accountable for every association-affiliated individual and each association team. Misconduct, even if only the result of the actions of one individual or one team, may result in the entire association being penalized. The association shall notify the Executive Board in writing of the expulsion, suspension or probation of any coach, player, spectator or parent/guardian by that association or a game official. Each association shall also notify the Executive Board of any injury to property, player, coach or spectator.

10.5.0 COLORS: Game jerseys shall comply with assigned association colors specified in Addendum D. The Executive Board shall approve the selection/changes of colors. All associations shall keep an extra set of white, or other contrasting colored jerseys, available in case a visiting team has the same or similar colored jersey. The home team will wear the white or contrasting colored jersey.

11.0.0 TEAM ORGANIZATION

11.0.1 Teams shall be organized by divisions (see 12.0.0).

11.0.2 A team for divisions **Jr Pee Wee - Bantam** shall be limited to a Head Coach, up to four assistant coaches, a statistician, and up to 35 players (see 14.0.0). **A team for division Mitey Mite - Jr Mite shall be limited to a Head Coach, up to two assistant coaches, and up to: Mitey Mite 16 players and Jr Mite 14 players (see 14.0.0).** A team may also have one (1) coach-trainee. A coach trainee is NOT an excuse for another coach, parent or other active participant on the sideline but rather

someone, under the age of 18, sincerely interested in learning the game of football and coaching, with the intention of one day becoming a coach. THIS POSITION MUST BE APPROVED BY THE DIRECTOR and have a coach's badge.

11.1.0 COACHES

11.1.1 All coaching personnel shall be of *unquestionable character* and have a profound interest in, and knowledge of, youth and the game of football and good sportsmanship. A person who is currently under disciplinary action by any football organization during the last season in which he/she coached, or who fails to disclose previous disciplinary action at the time of registration shall disqualify that person from participation in the WFFL, in any capacity, until approval is granted by the Executive Board. A full criminal background investigation (BCI) must be conducted on every coach (this shall include a national criminal background check). Grounds for disqualification of an individual for a coaching position within the WFFL shall include at least the following: 1) Any criminal offense against a minor, 2) Any conviction involving violence, 3) Any sexual offense, or as outlined by any applicable city, county or association policy.

This BCI remains valid for as long as the coach is a member of the coaching staff. If he/she resigns, a new BCI must be conducted prior to reinstatement. It is recommended that local checks be done yearly.

11.1.2 No League Officer (with voting privileges) or Director shall serve on a coaching staff.

11.1.3 AGE: A head coach must be at least 21 years of age. An assistant coach must be at least 18 years of age or a high school graduate. It is strongly encouraged that at least one assistant coach be at least 21 years old (see 11.1.7). A coach-trainee shall be at least 16 years of age.

11.1.4 RESIDENCY: A coach has no residency requirements, but if his/her children are members of a team, they must meet residency requirements (see 13.3.0).

11.1.5 CERTIFICATION: All members of a coaching staff must be certified by their respective Association Director as having completed training sanctioned by the Executive Board. This certification is done on the *WFFL COACHES ROSTER*, which is submitted to the League at the time of team registration (see 5.4.0 & 15.1.0).

11.1.6 FIRST AID: In the absence of a specialized, trained person affiliated with the team in the medical area (e.g., physician, paramedic, nurse, specially trained volunteer), at least one coach should be the holder of a current Red Cross certificate in community CPR and first-aid, or its equivalent. **This would require approval of an Executive Board member. See also 24.1.0 Medical Oversight**

11.1.7 ADULT LEADER: An adult member of the coaching staff shall be present at all team practices, games and functions. No member of the coaching staff who is under 21 years of age shall transport any players to or from practices or games under any circumstances.

11.2.0 COACHES DUTIES AND RESPONSIBILITIES (See also 22.1)

11.2.1 Coaches are, first and foremost, teachers and shall model appropriate behavior, conduct and good sportsmanship at all times.

11.2.2 The head coach is in complete charge of the team whenever it is together on the practice field, playing a game, or for any team function, such as clinics or banquets. Head coaches are also fully responsible for all assistant coaches, parents, fans, spectators and sideline. Failure to control any of the aforementioned could result in discipline being taken against the coach, team or association, separately or jointly.

11.2.3 Coaches do not make team or league policy; they carry it out. All coaches are expected to read and understand these by-laws. The coaching staff shall not be interfered with, except in cases of by-laws or rules violations or other conduct deemed by higher authority to be contrary to the welfare of youth participants. The head coach has final responsibility for his/her actions, those of the team, players, assistant coaches and, during a game, the parents and spectators.

All coaches shall timely, fully and truthfully, cooperate with any Director or League Official who is conducting an investigation concerning any rule, by-law, association or other violation or allegation. Failure to do so could result in suspension.

- 11.2.4 All coaches shall abide by a doctor's or medical personnel recommendations concerning injuries. Use discretion in allowing a player to re-enter a game after becoming injured. If in doubt, do not allow the child to play. (See also 24.0.0 - Concussion Policy)
- 11.2.5 Do not permit "sweating down" tactics so that a player meets weight requirements.
- 11.2.6 Any play, drill, act or procedure that may be hazardous to the health of the players shall not be tolerated.
- 11.2.7 Refrain from "running up" the score of a lopsided game. During the second half, coaches of a team that is ahead by more than 24 points shall not attempt to add any more points to their score.
- 11.3.0 COACH CONDUCT: The following behaviors shall be adhered to at all times (See also 22.1):
 - 11.3.1 Do not use tobacco of any kind (includes E cigarettes) while participating in any WFFL activity.
 - 11.3.2 Do not use profane or abusive language or gestures while participating in any WFFL activity.
 - 11.3.3 Do not criticize or demean players at any time; positive, constructive instruction should be done in private or, preferably, in the presence of the team so that all may benefit.
 - 11.3.4 Accept decisions of game officials, in an attitude of good sportsmanship.
 - 11.3.5 Do not demean, confront or taunt officials, the opposing team, its coaches, fans or personnel, or league officials, either verbally or by gesture. Only the head coach is to talk to an official concerning an issue during a game and only if the official finds it is warranted and only when the official can safely and timely accommodate it.
- 11.4.0 STATISTICIAN: The number of plays in which a team member participates shall be recorded on a *WFFL 10-PLAY PARTICIPATION FORM* by the statistician as the play occurs. The statistician shall remain in the team box during the game. This form shall be turned in to the team's Director after the game. **Mitey Mite and Jr Mite division will NOT need a Statistician. All players in Mitey Mite/Jr Mite will play a minimum of one-half of the game. One full quarter in the first half and one full quarter in the second half. The player can only come out of his/her quarter at players request or due to injury.**
- 11.5.0 BUSINESS MANAGER: Each team may appoint a business manager to aid the coaching staff with such matters as team transportation, publicity, fund-raising, and administrative assistance. The business manager shall not be allowed in the team box during games.
- 11.6.0 IDENTIFICATION BADGES: All certified coaches and team statisticians shall receive a photo identification badge. These badges shall contain the individual's name, title or position held, association name, year issued and a yearly WFFL issued sticker. These badges identify individuals authorized on fields and in the team box during games, and shall be worn so as to be readily visible at all times. All badges are the sole property of the League. At the end of the season, all badges should be surrendered to and retained by the association Director until the next season. Any coach or statistician ejected from a game by a game official, Director or League Official shall immediately surrender his/her ID badge to the field director or a League Official, and must meet with the Executive Board. Failure to surrender the card to the proper authority when requested shall render the coach/statistician on probation with the possibility of suspension for the remainder of the season.
- 11.6.1 TEMPORARY BADGES: Coaches/statisticians who have lost, forgotten or misplaced badges may obtain a temporary badge from his/her association Director. Temporary badges shall be returned at the end of the game. Lost badges must be replaced promptly (see 9.5.3).

12.0.0 PLAYER DIVISIONS AND WEIGHT REQUIREMENTS

12.1.0 Players shall be classified by divisions as follows:

DIVISION	AGE AS OF AUGUST 31 ST	MIN-MAX WEIGHT	Season Growth & UNIFORM WT. ALLOWANCE	SEASON MAX WEIGHT (includes uniform)
Jr. Mites	7-8	40-85** Min-Max	7 lbs.	92
Mitey Mites	8-9 *10	95** Max 65 Max	7 lbs. 7 lbs.	102 72
Jr. Pee Wee	9-10 *11	108** Max 73 Max	8 lbs. 8 lbs.	116 81
Pee Wee	10-11 *12	123** Max 88 Max	8 lbs. 8 lbs.	131 96
Sr. Pee Wee	11-12 *13	140** Max 100 Max	9 lbs. 9 lbs.	149 109
Jr. Bantam Non Davis County (**** 8 th Grade Provision)	12-13 *14	160** Max 120 Max <u>(****8th grade provision</u> <u>x-player designation)</u>	9 lbs. 9 lbs.	169 129
Junior Bantam Davis County	13,14-15	No minimum	***Unlimited	***Unlimited

* This provision allows the “Older-But-Lighter” (OBL) player to also qualify.

** Denotes unlimited weight (X-player).

*** Denotes unlimited weight with no X-player stipulation. This provision is for Jr. High age youth who do not qualify for or have the opportunity to play on a Jr. High School team.

**** For Jr. Bantam division only: This allows a team member who will be in the eighth grade during the upcoming/current season who is 14 years of age as of August 31 and who does not meet the designation of OBL may be allowed to play as an X-player and only if a Bantam Team has not been fielded in the respective Association. (See also 20.7.0 (5) for additional info.)

***** On rare occasions, the league may grant a disability waiver to any of the above weights, ages and limits in cases involving extreme size differential, capacity, and understanding, so as to not place any player at risk of injury. Such situations are not automatic and shall be discouraged, thoroughly investigated by the Board and granted by the Board only in the most extreme cases. See 18.5.0

12.1.1 The Jr. Mites division is for players with little to no previous football experience. A 7-year-old may participate as a Mitey Mite only if there is no Jr. Mites team formed and he/she meets the weight requirements. A 7-year-old may participate as a Mighty Mite only if there is no Jr. Mites team formed and he/she meets the weight requirements. NOTE: When possible, a Mitey Mites team should be organized before a Jr. Mite team is organized.

12.2.0 An X-PLAYER is a player that exceeds the maximum weight allowed but may still participate (see 20.1.0, Rules 1, 2, 7 and 9 for X-PLAYER rules, and 20.2.0 for rule interpretations). By definition, X-player rules do not apply to the Bantam division. (see 14.1.4, 18.1.6, 20.1.8, 20.2.0, 20.7.0, 20.9.0 and 20.11.0 for additional x-player rules)

12.3.0 OLDER-BUT-LIGHTER (OBL). Players may not exceed the maximum age in each classification as of August 31 of the current year. OBL players shall meet certification weight ranges in 12.1.0. (see 20.1.0, Rules 1, 2 and 9 for OLB player rules).

12.4.0 Weight is an important factor as far as safety is concerned; therefore, players must be in compliance with age and weight requirements in order to be certified. Directors shall certify minimum weight at time of registration or prior to the first league game.

13.0.0 FORMING OF TEAMS

13.1.0 PARTICIPATION RESTRICTIONS

13.1.1 Teams shall not participate in any other organized youth football or similar programs, except for camps, clinics and tournaments as approved by the Executive Board. Team or organized practices of any kind, meetings, scrimmages or other like events or competitions are strictly prohibited prior to the first eligible day of practice. (see also 16.3.0)

13.1.2 Players shall not participate or practice with another football team while on a WFFL team roster or play with or practice with a playoff team once the player's team is eliminated. He/she may tryout for school teams but shall be removed from the WFFL roster when placed on an official school football roster.

13.1.3 Any person attending 10th grade or higher is not eligible to participate as a player.

13.1.4 All registration documents shall be on file with the Director before any player is permitted to participate in any games or other league activities (see 13.2.2).

13.2.0 PLAYER REGISTRATION

13.2.1 Each association shall establish their respective period of time when players may register.

13.2.2 The following documents are required for each player: (1) legal birth (or church) record (a previously certified birth record of players with a copy on file will suffice for subsequent years), (2) signed parental/guardian permission to participate, (3) physical examination record signed by a physician, dated within six months of the start of the first practice, (4) proof of residency (any current (dated within previous 60 days) record of any of the following: utility bill, municipal record, homeowner/tenant record or any other document recognized by the local Director) and (5) either proof of or waiver of health insurance signed by parent/guardian. An association may require additional forms.

13.2.3 These documents shall be retained by the Director.

13.3.0 RESIDENCY REQUIREMENTS

13.3.1 A player shall participate on a team within the district in which he/she resides (see Addendum B). When new district boundaries are designated or a new association enters the league, all players residing within the new boundaries are required to participate on a team in the new district in which they are residents.

13.3.2 A player is eligible to participate on a team within the association in which he/she resides as of the date the player is registered with that association. The player's association-of-residence is the area in which the player's primary custodial parent or legal guardian resides or the association in which the player resides while in the custody, or under the supervision, of a Utah state agency, or while under the supervision of a private or public agency which is authorized by the state to provide child placement services. A player whose custodial parent or legal guardian does not reside in Utah is considered to be a resident of the association in which the player resides if the requirement of UTAH CODE ANN. 53a-2-202 has been satisfied and a copy of the designation of guardianship issued by the player's school district is kept with the player's registration.

13.3.3 For purposes of these By-laws, Rules, Policies and Procedures, "residence," "reside" and "residing" refers to a place of continuous habitation with a lawful guardian. A place of residence once established shall not be considered changed unless the parents, parent or guardian makes a permanent change of residence. Moving into an area temporarily for the purpose of establishing residency does not satisfy those requirements. Unless the contrary is shown by competent

evidence, the residence or domicile of a player shall be determined in accordance with the following standards: (a) the residence of a player is where the player resides or normally lives with a lawful guardian. This is normally the residence of the player's parents; (b) if both parents are dead, residence is that of the duly appointed guardian; (c) if the parents are divorced, except as provided in 13.3.2, a player's area of residence is the area of residence of the parent to whom primary physical custody is awarded; (d) a player whose primary physical custody parent/ guardian moves into a another district to establish permanent residence is eligible to register in that district; (e) a player properly listed on an official team roster will not become ineligible to play the remainder of the current football season merely because the parents/guardian subsequently remove their legal residence from the area unless the parents or guardian originally moved into the area as a pretext to gain residence for the player to play football for the association; and (f) If the custody of a player has been legally granted to any person or by legal foster placement agency with a resident family within a district boundary, the residency of the person to whom custody was awarded constitutes the residency of the player.

13.3.4 A player whose parents are divorced and have joint physical custody, or are legally separated at the time of registration, and live in separate associations, the player shall be considered to reside with the parent who resides in the same area that the child attends school. If parents were never married (and no court order concerning custody has been issued), are separated, or the player attends school outside of either parent's resident association, player will be considered a resident of mother's resident association. Attendance at a charter or private school does not create residency based upon the location of the school.

13.3.5 If the player's residence changes during the season, the player may complete the season in the association in which he/she was eligible to register as of the date he/she registered with that association. (see also 14.1.9 for waiver-if moves in season)

13.3.6 A player who inadvertently and innocently registers with an association other than the association of residence, shall be required to transfer to the association of residence, immediately upon discovery, in order to continue to play the remainder of the season. The association of residence shall accept the transfer and place the player on an appropriate team.

13.4.0 ONE-SEASON TRANSFERS

13.4.1 If the association in which a participant is a legal resident does not have a team in his/her division, a one-season transfer may be granted by the Executive Board; however, no association is required to accept a transfer. This transfer allows a player to play on an adjacent association team, as determined by the Board, for one season only; the player shall return to his/her resident association the following season, consistent with these bylaws. A player must be legally registered in his/her resident association by the deadline date, and all forms and fees shall be on file with the resident association. The primary criteria used by the Board to determine which adjacent association the player(s) shall be assigned to shall be: 1) Need of a receiving association; 2) proximity; 3) any other factor(s) the Board finds that benefits the league.

13.4.2 Transferring a player does not alleviate the transferring association of financial responsibility. Any subsidiary cost to the host (receiving) association over and above the registration fee must be compensated for by the resident association requesting the transfer. Association Directors shall determine among themselves what these costs will be prior to the transfer. These costs should be in writing and in invoice form for financial convenience between associations (see 9.3.0).

13.5.0 RESIDENCY VIOLATIONS

13.5.1 A player who knowingly registers in an association other than his/her correct one shall be banned from participating on any team in the league for the remainder of the season.

13.5.2 Regardless of whether the original registration in the wrong district was inadvertent or intentional, if a player attempts to cover up his/her true residency by falsifying the home address or by providing other false or misleading information to either the League or association, he/she shall be banned

for the remainder of the season and also the season following. For purposes of the penalty set forth in this subsection, the conduct of a player's parents or legal guardian shall be attributed and chargeable to the player.

13.5.3 In addition to the WFFL sanctions against any player who does not live in the district and has not satisfied the requirements of these by-laws for residency, intentionally or unintentionally, may include forfeiture of all games in which such ineligible player was listed on a team roster.

13.5.4 Any coach who knowingly recruits players who do not satisfy the residency requirement for that coach's team, or who knowingly allows a player who does not meet the residency requirement to play or continue to play on his/her team shall, upon detection, be ineligible to coach the remainder of the current season and the following season in any capacity. If a coach has attempted to cover up the residency deception by providing false or misleading information to any association or League Official, the ban from coaching shall be extended by at least one additional year. In an extreme case, the penalty may be a lifetime ban from coaching in the league (see 13.6.2).

13.5.5 If association officers knowingly participate in concealing a residency violation, the association may be subject to sanctions as determined by the Executive Board including, but not limited to, probation or suspension and the disqualification of some or all of the association's teams from post-season play and/or league.

13.5.6 Disputes regarding the residency of a player shall be resolved by the Executive Board.

13.6.0 RECRUITING

13.6.1 Enticing and encouraging the youth of our community to participate in the league football program is essential to our mission. Youth tackle football provides a safe and regulated opportunity for youth to realize athletic and character-building achievement. Recruiting efforts by all league members and associates to introduce new participants to this program is encouraged.

13.6.2 ILLEGAL RECRUITING is divisive and a serious threat to relationships between associations and the league in general. Illegal recruiting is defined as any act by an adult or juvenile so as to influence persons to register out of the appropriate district. Associations who aid and abet illegal recruitment shall be fined for each player so recruited (see 9.6.2), shall be placed on probation or suspended indefinitely, and shall be disqualified from post-season play (see 13.5.4).

14.0.0 DIVIDING OF TEAMS

14.1.0 When the total number of players registered on any one team reaches 36 (17 Mitey Mite-15 Jr Mite), that team shall be divided as hereinafter directed.

14.1.1 A member of the Executive Board shall conduct the process.

14.1.2 TEAMS SHALL BE DIVIDED AS EQUALLY AS POSSIBLE, NOTWITHSTANDING OTHER PROVISIONS IN THESE BYLAWS.

14.1.3 Each team is allowed to protect up to 6 players-the children of all coaches and statistician shall be included in that protection (see 14.1.4 below). A coin flip shall determine who will choose first. Once the draft order has been determined, the draft selections shall take place in an ascending then descending order. (Examples: two teams: 1-2, 2-1; 1-2, 2-1; three teams: 1-2-3, 3-2-1; 1-2-3, 3-2-1; four teams: 1-2-3-4, 4-3-2-1; 1-2-3-4, 4-3-2-1). A protected player who is not a coach's child must have the written approval of the parent/guardian to be considered to be one of the 6 protected players. Encouraging a player or parent to not sign an agreement, or any other like behavior or act, done in an effort to avoid a particular team or coach is considered unsportsmanlike and will result in penalties being assessed against the involved parties. Letters from parents requesting a particular coach/team or refusing a particular team/coach shall only be recognized in the most extreme situations and must be approved by the Board.

- 14.1.4 The Director shall determine separately how many Older-But-Lighter players and how many X-players shall be allowed on each team. These players must be divided equitably and separately between the teams unless the un-equal number is a result of an odd total number of OBL's, X's or a result of keeping siblings together. One team is not allowed to protect a greater number of X's or a greater number of OBL's simply because they are "protected." If this is the case, then the coaching staff will have to be divided between the teams to make the numbers of OBL's and X's equal.
- 14.1.5 All protected players shall be taken in Rounds 1-6 (1-3 Mitey Mite/Jr Mite). If a team has less than 6 (3 Mitey Mite/Jr Mite) protects, then the team with less than 6 protects may pick from the general pool in any round that a protected player is not chosen for that round. After the sixth (third Mitey Mite/Jr Mite) round all remaining players become eligible to be drafted.
- 14.1.6 Teams will choose one player each round. Siblings must draft together, unless otherwise approved by the parent. Siblings count as two picks and the team choosing siblings shall be skipped in the next round. Three siblings count as 3 picks, followed by skipping the next two rounds. One sibling cannot be taken in round six in an effort to obtain any additional protects in round seven, or round eight if 3 siblings are involved, of the other remaining sibling(s).
- 14.1.7 Participants registering late shall be made available to the team that should receive the next pick. The team that would receive the next pick would be the next in draft order, next because of the loss of a player, or next because of the necessity to keep the balance of Older-But-Lighter and X-players.
- 14.1.8 No drafts may occur prior to one week before the first day of conditioning practice. Absolutely no type of practices, scrimmages or team "get togethers" of any kind are allowed prior to the first day of conditioning practice.
- 14.1.9 Once a player is drafted or otherwise placed on a team (sign-up, designated, or declared), a player may not go up or down or to any other team without a specific waiver granted from the WFFL and will only be granted in the most extreme situations and for good cause.

15.0.0 REGISTERING (DECLARING) TEAMS

- 15.1.0 Teams must be declared using the online system by July 21st each year. The Executive Board will have the ability to modify this date, after consultation with Board of Director's.
- 15.1.1 Each association shall complete a *WFFL TEAM ROSTER FORM* and *WFFL COACHES ROSTER FORM* for each team in their district, a compliance (checklist) form signed by the Director. All information shall be printed legibly.
- 15.1.2 The Commissioner shall review the registration materials for compliance, sign the compliance form and forward it to the League. Registration fees shall also be submitted at this time (see 9.5.1).
- 15.2.0 Team roster forms shall be on file with the League Secretary at least two days before the first game.
- 15.2.1 Additions to the team roster must be submitted to the league Secretary or Commissioner at least five days prior to participating in league games. No players may be added to any roster after the 3rd game (practice or league) without approval of the Executive Board.
- 15.3.0 Any additional documentation requested by the league must be submitted by the association within 24 hours of the request or the team/player in question shall be considered ineligible to participate.

16.0.0 PRACTICE SESSIONS AND SCRIMMAGES

- 16.1.0 **PRIOR TO THE FIRST GAME OF THE SEASON:** Practice sessions shall begin no earlier than three weeks prior to the first game of the season (as determined by the Executive Committee). For the first five (5) days of practice (conditioning and fundamentals period), full contact of any degree shall be prohibited. All players shall fully participate during this conditioning period before they

may participate in contact activities. During the conditioning & fundamentals period, each participant shall have at least 225 minutes (5-45 min. sessions) of conditioning before they are allowed to have live contact. Even if a player joins the team after the start of the season, this requirement must be met. Football equipment such as footballs, blocking dummies, helmets, jerseys, shorts, shoes, socks etc. may be used/worn during this period. All other football equipment-shoulder pads, football pants w/ pads, etc. are prohibited. Conditioning and fundamentals practice sessions shall not exceed 90 minutes (45 minutes of physical training/conditioning and 45 minutes of fundamentals/expanded participation). Only one practice session per day with a maximum of five (5) days, per week is permitted. After week one, **three (3) days for Mitey Mite/Jr Mite.**

16.2.0 **AFTER THE FIRST GAME:** Only one practice session is allowed per day and no more than four (2 Mitey Mite/Jr Mite) practices per week. Additionally, total practice time shall not exceed six (6) (3 Mitey Mite/Jr Mite) hours per week. No practice session shall exceed one and a half (1.5) hours or **2 hours per day for Jr. Pee-Jr. Bantam if team practices 3 days per week.** No more than two practice days per week can be described as full contact practices with players participating in full uniforms. A minimum of two practices per week can be described as non-contact practices, with players participating with helmets only **or 3 total hours for teams practicing 3 days/2 hours per day. Mitey Mite/Jr Mite may participate in 45 minutes of contact practice each of the two practice sessions.** Please refer to 16.1.0 Highlighted Area for specific requirements on non-contact practice days. Team gatherings (once the draft has occurred) where a coach is present (for any reason) is considered a practice session. Team gatherings where a coach is not present is considered a practice if football is a substantial element of the gathering (discussed, played, reviewed, drills, film, conditioning, etc.) No practices of any kind shall be held without an invitation being made to every player and every coach. Fewer or shorter practice sessions are allowed.

16.3.0 **CAMPS/CLINICS:** Teams may attend a camp or clinic if they so choose provided: (1) it is not mandatory, (2) the camp or clinic is endorsed by the WFFL (3) the camp or clinic is not designed to allow for early starts, team or age specific divisions.

Associations may sponsor and conduct a no-contact / no-pad camp or clinic prior to the first day of practice so long as: 1) there are no organized or divided teams; 2) they are not run or conducted by WFFL coaches; 3) water and bathroom facilities are provided; 4) water breaks are taken no less than every 45 minutes; 5) it is open to any participant but NOT mandatory; 6) the Camp/Clinic has been approved by the Executive Board. See 13.1.1

Note: Attending an approved camp or clinic, hosted by an outside party during the season will not count as a practice against regular practice days and times.

Any University Clinic night is a No-practice Day for associations as follows: Weber State functions-Regions 1, 2 and 3; Utah State functions-Region 4. Any additional WFFL-sponsored clinic or camps that are designated No-practice Days by the League will appear on the "Key Dates" distributed to the Directors and will be posted on the official web site.

16.4.0 No teams will play or scrimmage other teams which are not in the same age and weight classification. Teams who are found scrimmaging out of their weight and age classification will be subject to suspension or removal of all coaches involved.

16.5.0 SCOUTING of an opponent's practice sessions are strictly forbidden (see 22.3.0).

17.0.0 LEAGUE GAME SCHEDULES

17.1.0 Each association shall be provided a complete official schedule of league games no later than three days prior to the first league game.

17.2.0 All teams must honor their entire schedule or be subject to expulsion from the League. In the event a schedule is not honored, the Executive Board shall determine the standing of the team and/or Association.

17.3.0 **SCHEDULE CHANGES** shall require the approval of the President. The home team Director shall notify the opposing team Director not later than the Wednesday preceding the next Saturday game

of any changes to the official schedule.

18.0.0 GAME DAY WEIGH-IN

18.0.1 Weight Masters shall be appointed by each association Director and be approved by the Executive Board. The Weight Master is a representative of the League, not the individual association.

18.1.0 PROCEDURES

18.1.1 The home field Weight Master shall conduct pre-game weigh-ins. Weigh-ins shall begin no later than thirty minutes before scheduled game time. If the Weight Master is not present, weigh-ins shall be conducted by another League Officer. No Director shall serve as Weight Master unless no other League Officer is present.

18.1.2 A zero-balance scale or **digital scale** shall be used at all weigh-ins. Each scale must have a 25 lbs. certified weight to prove accuracy at any time of the weigh-in. A visible certification stamp from WFFL weights & measures or a NIST tractable certificate dated no earlier than April 1 of the previous season shall be attached to the scale. Calibration shall be done every two years or sooner. **When using a digital scale, maximum weight is determined by pounds only. For example, if weight limit is 110 lbs., digital reading must read 110.0 or less. 110.1 or higher is deemed over the weight limit.**

18.1.3 The home team shall be weighed first. Weigh-ins may be witnessed by only one coach of each team. The Weight Master's decision is final and is not to be discussed with anyone except a League Officer.

18.1.4 Prior to weigh-in the head coach shall provide the Weight Master with a fully completed, printed *WFFL 10-PLAY PARTICIPATION FORM/MITEY MITE-JR MITE PARTICIPATION* signed by the Director that week. The Weight Master shall use this form to certify that players have met weight requirements (see 12.1.0). If the participation form is not filled out correctly (i.e., DATED, SIGNED by the Association Director, and includes, at a minimum: the player name, birth date, disciplinary action or other Code if applicable for that week, weight and player number. No section may be blank at the time of weigh-ins except the "weight" section. Anyone arriving at weigh-in with an incomplete form shall be in violation of this rule. Penalty for this violation shall be that the opponent of that team shall be awarded eight (8) points at the start of the game. Codes and jersey numbers may be hand written.

18.1.5 Any player who fails to make weight during the only "Official Weigh-in" 30 minutes prior to game, shall not participate in that game. The player shall be instructed to remove shoulder pads and helmet and place them under the team's bench. The player may stay on the sidelines with the team and wear his/her jersey. Every effort shall be made not to embarrass or ostracize the player. "Official Weigh-in" is defined as one (1) attempt at standing on the scale to make weight, while in the team order, consistent with the official WFFL 10-PLAY PARTICIPATION FORM.

18.1.6 X and OBL players must present their helmets to the Weight Master or League Official at the time of weigh-in to verify status and visibility of X"s/Z"s (See 20.1.8). Players must play in what they are wearing at the time of the weigh in. Players are required to weigh in with the minimum of shoulder pads, football pants with all required pads, undershirt, underwear, socks, shoes and team Jersey. Players caught attempting to weigh in or play with illegal equipment or without their required equipment shall be immediately suspended for that game and remain suspended for the remainder of the season unless appealed and the Executive Board finds for a different punishment. Protective gear is optional but must be worn at weigh in. Protective gear includes, but is not limited to, rib protectors, neck roll, cowboy collar, arm pads. Only cold weather gear like additional socks, undershirts, underwear, handwarmers, and cold weather gloves may be worn after weigh-in. Any player discovered changing or adding shoulder or pant pads or shoes or any other item not considered cold weather gear, after weigh-in, will be ejected from the game and suspended for the remainder of the season. These items may only be replaced if broken or torn during play.

18.1.7 Any player arriving after official weigh-in and before or after the start of the game shall be weighed in up to and including the end of half time. Players arriving after the second half begins shall not

participate in that game.

- 18.2.0 It is the responsibility of the Weight Master to forward any problems with overweight players to the Commissioner as soon as possible so that follow up action can take place quickly.
- 18.3.0 The Weight Master shall monitor the overweight player during the game to ensure he does not try to enter the game. If an overweight player enters the game, by the coach's order or of his own accord, that team will forfeit the game and the coach shall appear before the Executive Board.
- 18.4.0 The Weight Master shall monitor coach and statistician badges. All coaches, if requested, shall report to the Weight Master and show his/her WFFL badge prior to the start of the game. The WFFL badges shall be worn so as to be clearly visible during the game. Weight Masters, Directors or League officers may also monitor the *10-play participation forms* during the game to be sure they are being kept properly (see 11.4.0).
- 18.5.0 **ADMINISTRATIVE VARIANCE:** The Executive Board may make decisions on Classifications and **Associations** of players in special hardship cases. This is not limited in scope but broad in efforts to allowing Associations to field teams while maintaining basic structure of Player Divisions and Weight Requirements. See 12.1.0. Appeals for an administrative variance may be made to the Commissioner or Director for forwarding to the Executive Board.
- 18.6.0 **GAME DAY PLAYER PARTICIPATION / MINIMUM PLAY RULE (MPR)**
- 18.6.1 Under normal circumstances, all players shall participate in a minimum of five plays per half for a total of ten plays per game. However, there are situations for which this requirement may be waived. A player who is designated as "injured" by the coach AND Director shall not participate in the game. Players who are designated as "disciplined", "sick" or "other", by the coach AND Director may play at the coach's discretion (except under 18.6.3 when arriving in the first half) and are not required to receive the minimum 10 plays.
- 18.6.2 A player who does not receive his 5 plays in the first half will be immediately inserted into the game upon discovery and remain in the game until his full 10 plays.
- 18.6.3 A player arriving late at any point in the second half may be considered under discipline and the coach does NOT have to give the player his/her full 10 plays. A player arriving late anytime in the first half is considered under discipline for the first half and not entitled to a full five plays for the first half but would be eligible in the second half for his/her 5 plays.
- 18.6.4 The MPR rules apply to all regular season, playoffs and mini bowl games within the WFFL. Only an approved WFFL approved MPR form may be used and filled out as the play occurs.
- 18.6.5 At the weigh-in a fully completed WFFL PLAYER ELIGIBILITY FORM signed and dated that week by the Director shall be submitted for each player designated as injured, disciplined, sick or otherwise unable to fully participate. A player designated as "Disciplined" must have parental/guardian or Director approval. Players without this form must receive the minimum 10 plays required. Exception: If the player is obviously sick or becomes injured, or a parent so indicates, or arrives late the minimum play requirement is waived or modified per 18.6.3. Enforcement will be self-regulated by each association but may also come from the league and all parents shall receive written notification of this section. Violation of this section could result in forfeiture of games, but if the association fails to resolve the problem, disciplinary action by the Executive Board will be necessary. See also 22.5.0 (h) and 21.3.0.

19.0.0 OFFICIALS

- 19.1.0 All officials shall be certified as either "WFFL" or "UHSA and above". All officials shall have a working knowledge of the current NFHS and WFFL rules.
- 19.2.0 Officials shall be assigned by the Arbiter. A minimum of two officials shall be assigned to Jr. Mite

games. No less than three officials shall be assigned for all other divisions. A minimum of four (4) officials shall be assigned to all post-season games.

- 19.3.0 Association Directors should attempt to complete scheduled games even if officials do not show up. In this case if both head coaches and the Director agree, non-certified people may be recruited to officiate, and the game may be played.
- 19.4.0 Officials who are "UHSAA Varsity" certified shall receive \$50.00 per game; "UHSAA Sub-Varsity" and WFFL certified officials shall receive \$40.00 per game. Varsity and Sub-varsity officials must either be on the league approved list of Varsity officials or have a league card certifying such status to receive the higher pay. See 9.4.0.

20.0.0 RULES OF THE GAME

- 20.1.0 All Jr. Pee Wee-Jr. Bantam games shall be played in accordance with the current National Federation of State High School Associations (NFHS) rules with the following League additions, deletions, and changes. Mitey Mite/Jr Mite games shall be played under the USA Football Rookie Tackle Rules with the league additions, deletions, and changes made directly to the USA Tackle Rules.

20.1.1 RULE 1: The Game, Field, Players, and Equipment

20.1.2: Field directors shall not overrule the official's decisions except in the case of the misinterpretation of League by-laws. In these situations the field director has final decision.

20.1.3: The playing field shall be roped off from end line to end line on both sides of the field and at least 7 yards from the side lines (if the playing field is bordered by a track, this requirement is waived). Spectators shall be restricted from crossing the rope or the outer edge of the track.

Only badged coaches and players (for that game and that team), field and league officials will be permitted anywhere along the sidelines or on the players' benches.

No parents or unaffiliated personnel or persons may enter the playing field (including track perimeter) or practice field, at any time, for any reason other than to attend to an injured player which the parent or guardian is directly related to or have guardianship for (does not apply to verified trainers, medical personnel performing duties or attending to players).

20.1.4: The home team should provide benches within the team box for each team and they should be used.

20.1.5: The following game balls or equivalent shall be used: Jr. Mites/Mighty Mites-K2; Jr. Pee Wee/Pee Wee-TDJ; Sr. Pee Wee/Jr. Bantam-TDY.

20.1.6: The chains and down marker shall be provided by the home team and operated on the home side of the field. One representative from the visiting team may assist in the operation of the chains.

20.1.7: Barring any unforeseen loss or malfunction, the scoreboard clock shall be placed so as to be easily visible to the officials and both teams. The visiting team is encouraged to provide an observer timekeeper who shall be provided seating space at the timekeeper's table. The field director shall ensure that only approved personnel are allowed to be in close proximity to the timer's table so as to not distract the timer. In cases of a malfunctioning scoreboard or visible clock, the Director shall assign a scorekeeper to keep handheld time and use whatever means are available to keep both the officials and teams aware of the time situation.

20.1.8: X-players shall wear a clearly marked X on the back and centered on both sides of the helmet. If the helmet has a team emblem, the X must be distinguishable from the emblem.

OBL players shall wear a clearly marked Z on the back and centered on both sides of the helmet. If the helmet has a team emblem, the Z must be distinguishable from the emblem.

Z's and X's must be at least 4" in height and 4" in width.

20.1.9: A person with a loss of limb may participate provided that the individual has a signed statement of approval from an examining physician and that the use of a prosthetic limb is no more dangerous to players than the corresponding human limb, and does not place an opponent at a disadvantage.

20.1.10: Optional equipment such as stockings, jackets, etc. may be worn if approved by the Director. It is recommended that every team be prepared with some sort of foul weather gear.

20.1.11: Casts, splints and braces are permissible under NFHS rules. Must be padded and have

a valid physicians note approving participation.

20.1.12: No electronic communication devices of any type shall be used during a game.

20.2.0 RULE 2: Definitions

20.2.1: An "X-player" is a player that exceeds the maximum division weight allowed (see 12.2.0). By definition, X-player rules do not apply to the Bantam division. An "OBL" player is a player that exceeds the age division requirement but is allowed to participate with younger players as long as OBL weight requirements are met.

20.3.0 RULE 3: Periods, Time Factors and Substitutions

20.3.1; and Table 3-1: Length of quarters shall be 10 minutes for all divisions. Halftime shall be 10 minutes; after 7 minutes the timer shall sound the horn to indicate the beginning of the mandatory 3-minute warm up period.

20.3.2: During the second half, should the difference of scores reach 24 points, the "running clock rule" shall come into effect and remain in effect until the score difference is less than 24 points. When this rule is in effect the clock shall run continually during the quarter except: (1) during charged or officials' time-outs, or (2) all scoring plays by either team-in this case the clock shall stop after the score and restart on the officials ready whistle.

Each field may display scores on the scoreboard on blow-out games however the Director chooses. Final scores shall be reported to and posted on the web site as usual, using the actual, real and final score totals recorded by the scorekeeper.

20.3.3: The warning shall occur at approximately four minutes, two minutes and after each play when less than one minute remains.

20.3.4: The clock shall start with the ready-for-play signal after *any* change of possession (team B is awarded a new series of downs) or when either team is awarded a new series of downs following a legal kick. EXCEPTION: during the last two minutes of the second half the timing rules shall revert to the NFHS rules.

20.4.0 RULE 4: Weather delay. The WFFL follows the guidelines of the NFHS regarding lightning and delay / suspension of games. That means that if lightning is seen nearby the game must be delayed and teams removed from the field of play to safety. The game cannot be resumed until 30 minutes after the last flash of lightning is seen. Based upon schedules, field conditions and the weather conditions once a game has been delayed, the Director, League Staff and Game Officials will make the decision if and when a game is suspended for the day. Once suspended for the day, the game may either be rescheduled or called a game complete at the point it was suspended. Any game rescheduled will need to be played on a mutually agreed upon day between the Directors and League Officials. A game that is suspended part way through and rescheduled, will resume at the same point in the game at which it was suspended.

20.5.0 RULE 5: Game play and Rescheduling.

20.5.1: If a team cannot provide enough players to start (9) or continue (8) a game, the opposing team will be awarded a forfeit win. The score will be reported as it stands at the time of the forfeit if the opposing team is winning or 2-0 if there is no score at the time of forfeit or if the opposing team is losing. Any team that forfeits due to lack of players is responsible for referee fees for that game regardless of which team is the home team. Forfeits for lack of players are strongly discouraged and the forfeiting team is subject to further penalties at the discretion of the Executive Board.

20.5.2: Rescheduling of games is discouraged but may be re-scheduled for a different time than originally scheduled if approved by the Executive Board for good cause. Coaches and Directors are strongly encouraged to accommodate another team's conflict.

20.6.0 RULE 6: Kicking the Ball

20.6.1 EXCEPTION: For the Jr. Mites division no free kicks shall be used. Jr. Mite Division Only- A Scrimmage Kick (Punt), hereinafter referred to as a Freeze Punt, will be allowed at this age. A

punt shall be declared by the offensive team, once declared, cannot be changed and no fake punt is allowed. Once the ball is put into play, only the punter on the kicking (offensive) team may move and shall punt the ball, and only the receiver on the receiving team may move. All other players on both teams shall remain still. Once the ball is comes into contact with the receiving player or after striking ground and rolling, comes to a complete stop, it is declared a dead ball, placed at that point and the receiving team shall take over possession. The receiving team cannot lose possession during this maneuver. On kickoffs, the team who elects to "receive" shall put the ball in play from their 40-yard line. After a safety the ball shall be put in play by the team scoring the two points on their opponent's 40-yard line.

(see 20.11.0 for x man kicking rules-non participation)

20.7.0 RULE 7: Snapping, Handing and Passing the Ball

20.7.1: X-players: Positions at the snap: (1) all X-players shall be on their line of scrimmage and can be in any stance; 2, 3 or 4 point; (2) defensive X players shall not be outside of the tight end or the tackle on the wide receiver side of the field, but may "shade" to the outside of these two players ("shade" is defined as the Defensive player's inside shoulder can be no wider than the outside shoulder of the widest Offensive lineman); (3) offensive X-players shall not be more than three positions from the snapper (i.e., must line up as a center, guard, tackle or tight end); (4) a tight end shall be within one yard of the adjacent interior lineman. (5) JR. BANTAM division EXCEPTIONS (NON-DAVIS COUNTY): (a) on defense one X-player may play any position and is not required to be in a particular stance. (b) On offense no more than ONE X-player may line up in a pass-eligible position. See also 12.2.0

20.8.0 RULE 8: Scoring Plays and Touchback

20.8.1: Running and Passing extra points

A successful running or passing extra point try from the three-yard line shall score one point or from the five yard line shall score two points. After a touchdown is scored a member of the coaching staff of the scoring team shall notify the referee that the try will be made for one or two points. Once made, the choice cannot be changed. If the point spread is greater than 24 points, a two-point try shall not be allowed by the team ahead. Prior to a try the down marker shall indicate "1" or "2" to show the scorekeeper that the try is for 1 or 2 points, and it should be turned so that it is clearly visible to the scorekeeper.

20.9.0 RULE 9: Conduct of Players and Others

20.9.1: an X-player or OBL player wearing an improperly marked helmet; this foul shall be ruled flagrant and the player shall be ejected.

20.9.2: X-players shall not participate in a free-kick down.

20.9.3: Each team may have a maximum of five X-players and five OBL players participate during a down. X-players are restricted to certain positions (see Rule 20.7.1 above). OBL players may play any position.

20.9.4: violation of any of the provisions of this Rule 9 shall be considered flagrant and result in ejection.

20.10.0 OVERTIME PROCEDURE: If the score is tied at the end of the 4th quarter, the tie shall be resolved by the NFHS (not UHSAA) tie-breaker rules, using the following: Overtime will be administered from the ten (10) yard line. During regular season games, only 2 possessions per team shall be allowed after which if the score is tied the game shall be declared a tie. For post-season play the game shall continue until a winner is declared.

A short abbreviation of the NFHS rule is included below:

Coin toss – winner has option of going offense or defense first.

Offense gets ball, first and goal at the 10 yard line (unless a carry-over penalty is in place) and four downs to score.

Defense then becomes "offense" and has four downs to score.

Repeat if score remains tied.

Extra point rule same as regular league rule.

A defensive “stop” (4 downs with no score, fumble recovery, pass interception, etc), ball is dead, ends the offenses’ series of plays and ball goes over. Same end of field used for both teams. Two minute intermission after each team has had a series of plays. Subsequent coin tosses alternate the winner.

20.11.0 X-player rule interpretations: (See also 20.7.0)

1. Up to five X-players from each team may participate in any down except free kicks (kick-offs or kicks following a safety).
2. Formations with two X-player tight ends are NOT permissible (but only five of the linemen may be X-players). (Only 1 eligible receiver x-man allowed on the line of scrimmage) Violations are considered an illegal formation and penalized accordingly.
3. In unbalanced line formations X-players may be no more than three positions from the snapper.
4. X-player tight ends are eligible pass receivers.
5. X-player tight ends are prohibited from directly receiving a hand-off or backwards toss/pitch but may receive a shuffle pass behind the line of scrimmage.
6. Any X-player may advance any ball that he legally possesses (e.g., pass reception, interception, fumble recovery, punt reception).
7. Jr. Bantam Division Only: only one X-player may line up as a tight end, and only if there are no X-players in the backfield. One X-player may line up in the backfield provided that neither tight end is an X-player.

20.12.0 ON-FIELD COACHES: **Mitey Mite/Jr Mite** teams shall be allowed to have **one coach per team** on the field during the game to provide personal instruction for the players. All **other** coaches must remain in coaching box during games. On-field coaches shall not interfere with players and shall not give instruction during a play. If the Referee directs the coach to leave the field (e.g., for inappropriate behavior, failure to follow instructions, etc.), the coach **can** be replaced by another coach.

20.13.0 EJECTIONS: All ejections shall be administered in accordance with the Utah High School Athletic Association guidelines. The player ejection shall be noted on the *10-Play Participation Form* and that name shall be red lined for the suspended game. The Director over that team shall notify the Commissioner within 2 days for appropriate follow up. A coach or player ejected from a game shall be ineligible to participate in the next game. A second ejection during the same season shall result in the coach or player being removed from the team for the remainder of that season. An ejected coach, fan or spectator shall leave the field area, as determined by the official, league official or field Director. An ejected player may attend practice for that week and may participate.

21.0.0 MINI BOWL QUALIFICATION

21.1.0 Except for the Jr. Mite division, four teams from each region in each division (excl. Bantams) shall advance to the post-season playoffs (unless there are 8 divisions and then 2 from each division shall advance). For each division, the team compiling the best win-loss record in *region* competition* shall be declared region champion and enter the playoffs as the region # 1 seed. If the two top teams have identical records, the winner of the head to head competition shall be the # 1 seed and the loser shall be the #2 seed. If there was no head to head game, a playoff format will be determined by the Executive Board. If three or more top teams have the same record, and head to head competition is tied, playoff format shall be determined by the Executive Board. If the first place team is seed #1 uncontested, and two or more second-place teams are tied for the # 2 seed, the same format as above shall be used. Mid-week and play-in games will only be used to determine playoff eligibility, and will never be used to determine seeding if all participating teams have already qualified for the playoffs. Changes in this format, based on ties or anomalies shall be decided by the Executive Board. *NOTE: Only region games count toward playoff determination. No team shall be penalized when determining won-loss records because of unequally scheduled region games (e.g., byes or cancelled games that are unable to be made up). Every effort shall be made to complete cancelled games that have an effect on post-season qualification.

21.2.0 MINI BOWL PLAYOFF PROCEDURES: The Mini-Bowl playoffs shall proceed as per the brackets in Addendum C. First and second round of games shall be played at the site of the highest seed.

Semi-finals shall be played at sites as best determined by the Executive Board based upon location and field availability. The highest seeded team shall be the home team. If both teams are seeded the same, home team shall be determined by the North/South rotation as indicated in Addendum D. The Mini-Bowl championship game for each division shall be held at a site determined by the Executive Board. League Officers shall administer the games. An admission charge shall be imposed to offset bowl game expenses.

21.3.0 Minimum plays (10 play) rules apply in the Mini Bowl and playoff games. Failure to comply with said rule may result in the coach suspension for a future year, team/game forfeiture, association penalties or any other penalty deemed proper by the Executive Board.

21.3.0 AWARDS: The Bowl champions and runner-up teams will be awarded individual trophies/plaques from the League. Other awards may be given at the discretion of the individual Directors or the Executive Board.

22.1.0 STANDARDS OF CONDUCT (See also 11.3)

22.1.1 The standards of conduct in these rules and the related penalties are designed to maintain a fair and equitable environment. There are a few individuals involved with any program for which the concept of fairness and honesty are foreign. These standards apply to everyone involved in the WFFL: players, coaches, parents, spectators, and fans.

22.1.2 Any infraction of the by-laws, rules, policies and procedures of the WFFL or as contained in this document may be cause for forfeiture of game or games, probation and/or suspension of players, coaches, teams, or Directors, a combination of the above or any such other punishment as the Board deems appropriate under the situation.

22.1.3 Any team, coach, player, or other member of the League participating in any capacity may be placed on probation, suspended, or expelled for a period of time as determined by the Executive Board if they are found to have committed any type of unsportsmanlike act.

22.1.4 SCOUTING in any manner, including video recording, of an opponent's practice session is strictly prohibited. Persons violating this section who are in any way affiliated with any other team may subject that other team, coach or player to serious punitive action (see 22.1.0). Scouting and video recording of league games is permissible including film exchange among coaches.

22.1.5 No WFFL-affiliated person:

- shall strike or make inappropriate contact with another individual.
- shall allow or encourage an ineligible, suspended, uncertified or otherwise unqualified individual to participate in league activities.
- shall verbally encourage any player to intentionally inflict physical harm on another player, use profane or abusive language, or use gestures that are derogatory to other teams or associations.
- shall conduct themselves in an unsportsmanlike or disorderly manner.

22.1.6 COACH'S OFFENSES (See also 11.2 and 11.3) :

- Running-up the score - probation at a minimum; suspension if the conduct is found to have been intentional; and dismissal in the case of a repetitive pattern (malice).
- Endangerment of Juveniles - suspension for 1 year up to permanent suspension
- Teaching prohibited or illegal techniques - suspension for 1 year up to permanent suspension.
- Fighting - suspension for 1 day up to permanent suspension.
- Cheating - suspension for 1 year; second offense up to permanent suspension.
- Threats - suspension for 1 year; second offense up to permanent suspension.
- Lack of cooperation/obstruction - suspension until compliance is achieved, with probation for the remainder of the season.

h.1. Violation of the Mitey Mite/Jr Mite playing rule – 1st violation suspension of the head coach for 1 game; 2nd violation: suspension of the head coach for the remainder of the season.

Note: A player who is denied the required minimum number of plays shall start the next game and

play a minimum of 20 plays in that game. The failure of a convicted coach to comply with this provision will be deemed a second or third violation. See also Rule 18.6 etc.

If the violation occurs during a playoff or mini bowl game, the coach, team and/or association risk sanctions, up to and including game forfeiture and future sanctions against the coach. See 21.3.0 i. Recruiting out of district or having illegal players on a team (either during practices or games), falsifying a player participation form or residency to add illegal players, whether the illegal players have actually played in a game or not, these actions shall constitute having illegal players on a team.

Penalty - a minimum suspension of one year; the convicted coach shall remain on probation the following year, and shall not be a head coach while on probationary status.

j. Practicing on a designated “No-Practice-Night” (USU / Weber State Nights)- forfeiture of the game that follows the day that the illegal practice occurred. This is different than an “illegal practice,” which is subject to penalties under 22.1.2.

22.1.7 Drones (Unmanned Aerial Vehicles) – may be allowed to film games/practices so long as:

- 1- the head official finds that it is not disruptive to the game; and
- 2- it does not fly directly above, or pose a danger to, any player or spectator; and
- 3- the operator of the drone is of legal age.
- 4- and the operation of drones is allowed in that city, county or jurisdiction.

23.0.0 SOCIAL FUNCTIONS: The league encourages sponsorship of pep clubs, award banquets, parent participation, game concessions, or other activities which build and aid the league or teams in a constructive way.

Any and all fundraising must be coordinated through the Association Director. Teams may NOT do their own fundraising or ask the players and/or parents for additional funding for any reason without the knowledge and approval of the Director.

Even if fundraising is allowed by the Director, outside fundraising cannot be mandatory, no sales quotas or requirements can be set and those wishing not participate CANNOT be punished or have playing time threatened, reduced or affected in any way.

24.0.0 CONCUSSION POLICY

Rule

- A player who has demonstrated signs, symptoms or behaviors consistent with concussion to any coach, Director, League officer, another player or official, shall be removed immediately from the contest or practice and shall not return to play or practice until cleared by an appropriate health-care professional. The player and their parent/guardian shall be provided with the “Post Concussion Instructions and Return to Play Clearance Form”.

Role of the contest official in administering the rule:

- Officials are to review and know the signs, symptoms and behaviors consistent with a concussion.
- Officials are to direct the removal of a player who demonstrates signs, symptoms or behaviors consistent with concussion from the contest according the rules and protocol regarding injured contestants for the specific sport.
- Officials have no other role in the process. The official does not need to receive clearance for an player to re-enter the contest.

Role of Association Director or league official in administering the rule:

- All coaches, athletic trainers, and administrative personnel are required to complete a course dealing with concussion prior to working with student/athletes. The course *Concussion in Sport* is available free of charge at www.nfhslearn.com satisfies this requirement. Association Director and league officials will ensure compliance.

~~Appropriate health-care professional:~~

- ~~An appropriate health-care professional is one who is trained in the management of concussion and who is licensed under Utah Code, Title 58, Division of Occupational and Professional Licensing Act; and may evaluate and manage a concussion within the health care provider’s scope of practice.~~

24.1.0 MEDICAL OVERSIGHT

- 24.1.1 An appropriate healthcare professional includes any actively licensed physician (MD/DO), nurse practitioner, physician assistant, paramedic and athletic trainer acting within their respective scope of practice who is trained in concussion recognition and management.
- 24.1.2 Each Association is required to have a designated appropriate healthcare professional present at all home games in which the Association has one or more participating team.
- The designated or alternate healthcare professional shall not be "on-duty" for any agency or entity for which they may be expected to leave their post as the designated healthcare professional.
 - In the event the designated healthcare professional is unavailable, an alternate appropriate healthcare professional may substitute in their place.

ADDENDUM A: REGION COMPOSITION:

<u>REGION # 1</u>	<u>REGION # 2</u>	<u>REGION # 3</u>	<u>REGION # 4</u>
Farmington	Clinton	Roy	Sky View
Kaysville	West Point	Plain City	Logan
Layton	Wash. Terrace	N. Ogden	Mtn. Crest
Syracuse	So. Ogden	Ogden	Brigham City
	Morgan	West Haven	Bear River
	Clearfield		Ridgeline
			Green Canyon

NOTE: From time to time it may be necessary to move teams from one region to another in order to rebalance region composition. The Executive Board shall make this determination after registration is completed.

25.0.0 Non- Contact Flag Football By-Laws

Teams Teams will consist of generally 8-12 players, seven (7) players will play on the field. Play may begin with four (4) players, but four (4) will be considered a forfeit if at halftime more players have not arrived, however, the game will continue for fun and practice.

Formation All offensive players are eligible pass receivers. The ball must be clearly snapped to and in the sole possession of an offensive player other than the center. ***A legal snap can be between the legs or to the side – must stay onside.***

Equipment Official game ball will be a junior sized leather ball (TDJ) for 3rd/4th and youth sized ball (TDY) for 5th/6th. **Jersey's must be reversible.** Metal cleats or spikes are not permitted. Small rubber cleats are recommended. No bare feet or stocking feet will be allowed. Flag length will be designated and issued by the city. Flag's can be Clip/snap/Velcro. Belts and flags must be visible and worn at waist level on each side. No player may tamper or alter his/her flags in any way. Shirts must be tucked in. No pockets allowed. **Flags cannot be the same color as shorts/pants/jerseys.**

Game Length The game will consist of two 20 minute halves with a running clock. The clock shall stop during the last minute of each half for penalties, incomplete passes, changes in ball possession, or play going out of bounds (exception – clock will continue to run if there is a 24 point difference in the 2nd half). Half time will be 2-3 minutes in length. Each team will be allowed four (4) one-minute time-outs that can be used at any time during the game **(unless your team is ahead by 24 or more points)**. Players must stay on the playing field during time-outs.

- Putting ball in play** The offensive team has 30 seconds to put the ball in play.
- Substitutions** Substitutions shall be unlimited, but may occur on dead balls only.
- Scoring** A touchdown is 6 points. The point after touchdown (PAT) will be attempted from the three yard line for one point or from the ten yard line for two points. The offensive team will be required to notify the head official of their choice. **Point after is dead if pass is intercepted.** Safety: two points will be awarded if the defensive team forces the ball to be downed behind the offensive team's goal line by fumbling or being downed.
- Kick Off** No Kick Off – The offensive team will start the game with the ball on the 20 yard line. **Offense/Defense to start the game determined by pregame coin flip.**
- First Down** First downs - to keep possession of the ball, the offensive team must advance the ball past the next zone line in four downs. As soon as the ball is advanced over the zone lines, the following down is a first down. A ball on the line is considered in the more forward zone.
- Neutral Zone** The distance between the offensive and defensive lines at the beginning of a play shall be 3 yards if the ball is outside the defensive team's 20 yard line and 1 yard if the ball is inside the defensive team's 20 yard line.
- Diving, spinning, No Diving of any kind is allowed.** Offensive players may not dive to advance the ball or score. Defensive players may not
- Jumping, dive for offensive players flags – both officials judgement. Spinning, jumping results in immediate dead**
- Stripping the ball. The defense cannot intentionally strip the ball from an offensive player.**
- 4th down/Punting** On 4th down the offensive team has 2 choices: 1. Go for the 1st down 2. Freeze punt the ball to the other team. The 4th down decision must be announced to the official prior to beginning the play. The official shall then notify the other team of the decision, so they may get into the appropriate formation. If punt is declared, it cannot be changed and no fake punt is allowed. Once the ball is snapped, only the punter on the kicking (offensive) team may move and shall punt the ball. Only the receiver on the receiving team may move. All other players on both teams shall remain still. Once the ball comes into contact with the receiving player (caught) or after striking the ground and rolling to a complete stop, the ball is declared dead. The receiving team cannot lose possession during a freeze punt.
- Forward Pass** One forward pass can be made prior to crossing the line of scrimmage. All players on the field are eligible to receive or intercept passes. If a player has lost his/her flags and catches a pass, the ball will be downed where the ball is caught.
- Blocking** All offensive players are eligible to receive a forward pass and only three (3) players can be in the backfield blocking. A blocker on the line of scrimmage is allowed one extension of their arms to block a player. If not on the line of scrimmage, a player may block for his/her runner or passer by using a screen block. **No contact should take place.** If a blocker uses his/her arm, elbows, legs, lowers his/her shoulder or leaves his /her feet, it is an illegal block. Stiff-arming, **spinning**, and jumping are NOT allowed. A runner may not guard/**block** the flag in any manner. **Unintentional contact may occur – there is a difference between unintentional contact and illegal contact.**
- Dead Balls**
1. A player is down once one of his/her knees **or body** contacts the ground – **a hand on the ground to maintain balance is not down.**
 2. In removing the flag or stopping the ball, a defensive player should pull the flag and immediately set it on the ground.

3. If at any time the belt of the ball carrier falls off, the ball carrier is down and the ball is dead.
4. All fumbles are dead the moment the ball contacts the ground. Possession of the ball remains with the team who had possession last. Exceptions: fumble on 4th down prior to making a 1st down; fumble in own end zone is a safety.
5. If the ball is fumbled on any snap or any play other than a punt, the ball is dead and the down is lost. If the snap is fumbled on 4th down the ball changes possession and play continues from that spot. If the ball is fumbled on a punt snap, the ball may be picked up and punted.
6. ***Inadvertant whistle – ball is dead, play is over as soon as the whistle blows.***
7. ***Dual possession on a pass – ball is dead and offense keeps the ball (no fighting for possession).***

Overtime **Overtime will not be played during regular season play, only in the end of season tournament.** Overtime will begin with a coin toss with the winning team deciding to go first or second. The ball will be placed on the 40 yard line and the offensive team will have the opportunity to advance the ball as far as possible within four (4) downs. The defensive team will then gain possession of the ball where the offensive team left off and will need to advance the ball farther than the offensive team. Interceptions – ball is dead and the defensive team gains possession at the line of scrimmage of the play that resulted in the interception. In the event that both teams score, the overtime period will be repeated. **Each team will be allowed one (1) timeout in overtime.**

Conduct No player, coach, or spectator shall act in an unsportsmanlike manner ***during the game, at halftime, or after the game.*** Examples are, but not limited to:

- a- Using profanity, insulting or vulgar language or gestures.
- b- Intentionally kicking at, swinging at, or pushing any player, spectator, coach or official.
- c- Harassing, insulting or badgering any official, coach, spectator, or player.

Coaches All coaches must stay on their respective sidelines during all games.

Sportsmanship All cities participating in this Flag Football program are committed to providing a quality recreational sport program in a spirit of sportsmanship and fellowship for all of our families, friends and neighbors. It is expected that all players, coaches, parents and spectators will strongly adhere to all rules of play and etiquette involving the program. After each game a sportsmanship score will be given to each team. A team will be given between 1 and 5 points. If a team simply does nothing wrong they will be given a 4. The 5th point must be earned by positive behavior (Examples: congratulating other team for a good play, helping up opposing team members, etc.) Teams must average 3 points per game to qualify for post season play.

ADDENDUM B: DISTRICT BOUNDARIES

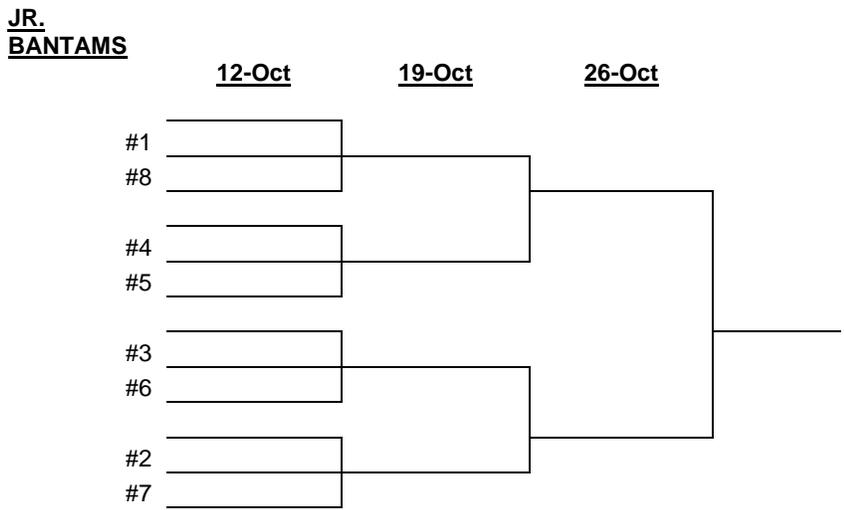
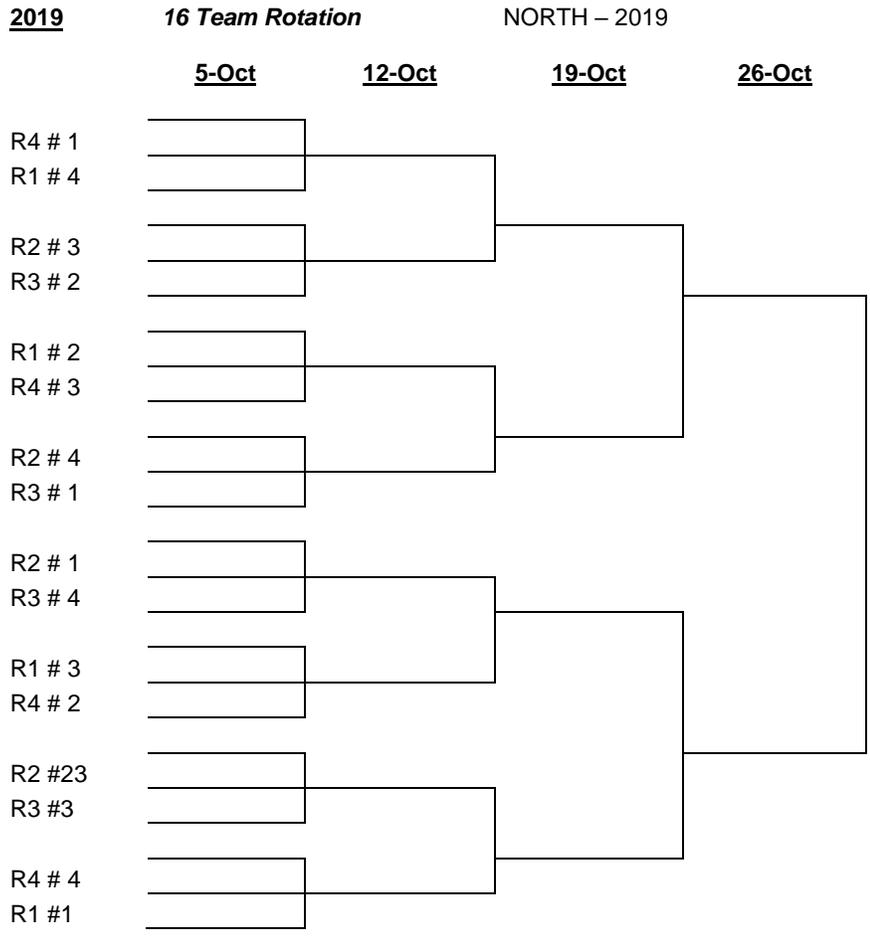
- NORTH OGDEN: All of North Ogden and Pleasant View City boundaries, plus Weber High School boundary within Harrisville city limits. All of Eden, Liberty, Greenhill Co. Estates, Evergreen & Sunridge Estates, Idlewild Townsite, Hermitage, Wildwood and Huntsville City boundaries, including Ogden Canyon to the mouth of Ogden Canyon.
- OGDEN: All of Ogden City boundaries.
- SOUTH OGDEN: All of South Ogden City, Uintah, Uintah Highlands and South Weber City boundaries.
- WASH. TERRACE: All of Washington Terrace and Riverdale city boundaries.
- BEAR RIVER: All of Plymouth, Deweyville, Fielding, Elwood, Garland, Beaver Dam, Tremonton, Thatcher, Bothwell, Portage, Riverside, Collinston, Penrose, Snowville, Park Valley, Grouse Creek and Howell City boundaries, including Malad and Stone, ID. In unincorporated BE County, all players north of 6800 North.
- BRIGHAM CITY: All of Bear River City, Honeyville, Corinne, Brigham City, Mantua, Perry and Willard City boundaries. In unincorporated BE County, all players south of 6800 North.
- LOGAN: All of Logan City boundaries.
- MOUNTAIN CREST: All of Petersborough, Mendon, Wellsville, Mt. Sterling, Hyrum, Avon and Paradise City boundaries.
- SKY VIEW: All of Hyde Park, Smithfield, Richmond, Cove, Lewiston, Cornish, Clarkston, Trenton City boundaries, including Franklin and Bear Lake Counties, ID.
- CLEARFIELD: All of Clearfield city and H.A.F.B. base housing boundaries.
- FARMINGTON: All of Farmington city boundaries and South to the Davis County border.
- KAYSVILLE: All of Kaysville and Fruit Heights city boundaries (including all unincorporated Davis County residences located within the zip code boundaries of 84037).
- LAYTON: All of Layton city boundaries (including all unincorporated Davis County residences located within the zip code boundaries of 84041).
- WEST POINT: All of West Point city boundaries.
- MORGAN: All of Morgan County boundaries (Morgan, Como Springs, Littleton, Milton, Stoddard, Richville, Porterville, Whites Crossing, Taggart, Croydon, Devils Slide, Mountain Green, Peterson, Enterprise).
- PLAIN CITY: All of Plain City, Farr West, Marriott/Slaterville, Warren city boundaries, plus Harrisville city boundaries excluding Weber High School boundary. Also parts of West Warren and West Weber South until the North side of State Rd 39.
- RIDGELINE: Young Ward, College Ward, Nibley, Millville, Providence and River Heights City Boundaries
- ROY: All of Roy city boundaries and the part of Hooper city boundaries East of 5100 west, including the East side of that boundary, excluding 5100 West South to 5850 S. then East to 4950 W. then South to the Davis County Border.
- CLINTON: All of Clinton and Sunset city boundaries.

SYRACUSE: All of Syracuse city boundaries.

WEST HAVEN: All of West Haven and Taylor city boundaries, parts of West Warren and West Weber North until the South side of State Road 39. All of Hooper city boundaries except East of 5100 W.,, including the East side of that boundary (includes unincorporated Hooper/Davis County), plus 5100 West South to 5850 S. then East to 4950 W. then South to the Davis County Border.

GREEN CANYON: All of North Logan, Hyde Park, Benson, Newton, Clarkston, Amalga, and Cache Junction City Boundaries.

ADDENDUM C: MIMI BOWL PLAYOFF BRACKETS with Home Team (North/South) listed. Note: Bracket illustrations are based upon a 16 team playoff format. Playoff brackets will be determined by the Executive Board.



This will vary depending on the number of teams registered.

ADDENDUM D: associations in order of furthest North to South:

NORTH

Sky View
Green Canyon
Logan
Bear River
Ridgeline
Mountain Crest
Brigham
North Ogden
Plain City
Ogden
West Haven
Roy
Washington Terrace
South Ogden
North Summit
Morgan
Clinton
West Point
Clearfield
Syracuse
Layton
Kaysville
Farmington

SOUTH

ADDENDUM E: ASSOCIATION COLORS

<u>Association</u>	<u>Colors</u> (First color is primary jersey color)
Bear River	Red and Red
Brigham City	Purple and Black
Clearfield	Forest Green and Vegas Gold
Clinton	Royal Blue and White
Farmington	Teal, Silver and Black
Green Canyon	Green with Silver and Black
Kaysville	Charcoal White with Vegas Gold
Layton	Navy Jersey with Silver and White numbers
Logan	Red with Vegas Gold
Morgan	Maroon and White
Mt. Crest	Orange and Blue
North Ogden	Red and Black
Ogden	White and Weber State Purple
Plain City	Royal Blue with White Numbers
Roy	White with Yellow
Ridgeline	Silver, green, blue (Light gray jersey, Navy blue pants)
Sky View	Light Blue with Black and Gold
South Ogden	Red with Black and White
Syracuse	Black
Wash. Terrace	Navy Blue with Yellow
West Point	Gray with Black Pants
West Haven	Charcoal Gray with Maroon Numbers and Black Pants

ADDENDUM F: SPECTATOR SUPPORT ITEMS.

Only those items marked YES shall be allowed as spectator support items at WFFL sponsored events. Sportsmanlike vocal cheering and support is encouraged. Unsportsmanlike behavior shall not be tolerated.

ITEM	ALLOWED	STIPULATIONS
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Balloons	YES	Must be kept outside the restraining ropes.
Banners	YES	Must be positive and welcoming to both teams. No unsportsmanlike comments or designs.
Corporate Sponsor Signs	YES	
Hand held signs of any size	YES	Must be positive and welcoming to both teams. No unsportsmanlike comments or designs
Confetti/Shredded paper	NO	
Laser light pointer	NO	
Miniature sports balls thrown to fans	YES	Must be kept off the playing field.
Megaphones (non-electric)	YES	Non-electric, hand held.
Artificial noise makers, (horns, cowbells, bells, buzzers, clickers)	YES	Small air horns are acceptable. Large air horns are not permitted.
Whistles	NO	
Decorated shirts	YES	Unless obscene or vulgar
Paper banners for team to run through	YES	Must be positive and welcoming to both teams. No unsportsmanlike comments or designs
Pom-Poms, shakers, spirit towels	YES	
Recorded music over PA system	YES	With approval of the home field Director. Music must be free of obscene or vulgar language.
Personal boom boxes/stereos	NO	
Large air horns/Sirens	NO	
Cannons/muskets/guns	NO	