

# South Portland Youth Football League

## By-Laws

Revised on **March 29, 2010**

### **Article 1: CONSTITUTION**

#### **Item A: The Entity**

The entity shall be known as the greater South Portland Youth Football League and for this document as SPYF.

#### Article II: Intentions

The objective of the South Portland Youth Football shall be to implant firmly in the children of the community ideals of good sportsmanship, honesty, loyalty, courage and respect for authority, so that they may be well adjusted, stronger and happier children and will grow to be decent, healthy, and trustworthy citizens.

#### **Item B: Area of Operation**

The league will be made up of teams from South Portland.

#### **Item C: Area of Responsibility**

The SPYF Director shall have the following powers in addition to expressly or implicitly confer on it by law set forth.

**Sub Item 1:** To make and enforce rules and regulations to govern it self on local basis. Teams that belong to SPYF will need to abide by the rules and regulations set forth by the Director of SPYF.

**Sub Item 2:** The Director will be responsible paying all MYFL dues.

### **Article II: ORGANIZATION STRUCTURE**

#### **Item A: Executive Board**

The SPYF shall be self-governing. They will be:

1. Director

## **Article III: BY-LAWS**

### **Item A: League Membership**

To be a member you must be a community-based organization that is able to fulfill the following requirements:

1. Pay dues.
2. Send Board representation.
3. Abide by the By-laws.
4. Provide a roster.
5. Each team will provide a JV, Pee Wee and a Varsity team.

### **Item B: Executive Board Duties**

1. Give suggestions to possible by-law changes.
2. Insurance Team Umbrella policy.
3. Obtain Referees and ensure they are scheduled for all games.
4. Schedule games and events.
5. Coordinate the annual Harvest Bowl.
6. Make sure Head Coaches are trained by NYSCA coaching standards.
7. Verify all team rosters to meet MYFO rules and regulations.

### **Item C: Officers Duties**

#### **The Director Shall:**

1. Preside over all meetings.
2. Call all meetings of the SPYF Board.
3. Be an ex-officio member of all committees.
4. Enforce all By-Laws and directives.
5. Request volunteers for appointment for standing and special committees.

6. Pay all bills by check, and keep a record of all money correctly.
7. Must follow meeting order and present an agenda.
8. Dismiss SPYF coaches for non-compliance.

#### **Article IV: Rules**

##### **Item B: Grades**

1. All kids in grades 2, 3, 4, 5 and 6.
2. Twelve years old are eligible to play provided that they do not turn 13 years old before November 1<sup>st</sup> of the current year.

##### **Item C: Teams**

1. League will be comprised of South Portland teams.
2. SPYF will divide teams according to the Middle School they will be attending.
3. Varsity squads are made up of 5<sup>th</sup> and 6<sup>th</sup> graders. J.V. squads are made up of 4<sup>th</sup>, and 5<sup>th</sup> graders. Pee Wee Squads are made up of 2<sup>nd</sup> and 3<sup>rd</sup> graders.
4. Once the season starts a player cannot change teams.
5. A player cannot be added to the team once the first game of the season starts.
6. Any player in the 5<sup>th</sup> grade that is 12 years old must have the permission of the opposing teams coach to play in the JV game prior to the game.

##### **Item D: Equipment**

1. JV teams will use a Youth or Junior or Pee Wee size football.
2. Varsity teams will use a Youth or junior size football.
3. All players will use mouthpieces at all times.
4. No metal cleats on the shoes will be allowed.

### **Item E: Rules and Regulations**

Rules and Regulations will be Maine High School Rules, with the exception of The MYFL rules.

### **Item F: Preseason practice**

**Sub item 1:** No practice may commence prior to August 1 of the current season. However, all teams must commence by the third Monday in August.

**Sub item 2:** There will be no double session practices.

### **Item G: Practices**

After Labor Day, practice is restricted to three (3) days. The Sunday prior to the first full week of school shall begin the shorter practice schedule. No team shall Practice more than three (3) nights per week for a maximum of two (2) hours per day excluding warm up and break time. Team meetings excluded.

### **Item H: Coaches**

1. All teams are required to have a minimum of one certified NYSCA (National Youth Coaches Association) Coach at all games.

### **Item I: Game**

1. Both the varsity and J.V. games will have 8-minute quarters, with stop time.
2. During the varsity game, one Coach will be allowed on the field. They cannot be more than five yards from their sidelines.
3. For J.V. games, up to two Coaches will be allowed on the field and must be positioned behind the offensive and defensive line, in such a manner, not to interfere with the field of play.
4. Overtime period will consist of each team having four plays from the ten-yard line. Whoever scores the most points wins. There will be a limit of 2 overtimes. Overtime will be played by varsity teams only.

## **Item K: Weight Rule**

1. Varsity: No one weighing more than 135 lbs. may be in the offensive backfield or run the football. An end weighing more than 135 lbs. may receive a pass that crosses the line of scrimmage.

2. J.V.: No one weighing more than 115 lb. may be in the offensive backfield or run with the ball or receive a pass.

3. Players will be weighed in equipment before the season starts by coaches. Helmets will be excluded from the weigh-in.

## **Item L: Game Rules**

### **Sub Item 1: Ejection's**

Coaches ejected from a game will be suspended for the next game.

Coaches ejected twice will be suspended for the remainder of the season.

### **Sub Item 2: Kicking Game**

Varsity: There will be a kicking game at the varsity level for kickoffs with punting being optional. If you are to punt, you must declare it. If a punt is declared there will be no rushing the punter. Also, on declared punts all offensive linemen must be covered by a defensive lineman. A Coach has a choice to have a player kick or have the referee march the ball off 25 yards from the line of scrimmage. You cannot declare an automatic punt if the ball is inside the other teams 40-yard line. If a punt is declared, there will no runoff of the game clock from the time the punt is declared. The clock is stopped at the time the punt is declared.

### **Sub Item 3: Extra Points and Field Goals**

The defense will be allowed to rush an extra point try. There will be no center snap of the ball. The holder will hold the ball in the air. Then the holder will use the cadence of "Down-Set-Hut" The defense can rush the kicker. If a team wants to attempt to kick the extra point, the PAT would be worth 2 points.

### **Sub Item 4: J.V. Kicking Game**

There will be no kicking game at the J.V. level. The team that wins the coin toss will start at their own 40-yard line.

If a punt is declared, the ball will be moved 25 yards. You cannot declare a punt if the ball is inside the other teams 40-yard line. If a punt is declared, there will no

runoff of the game clock from the time the punt is declared. The clock is stopped at the time the punt is declared.

**Sub Item 5: Line Splits**

Offensive lineman must be lined up not more than fingertips to fingertips from tackle to tackle.

**Sub Item 6: Defensive Rules**

a. Defensive Alignment: Players from tackle to tackle are to be lined up head to head. Linebackers inside the tackles are 5 yards back from the line of scrimmage at the snap of the ball. All other defensive positioning is at the discretion of the defensive team. A team violating these rules will be penalized 5 yards.

b. All Linebackers can line up within two yards of the line of scrimmage when the offensive team is on or within your five-yard line.