

2017
25th ANNIVERSARY
PACIFIC YOUTH FOOTBALL LEAGUE
“P.Y.F.L.”

OFFICIAL RULES

Est. 1993

Chapter Members

AGOURA/OAK PARK CHARGERS

BURBANK VIKINGS

CAMARILLO ROADRUNNERS

CALABASAS RAVENS

FILLMORE BEARS

HIGHLAND BULLDOGS

MOORPARK MUSKETEERS

NORTH OXNARD WARRIORS

OJAI EAGLES

OXNARD PANTHERS

PALMDALE FALCONS

SANTA BARBARA SHARKS

SANTA CLARITA VALLEY WARRIORS

THOUSAND OAKS TITANS

VENTURA PACKERS

WEST LANCASTER EAGLES

WEST VALLEY REBELS

☆ EASTSIDE LANCASTER LIONS

☆ VALLEY RAIDERS

☆ Probationary Period – Associate Chapter

(Rev. 02/07/17)

PACIFIC YOUTH FOOTBALL LEAGUE, ESTABLISHED 1993

The league was founded and established by dedicated and hard-working coaches and parents that volunteered their time to organizing and running the league, and at the same time, coaching or parenting their child in the program.

Board members work hard, for 10-80 hours a month, depending on the month, and for two to ten year stints, or more, and all for free. The non-voting positions they hold on the board are to help the league prosper by making the proper decisions to maintain its integrity. The people who volunteer their time are committed to their responsibilities and obligations and carry them out to their fullest.

In order to acknowledge these people for their years of volunteer service and commitment to the league, their name and position(s) held will be forever contained within the PYFL By-laws.

Founding Member:

These are individuals who were involved in the founding of the Pacific Youth Football League in 1993. Founding Members shall be given all the rights and privileges of a permanent League Member Representative as long as they have maintained the conduct, values, integrity and honor as defined in these By-Laws by the League.

The Founding Members of the PYFL are:

Brad Doliver, Verne Merrill, John Dodson, Bob Josker, Mark Harwick, Ron Brattin, Dick White, and George Roberts.

Life Member:

An individual who has completed **four (4) years of service** on the Executive Board as any combination of the following: Elected Executive Board Officer, or Chapter Member-At-Large. Life Members shall be given all the rights and privileges of a permanent League Member Representative as long as they have maintained the conduct, values, integrity and honor as defined in these By-Laws by the League.

The Life Members of the PYFL are:

Brad Doliver, Verne Merrill, John Dodson, Bob Josker, George Roberts, Tony Godinez, Shari Brien, Terry Blythe, Mike Coons, Bob Costanza, Bryan Nuesca, Tony Calfo, Matt Rosene, Ron Brattin, Mark Harwick, Lynn La Rocque, Peggy Ford, Rett Hicks, Robert Baca, David Winter, Dominic Walker, Nichole Ransom

Executive Board Positions:

1993

President	Brad Dolliver
Vice President	Dick White
Athletic Director	Chuck Purcell
Secretary	Al Wassersug
Treasurer	Stephanie Rogers
Insurance Comm	
Member-At-Large	Mark Harwick

1994

President	Brad Dolliver
Vice President	Dick White/Ron Brattin
Athletic Director	Chuck Purcell/Dick White
Secretary	Al Wassersug
Treasurer	Stephanie Rogers
Insurance Comm	
Member-At-Large	Mark Harwick

1995

President	Brad Dolliver
Vice President	Ron Brattin
Athletic Director	Dick White/Verne Merrill
Secretary	Lynn La Rocque
Treasurer	Peggy Ford
Insurance Comm	
Member-At-Large	Mark Harwick

1996

President	Ron Brattin
Vice President	George Roberts
Athletic Director	Verne Merrill
Secretary	Lynn La Rocque
Treasurer	Peggy Ford
Insurance Comm	
Member-At-Large	Mark Harwick

1997

President	Ron Brattin
Vice President	George Roberts
Athletic Director	Verne Merrill
Secretary	Lynn La Rocque
Treasurer	Peggy Ford
Insurance Comm	
Member-At-Large	Mark Harwick

1998

President	George Roberts
Vice President	Bob Josker
Athletic Director	Verne Merrill
Secretary	Lynn La Rocque
Treasurer	Peggy Ford
Insurance Comm	
Member-At-Large	Mark Harwick

1999

President	George Roberts
Vice President	Bob Josker
Athletic Director	Verne Merrill
Secretary	Lynn La Rocque
Treasurer	Matt Rosene
Insurance Comm	
Member-At-Large	Mark Harwick

2000

President	Bob Josker
Vice President	John Dodson
Athletic Director	Verne Merrill
Secretary	Louis Hernandez
Treasurer	Todd Zimmerman
Insurance Comm	
Member-At-Large	Mark Harwick

2001

President	Bob Josker
Vice President	John Dodson
Athletic Director	Verne Merrill
Secretary	Tony Calfo
Treasurer	Todd Zimmerman
Insurance Comm	
Member-At-Large	Mark Harwick

2002

President	Bob Josker
Vice President	John Dodson
Athletic Director	Verne Merrill
Secretary	Tony Calfo
Treasurer	Mike Coons
Insurance Comm	Bryan Nuesca
Member-At-Large	Mark Harwick

2003

President	Bob Josker
Vice President	Matt Rosene
Athletic Director	Verne Merrill
Secretary	Tony Calfo
Treasurer	Mike Coons
Insurance Comm	Bryan Nuesca
Member-At-Large	Mark Harwick

2004

President	Bob Josker
Vice President	Matt Rosene
Athletic Director	Verne Merrill
Secretary	Tony Calfo
Treasurer	Mike Coons
Insurance Comm	Bryan Nuesca
Member-At-Large	Tony Godinez

2005		2011	
President	Bob Josker	President	Tony Godinez
Vice President	Matt Rosene	Vice President	Terry Blythe
Athletic Director	Verne Merrill	Athletic Director	Verne Merrill
Secretary	Tony Calfo	Secretary	Shari Brien
Treasurer	Mike Coons	Treasurer	Mike Coons
Insurance Comm	Bryan Nuesca	Insurance Comm	Kelly Mungary
Member-At-Large	Tony Godinez	Member-At-Large	Dirk Riccardelli, Kurt Tauchert
2006		2012	
President	Bob Josker	President	Tony Godinez
Vice President	Matt Rosene	Vice President	Shari Rogers
Athletic Director	Verne Merrill	Athletic Director	Verne Merrill
Secretary	Tony Godinez	Asst Athletic Director	Terry Blythe
Treasurer	Mike Coons	Secretary	Dirk Riccardelli
Insurance Comm	Bryan Nuesca	Treasurer	Mike Coons
Member-At-Large	Tony Calfo	Insurance Comm	Bryan Nuesca
		Member-At-Large	Robert Baca, Clinton Stokes
2007		2013	
President	Rett Hicks	President	Terry Blythe
Vice President	Matt Rosene	Vice President	Shari Brien
Athletic Director	Verne Merrill	Athletic Director	Verne Merrill
Secretary	Tony Godinez	Secretary	Bob Costanza
Treasurer	Mike Coons	Treasurer	Mike Coons
Insurance Comm	Bryan Nuesca	Insurance Comm	Bryan Nuesca
Member-At-Large	Tony Calfo	Member-At-Large	Robert Baca, Darin Holt, David Winter, Dominic Walker Clinton Stokes
2008		Executive Assistant	Tony Godinez
President	Rett Hicks		
Vice President	Tony Calfo		
Athletic Director	Verne Merrill		
Secretary	Tony Godinez		
Treasurer	Mike Coons		
Insurance Comm	Bryan Nuesca		
Member-At-Large	Lori Brevig, Terry Blythe		
2009		2014	
President	Rett Hicks	President	Terry Blythe
Vice President	Tony Calfo	Vice President	Tony Godinez
Athletic Director	Verne Merrill	Athletic Director	Verne Merrill
Secretary	Tony Godinez	Secretary	Nichole Ransom
Treasurer	Mike Coons	Treasurer	Mike Coons
Insurance Comm	Kelly Mungary	Insurance Comm	Bryan Nuesca
Member-At-Large	Matt Rosene, Lori Brevig, Terry Blythe, Anthony Matus	Member-At-Large	Robert Baca, David Winter, Bob Costanza, Dominic Walker
2010		2015	
President	Rett Hicks	President	Terry Blythe
Vice President	Tony Calfo	Vice President	Tony Godinez
Athletic Director	Verne Merrill	Athletic Director	Pulu Aina
Secretary	Tony Godinez	Secretary	Bob Costanza
Treasurer	Mike Coons	Treasurer	Nichole Ransom
Insurance Comm	Kelly Mungary	Insurance Comm	Bryan Nuesca
Member-At-Large	Terry Blythe, Anthony Matus	Member-At-Large	Robert Baca, David Winter, Dominic Walker

2016

President

Vice President

Athletic Director

Secretary

Treasurer

Insurance Comm

Member-At-Large

Tony Calfo

Tony Godinez

Ram Medina

Bob Costanza

Nichole Ransom

Amanda Cardenas

David Winter, Robert Baca,
Bryan Nuesca, David Barrera,
Dominic Walker

2017

President

Vice President

Athletic Director

Secretary

Treasurer

Insurance Comm

Member-At-Large

Tony Calfo

Tony Godinez

Ram Medina

Nancy Anguiano

Nichole Ransom

Amanda Cardenas

2017 PYFL SUPER BOWL HISTORY

Chapters that have Hosted Super Bowls

(4) Thousand Oaks	2005, 2006, 2012, 2013
(4) Santa Clarita	2007(co-hosted), 2008, 2015, 2016
(3) Camarillo	1993, 1998, 2002
(3) Ventura	1996, 2004, 2011
(2) Fillmore	1994, 2001
(2) Westlake	1995, 2000
(2) Newbury Park	2009, 2010
(1) Simi Valley	1997
(1) Channel Islands	1999
(1) Moorpark	2003
(1) Agoura	2014

Chapters with the Most Super Bowl Appearances

- #1 Santa Clarita (44)
1993, 1994(2), 1996, 1997(2), 1998(2), 1999, 2000(2), 2001, 2004(2), 2005(2), 2006(3), 2007(2), 2008(3), 2009(4), 2010(5), 2011 (2), 2014 (2), 2015, 2016 (4)
- #2 Channel Islands/North Oxnard (43)
1993(4), 1994, 1995(2), 1996, 1997, 1998, 1999(3), 2000, 2001, 2002, 2003, 2007(2), 2008(2), 2009(3), 2010(2), 2011(4), 2012(3) 2013 (3), 2014 (2), 2015, 2016 (4)
- #3 Ventura (27)
1993, 1995(2), 1996(3), 1997(2), 1998(2), 1999, 2000, 2001, 2003, 2004(3), 2006(2), 2007, 2008, 2011, 2012, 2013, 2015 (3)
- #5 Camarillo (14)
2002, 2005(2), 2006, 2007, 2008(2), 2009(2), 2013, 2014 (2), 2015 (2)
- #4 Simi Valley (13)
1994(2), 1995(2), 1996, 1997, 1998(2), 2000(2), 2001, 2002, 2003

Chapters with the Most Super Bowl Wins

- #1 Santa Clarita (25)
1994, 1998(2), 1999, 2000, 2001, 2002(2), 2004, 2005, 2006(2), 2007(2), 2008(2), 2009, 2010 (3), 2011 (2), 2014, 2016 (2)
- #2 Channel Islands/North Oxnard (22)
1993(3), 1994, 1995(2), 1996, 1998, 1999(2), 2000, 2002, 2008, 2009(2), 2010, 2011 (2), 2012, 2014, 2015, 2016
- #3 Ventura (14)
1993, 1995, 1996(2), 1997(2), 1998, 2001, 2004, 2006, 2013, 2015 (3)
- #4 Simi Valley (7)
1994, 1995, 1997, 2000(2), 2001, 2003
- #5 Valley (6)
2010, 2011, 2012 (3), 2013

PYFL SUPER BOWL HISTORY

SUPER BOWL I

Saturday, December 4, 1993
CAMARILLO

Bantam Division	Ventura	20	Channel Islands	14
Junior I Division	Channel Islands	30	Santa Clarita	0
Junior II Division	Channel Islands	32	Port Hueneme	8
Senior Division	Channel Islands	14	Fillmore	0

SUPER BOWL II

Saturday, December 3, 1994
FILLMORE

Bantam Division	Santa Clarita	32	San Fernando	8
Junior I Division	Moorpark	28	Port Hueneme	0
Junior II Division	Simi Valley	24	Santa Clarita	8
Senior Division	Channel Islands	20	Simi Valley	12

SUPER BOWL III

Saturday, December 2, 1995
WESTLAKE

Bantam Division	Channel Islands	30	Fillmore	12
Junior I Division	Channel Islands	28	Ventura	6
Junior II Division	Simi Valley	24	San Fernando	8
Senior Division	Ventura	19	Simi Valley	18

SUPER BOWL IV

Saturday, December 7, 1996
VENTURA

Bantam Division	Ventura Black	8	Ventura Orange	0
Junior I Division	Conejo	8	Simi Valley	0
Junior II Division	Channel Islands	28	Santa Clarita	0
Senior Division	Ventura	35	Westpark	6

SUPER BOWL V

Saturday, December 6, 1997
SIMI VALLEY

Bantam Division	Westlake	8	Santa Clarita	0
Junior I Division	Ventura	34	Santa Clarita	6
Junior II Division	Simi Valley	20	Agoura/Oak Park	14
Senior Division	Ventura	38	Channel Islands	0

SUPER BOWL VI

Saturday, December 5, 1998
CAMARILLO

Bantam Division	Channel Islands	22	Santa Clarita	20	OT
Junior I Division	Santa Clarita	38	Simi Valley	14	
Junior II Division	Santa Clarita	20	Ventura	12	OT
Senior Division	Ventura	14	Simi Valley	6	

SUPER BOWL VII

Saturday, December 4, 1999

CHANNEL ISLANDS

Bantam Division	Santa Clarita	34	Channel Islands	14
Junior I Division	Channel Islands	6	Ventura White	0
Junior II Division	Ojai	32	Channel Islands	6
Senior Division	Channel Islands	18	Agoura/Oak Park	16

SUPER BOWL VIII

Saturday, December 2, 2000

WESTLAKE

Bantam Division	Channel Islands	6	Westlake	9	OT
Junior I Division	Simi Valley	28	Agoura/Oak Park	26	2 OT
Junior II Division	Simi Valley	22	Santa Clarita	12	
Senior Division	Santa Clarita	30	Ventura	24	

SUPER BOWL IX

Saturday, December 1, 2001

FILLMORE

Bantam Division	Ventura	14	Westlake	8
Junior I Division	Santa Clarita	14	Channel Islands	0
Junior II Division	Agoura/Oak Park	16	Moorpark	0
Senior Division	Simi Valley	20	Agoura/Oak Park	0

SUPER BOWL X

Saturday, December 7, 2002

CAMARILLO

Bantam Division	Santa Clarita	14	Moorpark	6
Junior I Division	Channel Islands	8	Simi Valley	0
Junior II Division	Santa Clarita	12	Camarillo	6
Senior Division	Agoura/Oak Park	35	Burbank	6

SUPER BOWL XI

Saturday, December 6, 2003

MOORPARK

Bantam Division	Westlake	14	Ventura	0
Junior I Division	Simi	12	Channel Islands	0
Junior II Division	Moorpark	6	Port Hueneme	0
Senior Division	Moorpark	18	Burbank	0

SUPER BOWL XII

Saturday, December 4, 2004

VENTURA

Bantam Division	Ventura	18	Simi	0
Junior I Division	Santa Clarita	14	Ventura	8
Junior II Division	Westlake	28	Santa Clarita	6
Senior Division	Thousand Oaks	24	Moorpark	0

SUPER BOWL XIII

Saturday, December 3, 2005

THOUSAND OAKS

Pee Wee Division	Canyon	30	Camarillo	6
Bantam Division	Castaic	18	Thousand Oaks	0
Junior Division	Thousand Oaks	42	Santa Clarita	16
Senior Division	Santa Clarita	28	Camarillo	0

SUPER BOWL XIV

Saturday, December 2, 2006

THOUSAND OAKS

Pee Wee Division	Agoura	40	Santa Clarita	16
Bantam Division	Santa Clarita	34	Camarillo	6
Junior Division	Ventura	30	Canyon	0
Senior Division	Santa Clarita	30	Ventura	12

SUPER BOWL XV

Saturday, December 1, 2007

CANYON COUNTRY, CASTAIC, SANTA CLARITA

Pee Wee Division	Santa Clarita	6	North Oxnard	0	OT
Bantam Division	Santa Clarita	22	Camarillo	14	
Junior Division	Canyon	40	North Oxnard	14	
Senior Division	Ventura	30	Burbank	6	

SUPER BOWL XVI

Friday, December 5, 2008

SANTA CLARITA

Pee Wee Division	Ventura	8	SCV Warriors	38
Bantam Division	North Oxnard Red	0	SCV Warriors	8
Midget Division	Camarillo Blue	15	Calabasas Black	14
Junior Division	North Oxnard Red	40	SCV Seminoles	20
Senior Division	Canyon Black	8	Camarillo Blue	6

SUPER BOWL XVII

Saturday, December 5, 2009

NEWBURY PARK

Pee Wee Division	Thousand Oaks	20	Camarillo	6
Bantam Division	North Oxnard Black	6	SCV Warriors	18
Midget Division	North Oxnard Red	28	SCV Warriors	8
Junior Division	Camarillo Blue	20	SCV Chiefs	18
Senior Division	North Oxnard Red	62	SCV Seminoles	48

SUPER BOWL XVIII

Saturday, December 4, 2010

NEWBURY PARK

Pee Wee Division	Valley	24	Newbury Park	18
Bantam Division	SCV Chiefs	28	Newbury Park Gold	0
Midget Division	North Oxnard Black	24	SCV Warriors	12
Junior Division	SCV Warriors	20	North Oxnard Red	6
Senior Division	SCV Indians	43	SCV Seminoles	14

Super Bowl XIX

Saturday, December 3, 2011

VENTURA

Pee Wee Division	North Oxnard Gray	34	Valley	16
Bantam Division	SCV Aztecs	37	Ventura Black	20
Midget Division	Valley	65	North Oxnard Red	42
Junior Division	North Oxnard Black	22	Calabasas Silver	14
Senior Division	SCV Warriors	40	North Oxnard Red	30

Super Bowl XX

Monday, December 17, 2012

THOUSAND OAKS

Pee Wee Division	Valley Black	34	North Oxnard Black	14
Bantam Division	Valley Black	18	Newbury Park Gold	0
Midget Division	Burbank Green	34	Ventura Black	6
Junior Division	ValleyBlack	38	North Oxnard Red	14
Senior Division	North Oxnard Black	37	Burbank Green	12

Super Bowl XXI

Saturday, November 23, 2013

THOUSAND OAKS

Pee Wee Division	Ventura White	30	Highland Eagles	12
Bantam Division	Highland Bulldogs	14	North Oxnard Black	0
Midget Division	Burbank Green	54	North Oxnard Red	6
Junior Division	Burbank Green	14	Camarillo	8
Senior Division	Valley	48	North Oxnard	28

Super Bowl XXII

Saturday, November 22, 2014

AGOURA

Pee Wee Division	Thousand Oaks	46	SCV Chiefs	14
Bantam Division	Highland Eagles	30	North Oxnard Black	22
Midget Division	North Oxnard Gray	20	Highland Bulldogs	0
Junior Division	SCV Redskins	40	Camarillo Balck	28
Senior Division	West Valley Purple	14	Camarillo	6

Super Bowl XXIII

Saturday, November 21, 2015

SANTA CLARITA (Valencia High School)

Gremlin Division	Burbank Black	L	Camarillo	W
Pee Wee Division	Ventura Black	8	SCV Chiefs	0
Bantam Division	Ventura	24	Calabasas	8
Midget Division	North Oxnard Black	58	Highland Eagles	20
Junior Division	Ventura White	36	Burbank White	14
Senior Division	West Valley Purple	No Contest	Camarillo	No Contest

Super Bowl XXIV

Saturday, November 19, 2016

SANTA CLARITA (College of the Canyons)

Gremlin Division	North Oxnard	14	SC Redskins	34
Pee Wee Division	North Oxnard White	0	SC Warriors	6
Bantam Division	SC Chiefs	14	Highland Eagles	24
Midget Division	SC Warriors	22	Palmdale Falcons	28
Junior Division	Highland Eagles	34	North Oxnard	28
Senior Division	Highland Bulldogs	7	North Oxnard	25

Super Bowl XXV

Saturday, November 18, 2017

TBD

Gremlin Division
Pee Wee Division
Bantam Division
Midget Division
Junior Division
Senior Division

Super Bowl XXVI

Saturday, November 17, 2018

TBD

Gremlin Division
Pee Wee Division
Bantam Division
Midget Division
Junior Division
Senior Division

Super Bowl XXVII

Saturday, November 23, 2019

TBD

Gremlin Division
Pee Wee Division
Bantam Division
Midget Division
Junior Division
Senior Division

PART I - OFFICIAL RULES

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ARTICLE I

STATEMENT OF PRINCIPLES

SECTION A – OBJECTIVE.

The objective of this program is: to inspire youth, regardless of race, color, creed, or national origin; to practice the ideals of health, citizenship, and character, to bring our youth closer together through the means of a common interest in sportsmanship, fair play, and fellowship; to impart to the games elements of safety, sanity, and intelligent supervision; and to keep the welfare of the player first, foremost, and entirely free of the adult lust for glory.

SECTION B – SPECIFIC PURPOSE.

1. To acquaint the players with the fundamentals of the game rules: passing, running, kicking, blocking, and tackling.
2. To teach through the game, sportsmanship, love of the game, and the ability to take a few knocks and bumps.
3. To promote safe play by encouraging the players to play down to the lowest age and weight division for which they qualify.

SECTION C – DIVISION FRAME WORK.

To maintain uniformity teams must fall into one of the following divisions:

GREMLIN, PEEWEE, BANTAM, MIDGETS, JUNIOR or SENIOR.

Each team so classified must be formed in accordance with the requirements as set forth in Article II of this rulebook.

SECTION D – CHAPTER DUTIES.

It shall be the duty of each Chapter to establish the necessary procedures to assure compliance with the rules contained in this book, bearing in mind that no Chapter may establish rules, which contradict the rules and regulations contained herein. Each Chapter must submit a policy statement on the rules/policies they use to form teams within their Chapter. When a player signs up at the chapter level, the chapter must put the date and time the player signs up. All signups must be open to all prospective participants on a first-come, first-serve basis.

NOTE: *In order to remain a Chapter in good standing with the PYFL all organizations must accept and meet the following standards:*

1. Obey all Rules, Regulations, and By-laws.
2. Pay all fees, fines and bills immediately upon notification.
3. Provide Game Field Commissioners and Auditors for all home games.
4. Fine/Discipline coaches as appropriate for coaching ethics violations.
5. To not allow coaches to cut or run-off weaker players.
6. Attend special meetings as called and all conference meetings.
7. Maintaining an active board capable of managing their own internal affairs, and satisfying all PYFL administrative requirements.
8. Treating visitors as if they were the home team.
9. When a player signs up at the Chapter level, the Chapter must put the date and time the player signed in order to verify the last to sign first-to-be-let-go policy of the Conference when a team is over booked.

SECTION E – TERMINOLOGY.

1. Use of the term "PYFL" in this rulebook refers exclusively to the Pacific Youth Football League
2. Use of the term "Chapter" refers to a Chapter franchised by the PYFL under such rules and regulations as are contained in the PYFL By-laws.
3. A "franchised team" is one, which has met the requirements of its Chapter and the PYFL.
4. An "associate chapter" is one, which has applied for membership in the PYFL.

ARTICLE II

PLAYER ELIGIBILITY

SECTION A – PLAYER REQUIREMENTS.

1. **MUST BE AN AMATEUR.** To be an amateur under PYFL football rules, players CANNOT:
 - A. Play for monetary benefits such as cash merchandise, or any compensation, nor compete against any professional athlete.
 - B. Compete under an assumed name or compete on any outside tackle football team during the same season. This does not however, prohibit registration of players who have been cut from school squads at the start of the season.
2. **PLAYER CONDUCT.** If a player is ejected from a game by the CIF Officials for any reason, the ejected participant's name must be printed on the PYFL score reporting form. Both participating chapters are required to report the participant in question. This participant will be categorized as an ineligible player in the next game and the rules regarding an ineligible player will apply. If he is ejected from another game he will be suspended from the PYFL for the rest of the season. The same rule applies to coaches.
3. **SCHOLASTIC REQUIREMENTS.** Every player shall be encouraged to maintain a sound scholastic record and must be a full time student in good standing (i.e., no dropouts.) A Chapter may be stricter than the PYFL, but not more lenient. If a Chapter chooses to require a C average to be maintained by their players they may do so without permission from the PYFL.

SECTION B – CERTIFICATION:

1. **AGES AND WEIGHTS**
 - A. September 1 will determine the playing age of a player for the current season.
 - B. A Gremlin player must be at least age (6) and a Pee-Wee player must be at least age (8) and forty-five (45) pounds to be eligible for participation. Players in Bantams, Midgets, Juniors and Seniors must be at least age ten (10) and fifty-five (55) pounds to be eligible for participation.
 - C. A ten (10) pound weight gain during the season is allowed based on the top weight for age based on the Chart below. "With The Exception" of: Bantams age 11, Midgets age 12 and Juniors age 13 will only be allowed a five (5) pound weight gain during the season.
 - D. A one-time Post-Season weigh-in will be held for all teams playing in the playoffs prior to the first playoff game. The location and time for the weigh-in will be scheduled to be held at the seeding meeting each year. If a player weighed greater than 10 pounds away from the max certification weight during the August certification, the player will not be required to recertify for post season. All play down players will be required to certify for the Post Season.
 - E. On the senior level, unlimited senior weight players may qualify as players who will be designated "X-Men", wearing a clearly visible X on their helmet. These players can only play interior line positions on offense and defense (Center, Guard Tackle of offense and Tackle, Nose or End on defense). These players cannot carry or catch the ball on offense, not allowed to advance a fumble or interception and cannot participate on kickoff or kick return teams. A maximum of three (3) x-men can participate at one time for each team. A player designated as an "x" remains an "x" the entire year despite any weight change during the season or prior to playoffs

SECTION B – CERTIFICATION Official Weight and Age Chart:

A player must be at least 6 years of age to be eligible for participation. For the 2017 Season, the playing age of the player is their age as of **September 1, 2017**. The player's weight and age determine the division they will play in as follows; see below table for more detail by age.

EXCEPT PLAY DOWNS: Play Downs use **December 31, 2017** to determine league age in Bantam, Midget, Junior, and Senior Divisions. Put simply, your child cannot play down (upper age) if their birthday falls between September 1, 2017 and December 31, 2017; even if they make weight.

SEE BELOW FOR PLAY DOWNS (rule change for 2017)

PYFL Weights as of January 2017

Gremlins	Pee-Wee	Bantam	Midgets	Juniors	Seniors
Age 6 Max Wt.: 100 lbs	Age 8 Max Wt.: 115 lbs	Age 10 Max Wt.: 130 lbs	Age 11 Max Wt.: 145 lbs	Age 12 Max Wt.: 160 lbs	Age 13 Max Wt.: 190 lbs
Age 7 Max Wt.: 100 lbs	Age 9 Max Wt.: 115 lbs	Age 11 Max Wt.: 75 lbs*!	Age 12 Max Wt.: 95 lbs*!	Age 13 Max Wt.: 105 lbs*!	Age 14 Max Wt.: 190 lbs
					"X" Man Unlimited Weight

No high school student, 9th grades or higher will be allowed to play, this includes any player that has successfully been promoted from or graduated from the 8th grade in June of the upcoming season. **This includes any player who is being held back voluntarily or being home schooled.** An appeal may be made to the PYFL under special circumstances for repeat 8th graders to be able to play.

*-Only allowed a 5 lbs. weight gain during the season. All others are allowed to gain 10 lbs.

!-Play downs use December 31, 2017 to determine league age.

PLAY DOWN AGE/DIVISIONS (Rule Change for 2017)
SENIOR: Age 14 (Turns 15 between 9/1/17 and 12/31/17, may not play PYFL as a 15 year old.)
JUNIOR: Age 13 (Turns 14 between 9/1/17 and 12/31/17, must play Seniors)
MIDGETS: Age 12 (Turns 13 between 9/1/17 and 12/31/17, must play Junior)
BANTAM: Age 11 (Turns 12 between 9/1/17 and 12/31/17, must play Midgets)

PW: N/A GRM: N/A

****NOTE****

Any player can play in a division higher than their age; however the player must stay below the MAX weight of that division. This includes any players that must play up due to their birthdate.

2. PHYSICAL REQUIREMENTS:

No player shall be registered or certified if he has not attained and does not maintain a sound physical condition. The attainment of a sound physical condition should be attested to by a duly qualified physician. No player is permitted to enter into any type of physical training without first obtaining health certification. Initially, any player weighing 10% or more over the maximum weight for a Division will be assigned to the next higher Division, if age allows. Any player weighing more than the maximum for a Division, but less than 10% more, may initially be assigned to either Division at the discretion of the Chapter.

3. WAIVER REQUESTS: No waivers are allowed

4. DRAFTING PROCEDURES:

A. Drafts will be held at the chapter level and be monitored by a neutral member of the chapter's board. The chapter may request a member of PYFL Executive Board to monitor if they chose to do so. The drafts will be held the Saturday BEFORE the first (1st) week of practice. This should take place after each chapter's try-outs.

If a coach feels the draft was done unfairly, they may contact the PYFL VP and request a re-draft. Each chapter's head coach is to give a copy of their team draft to a representative of their chapter, or present it themselves in person on the designated draft day and time – and hand directly to the VP of PYFL. This must be completed BEFORE the first week of practice is over, and before the second week of practice begins.

B. Head coaches have the right to keep their players from the previous year. Teams losing their Head coach may stay together in the same division as the previous year. A Head coach moving up from a lower division will have the choice of bringing his players with him or inheriting the returning team.

C. The team with the fewer returning players will have 1st pick in the draft.

D. Teams will be limited to three (3) coach's options, with these options to be taken in the 3rd, 4th and/or 5th round. Options must be declared prior to the draft excluding the head coach's son who will be declared as a returning player whether or not he has played.

E. If a coach's option is used and that player chosen was with the other team in the same division, it would then be the team with the lost player to have one pick to replace the player(s). This would be done as an additional 3rd round draft pick.

F. Teams with fewer players draft 2 for 1 beginning in the first round until the teams have an even number of players. Once an even number is achieved then all picks will be alternating until all players have been taken

G. After completion of draft, no trades can be made after 48 hours.

H. Children will be placed on a team in accordance with age & weight as specified in conference rules.

I. Additional sign-ups over the maximum number will be placed on a waiting list until vacancies occur. This will be accomplished on a first come first served basis.

J. No returning player may transfer from the player's previous team/head coach to another team/head coach within the same chapter, other than as a coach's pick, without the prior written consent of the PYFL Executive Board. A returning player desiring to make such a transfer shall submit a written request signed by such player's parents or legal guardian stating the reason(s) for such request. Any such request shall be submitted to the PYFL Executive Board no less than 24 hours in advance of the PYFL draft date and shall be submitted through the PYFL chapter in issue.

K. Teams wishing to join the PYFL from another league may join the PYFL in its entirety with the following rules:

(1) Only players from the previous year's certified roster are allowed.

(2) Boundary waiver players must be put in the draft. (If there is one for that division)

(3) Returning players for that team will be listed as the first players in the draft for that team. (If they have 15 players, they will be listed on the draft sheet 1-15 and the first pick for that team will be #16)

(4) A player from the incoming team may opt to enter the draft.

(5) No coach or player who has left the PYFL in the past is eligible to return with a new team, they must enter the draft.

(6) Team must enter the PYFL before the PYFL official draft day.

5. WEIGH-INS: A digital scale is required for weigh-ins.

6. CERTIFICATION PROCESS:

- A. The PYFL Certification Committee(s), which shall consist of the PYFL executive board, will conduct certification of all players. Procedure, time and place will be given to the Chapters no later than two weeks prior to that Chapter's Certification Day.
- B. The Conference certification process will commence within the first 3 week of August. Only certified players may continue to participate in contact football after the certification date. A player may certify before the date if they are not able to attend the scheduled certification by contacting the PYFL Vice President to make special arrangements.
- C. The PYFL will prepare a master list of all players that are ineligible (due to overweight, age, out of boundary, etc.) to play, to be given to all chapters.

(1) **Chapter Responsibilities:** (Returning player certification book) Each Chapter is expected to do everything in their power to expedite the certification process on their Certification Day. Certification will be accomplished on a team-by-team basis. Each team is to provide a typed roster for certification. Pen and ink changes will be made on the spot as necessary; ineligible players will have a line (ink on the original only) drawn through their name, and the Team Rosters will then be certified with the signature Certification Auditor. The original will go to the Vice President of the PYFL to be processed and returned. The PYFL will keep a copy. The paperwork certification will occur at least three days prior to player certification at regional sites. These sites will have a PYFL Executive Board Member present. Each Chapter will provide at least one person for each division to assist with the review of the certification documentation of neighboring chapters, as directed by the PYFL Executive Board.

(2) **Playing Age.** Proof of a new player's age must be presented at the time of initial certification. Proof of age is by State (or County) issued copy of birth certificate. If this cannot be provided then at least one of the following will be furnished:

- (a) Passport/Immigration documentation
- (b) U.S. Military Birth Registration or ID card
- (c) Federal Government Birth Certificate
- (d) County Birth Registration
- (e) Letter from school the player is attending, attesting to the date of birth of the player, by his full name, to include the names of player's parent(s) that are being carried on the school records. This letter is to be on school letterhead stationery, and signed by the principal, vice-principal, counselor, or registrar of the school. Letter must be dated.
- (f) Hospital record with the hospital seal and doctor's signature

(3) **Proof of Address.** Players must provide a utility bill to prove current address. In areas where chapters use schools and/or school district boundaries, a current report card will be required. A cell phone bill can be used to satisfy the proof of address. However under no circumstances can a bank statement, credit card, or insurance bill be used.

(4) Report Cards will be required for all Seniors and play down Juniors. . No high school student, 9th grades or higher will be allowed to play, this includes any player that has successfully been promoted from or graduated from the 8th grade in June of the upcoming season. **This includes any player who is being held back voluntarily or being home schooled.** An appeal may be made to the PYFL under special circumstances for repeat 8th graders to be able to play.

(5) **Transfers.** If a player moves during the regular season they may apply to the Chapter in which they now reside. The following season they must play for the chapter in the area, which they reside.

NOTE: *In these instances the PYFL Vice President and Athletic Director will be notified in writing immediately.*

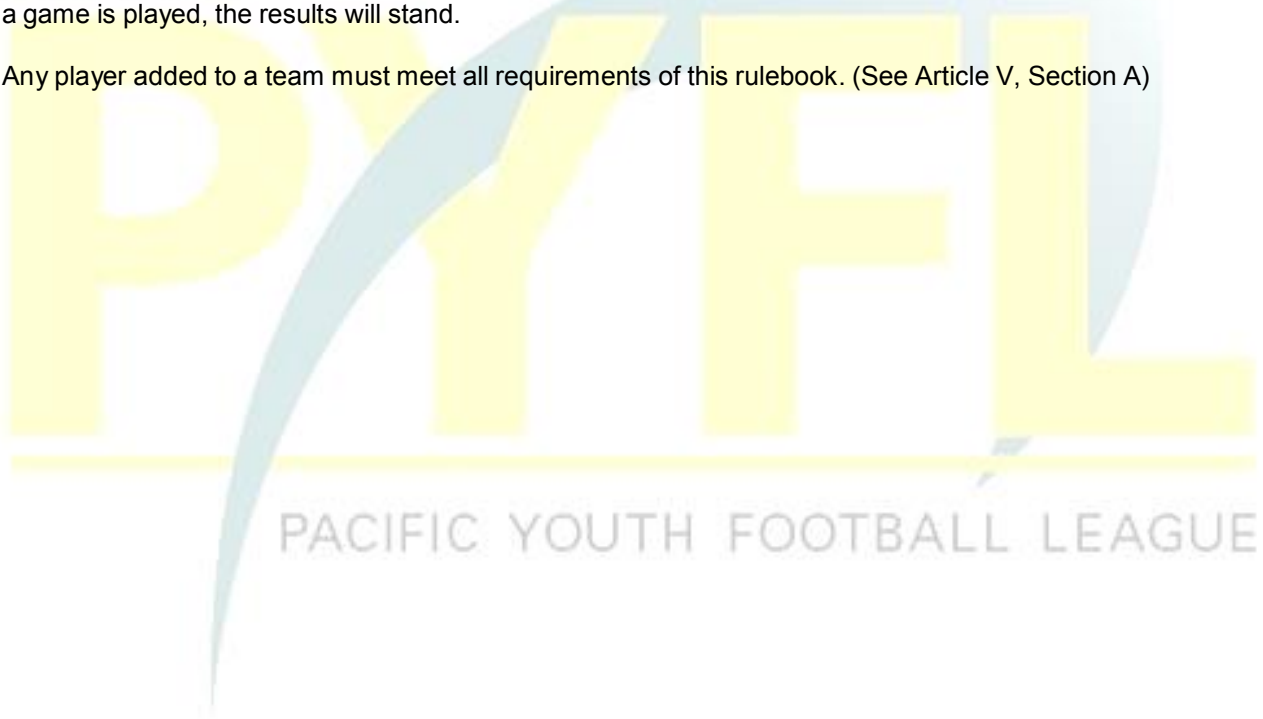
- D. **Removal.** The reason for removal of a participant must be stated in writing (and dated) to the Chapter, PYFL Vice President and Athletic Director. Under no circumstances can the team staff remove a participant from a certified roster. Dropped participants names shall be left on Certified Roster, but shall be lined out in a manner that will leave the information legible.

SECTION C – INSURANCE

1. Each Chapter shall have at least one individual identified as the Chapter Insurance Representative.
2. A player requiring the services of a doctor (illness or injury) cannot return to practice or game play until he has a written release from the doctor. The Head Coach is held responsible for insuring that the written releases are obtained and are available for review on request.

SECTION D – TEAM COMPOSITION

1. Each team (Gremlins-Seniors) shall consist of a minimum of sixteen (16) and a maximum of twenty-five (25) certified players. However, individual chapters may choose to certify additional players above the 25. ***After Certification Day, a Chapter team may fill vacancies in its roster up to 25 players. However, no team may increase the size of its roster over the amount originally certified after the second game of the season, unless they fall below 16 eligible players.*** One reason for a forfeit situation is if a team has less than 16 players available for a game. The coach must call the PYFL Athletic Director and if he still feels that the team can play with a short-staffed team, he may request to do so. If fewer players show up than were expected, it is up to the coaches involved and the Game Field Commissioner to decide if the game will be played or a scrimmage held. If a game is played, the results will stand.
2. Any player added to a team must meet all requirements of this rulebook. (See Article V, Section A)



ARTICLE III

COACHES AND TEAM OFFICIALS

SECTION A – ELIGIBILITY: The following are prerequisites for adult participation in PYFL:

1. Head Coach must be 21 years of age or over. They must attend a mandatory Head Coaches meeting annually at a time and place to be specified by the PYFL. Each Head Coach must be CPR certified, and a copy of their card must be on file with the PYFL.
2. A 21 year old or older head coach or assistant must be present at all practices and games.
3. All personnel must be registered with their Chapter on the team registration and roster forms.
 - A. They must not have been convicted of any crime, which would cause them to register under Section 290 of the California Penal Code.
 - B. They may be found ineligible by their Chapter or by the General Membership of PYFL for conviction of any crime.
 - C. The chapters will collect verifiable information necessary to check all coaches, 18 years and older with the Megan's Law files. (Provide valid driver license or utility bill if the license has the wrong address).
4. Each Chapter is encouraged to conduct a Coaching and Conditioning Clinic at the start of each season.
5. Head Coach of each team in Conference may be required to take a test on CIF Rule Book and PYFL Rule Book.
6. All Coaches must complete the **USA Football Heads Up Football Coaches Certification**.

SECTION B – RESPONSIBLE TEAM OFFICIAL.

1. The Head Coach shall have complete responsibility for the conduct and activities of his team and shall be held accountable by his Chapter and the PYFL.
2. All persons charged with the responsibility for a team must be familiar with the PYFL Rule Book and comply with the provisions set forth.
3. The individuals responsible for a team shall ensure that coaching ethics, spectator control, and any other game control requirements are adhered to at all times.

SECTION C – COACHING ETHICS. All members of team staffs of PYFL shall adhere to the following coaching ethics:

1. Will not criticize players in front of spectators, but reserve constructive criticism for private, or in the presence of the team.
2. Will accept decisions of officials on the field as being fair and called to the best ability of the officials.
3. Will not criticize the officials, the opposing team, the coaches, or fans, by word of mouth or gesture.
4. Will emphasize that good athletes are good students, and both are physically and mentally alert.
5. Will strive to make every football activity serve as a training ground for life, and as a basis for good mental and physical health.
6. Will emphasize that winning a game is the result of TEAMWORK.
7. Will not use abusive or profane language before anyone connected with the game.

8. Will not be on the playing field under the influence of alcohol or dangerous drugs.
9. Use of tobacco on the playing field is prohibited (this includes smokeless).
10. Will set an example in personal conduct at all times.

SECTION D – ACT OF DISBARMENT.

1. A Coach, other adult acting in an official capacity, or parent may be barred from further participation in the PYFL by violation of any of the following acts:
 - A. Paid Coach - by receiving any portion of his annual income for services as an Athletic Director or Coach in PYFL.
 - B. By striking any Coach, official, spectator, or other participants in the PYFL.
 - C. Any sufficient cause such as un-sportsmanlike conduct or profane language, whether on the field or as a spectator.
 - D. Shall not permit "sweating down" tactics in order for a player to make the team weight. Sweating down to include, but not be limited to:
 - (1) Steam rooms.
 - (2) Steam cabinets.
 - (3) Rubber sweat suits.
 - (4) Any method that is injurious to the health of the player.
 - E. Will not knowingly permit a player to re-enter a game once he is badly bruised or injured to such an extent that further play would jeopardize his health.
 - F. He shall not permit a previously injured player to practice, scrimmage, or play in a game without a written release from the doctor.
 - G. He will abide by the team doctor or physician's decision in all matters of injury.
 - H. He will not permit an ineligible player to participate.
 - I. He shall not indulge in un-sportsman like conduct.
 - J. He must remain in compliance with coaching ethics.
 - K. He must never attempt to discourage run-off, or cut weaker players.

ARTICLE IV

PLAYING FIELDS AND EQUIPMENT

SECTION A – FIELD SPECIFICATIONS AND REQUIREMENTS.

1. The fields shall have the following:
 - A. All divisions will play on regulation field, 120 x 53-1/3 yards. Exceptions must be approved by the PYFL on a yearly basis.
 - B. All fields will be properly marked to include yard markers. The use of CIF defined pylons at the end zones will not be required, although some equivalent, less expensive markers are to be used.
 - C. The home team shall furnish a down marker with letters at least six inches high and a ten-yard chain
 - D. A visible clock, which is readable from both benches, will be required for all games. If official time must be kept on the field, a two (2) minute warning will be given in all four (4) quarters.
 - E. The chain gang will operate from home side of the field. . No member of the coaching staff of either team that is playing may man the chains or down markers. Whenever possible, adults will be used on all chain gangs.
 - F. The home team should provide at least one qualified medical attendant. A team physician or nurse is preferred. A local ambulance phone number and phone location must be posted.
 - G. The hosting Chapter shall be responsible for two (2) man-hours per game for crowd control.
 - H. A first aid kit must be available at all games.

SECTION B – OFFICIAL BALL.

1. The official ball shall be:
 - A. **Gremlin and Pee Wee Divisions**

Size: 10" – 10 1/4"

Long axis circumference: 24" – 24 1/4"

Small axis circumference: 17 1/2" – 18"

Weight: 10-12 oz.

Example: Rawlings AG4 Pee-Wee

B. Bantam and Midget Divisions

Size: Length 10 1/4" -10 1/2"

Long axis circumference: 25" - 25 1/4"

Small axis circumference: 18 1/4" -18 1/2"

Weight: 12-13 oz.

Example: Rawlings AG4 JUNIOR

C. Junior and Senior Divisions

Size: Length 10 1/2" -10 3/4"

Long axis circumference: 26 1/4" - 26 3/4"

Small axis circumference: 19" - 20 1/4"

Weight: 13-15 oz.

Example: Rawlings AG4 YOUTH

2. Official balls made of rubber or leather may be used interchangeably if previously agreed upon before the start of the game and the head official has been notified in advance of the start of the game.
3. If the provisions of subparagraph (a) through (b) above are used: each team is then responsible for ensuring that a satisfactory ball is furnished. Since some name brand balls differ slightly in size, the opposing offense has the right to carry their own game ball onto the field. The officials should be notified in this event, and both balls should represent as close as possible, the descriptions above.
4. Balls are not required to have stripes of any specific kind or color.

SECTION C – MINIMUM EQUIPMENT REQUIREMENTS: All teams must be equipped during all practice contact sessions, scrimmages, and games with equipment meeting the minimum protective standards found to exist in the following equipment:

Helmet---The helmet is the single most important piece of equipment a football player wears because it protects the nerve center of the entire head. The helmet shall be either one or two-piece construction of high quality fiber or plastic-type material, head cushion or head suspension type. At a minimum, a double bar shall be attached to the helmet. The chinstrap will be standard equipment for all helmets. Helmet must be NOCSAE approved.

Shoulder Pads---Shoulder pads shall be corrugated molded fiber or plastic material (for sanitary reasons) and shall be padded with coated washable finish, have adjustable elastic underarm straps, and should be of a cantilever type.

Girdle and Hip Pads---Hip and kidney pads shall be made of heavy padding to protect the kidneys, hips, and spine. They can be of vinyl coated material, with or without fiber inserts. Care must be taken to guard the exposed edge of the hipbone, the base of the spine, and the kidney area.

Thigh Guards---Thigh guards shall be of a molded, corrugated fiber or plastic material.

Knee Pads---Kneepads shall be constructed of a shock absorbing material.

Game Jerseys---Game jerseys for all Divisions should consist of an all-cotton, rayon/cotton, or cotton/nylon material. Double shoulders and double elbows are optional. It is recommended that numbers be sewn on; however, air-dye or processed stenciling can be used if desired. It is recommended that 6-inch front numbers and 8-inch back numbers be used. Numbering of jerseys in accordance with CIF Rule Book is not applicable.

Pants---Pants may be of either a shell or one-piece construction, natural or colored. One-piece pants must have removable pads. Knit material is recommended, with either tunnel belt loops or attached web belt. Thigh guard pockets should be cotton drill cloths, and for longer wear should be hanging from waistband. Kneepad pockets should be sanitized drill cloth or similar material envelope style.

Footwear---Footwear for all Divisions, screw in rubber molded cleat, bar cleated Little League baseball shoes, and tennis shoes are permissible. Steel, aluminum, or nylon with metal cap cleats, is not allowed. All footwear must be in good condition. All one-piece molded shoes are permissible.

Mouthpiece---A mouthpiece approved by or prescribed by a licensed doctor or dentist must be worn at all times.

Supporter---An athletic supporter of soft material must be worn at all practices, games, etc. No other device may be used unless approved by a licensed doctor and stated in writing.

ARTICLE V

CONDITIONING AND PRACTICES

SECTION A – CONDITION AND PRACTICES.

1. No organized practices with full football equipment. Organized team activity may be held year round, without full football equipment as described in #6 below.
2. Conditioning or practice sessions shall not exceed two (2) hours in any one-day.
3. Until Labor Day there shall be no more than 6 practice sessions per week. Gremlin teams shall only practice a maximum 4 days a week until Labor Day, and 2 days a week after Labor Day.
4. After Labor Day, practice sessions will be limited to 8 hours per week.
5. There shall be no physical contact except for calisthenics and isometrics for the first ten (10) hours of practice. No man-on-man contact until after 20 hours of practice.
6. Full football equipment, Helmet, Shoulder Pads, 7 pc pad set, may be worn starting the second 10 hours of official practice, and used for dummy contact only. There shall be no man-on-man contact until after 20 hours of practice.
7. Helmets only may be worn on the third day of practice
8. Practices occurring twenty-four (24) hours or less before a scheduled game will be conducted without physical contact.

ARTICLE VI

SCHEDULING OF SEASON AND POST SEASON GAMES

SECTION A – SCHEDULING. The PYFL shall establish schedules subject to the following limitations:

1. PYFL will set the starting and ending dates of all seasonal play. No team will play before or after these dates unless special permission is granted by the PYFL.
2. All teams are limited to a season of (13) games, including quarter and semi-final games, or post-season games.
3. PYFL Final Championship Games are excluded from the above rules.
4. A period of at least seventy-two (72) hours must elapse from the conclusion of one game prior to the playing of another game by the same team, except as waived by PYFL for play-off game conflicts.
5. All night games shall begin before 8:30 p.m.
6. Divisions may be separated into North & South. If this occurs, all teams from the same chapter will play together in the North or South.

SECTION B – NON-FRANCHISED TEAMS.

1. Teams shall not practice, scrimmage, play, or otherwise compete against a non-franchised team, unless permission is granted by the PYFL Athletic Director.
2. A non-franchised team shall be defined, as any team that is not a member of a Chapter franchised by the PYFL.

SECTION C – SCRIMMAGES.

1. Controlled scrimmages may be scheduled, but such scrimmages shall not exceed five (5) pre-season scrimmages prior to the first regular scheduled game). No scrimmages shall be held prior to the Saturday at the end of the third week of practice.
2. Under no circumstances may a team play or scrimmage a team, which is not in the same age and weight classification. This includes practices and/or scrimmages with High School teams.

NOTE: *Two teams in the same Chapter and Division can co-practice and scrimmage together throughout the season.*

3. Scrimmage constitutes a practice session, and shall not exceed 2 hours of actual playing time in length.
4. All scrimmages shall be controlled scrimmages.
5. Participation in a Jamboree constitutes one scrimmage.

ARTICLE VII

GAME REGULATIONS

SECTION A – HOME TEAM REQUIREMENTS. All member Chapters must provide/arrange for the following:

1. An official set of PYFL Rules and Bylaws must be available at the playing field.
2. Each Chapter will provide benches for the visiting teams.
3. Each Chapter will provide a Game Field Commissioner for all home games.
 - A. A member of the opposing team may observe the auditing process
 - B. Audit must include both teams. All players will be checked for the minimum of twelve action plays per game.
 - C. Both auditors are introduced to head coaches before the start of the game. The audit will be conducted from each team's bench area or immediately behind bench. No official audits can be accepted from press box or top of grandstand locations. Each coach should come to understand that the Auditor is on the sideline to assist the Team Monitor in his duties, and not to interfere. The team coach or manager may check with the PYFL Auditor throughout the game to ensure his team chart agrees with the Auditor's chart. The Auditor is on the sideline to allow immediate assistance when asked and will not bother coaching staff unless there appears to be a problem. Audit sheets will be a three-part form. The third copy is to be exchanged with the opponent before the game. The second copy is for the team to keep. The original is to be given to the game commissioner.
 - D. At the conclusion of the game, audit sheets will be collected and mailed to the Athletic Director by the home Chapter.

NOTE: *In the event of any dispute, most weight will automatically be given to the testimony of the official auditors.*

COMMENT. Everyone should recognize that participation audits are not conducted to provide a basis for Game Protests...instead, they are conducted to ensure that no youngster is forgotten, needlessly embarrassed, or deprived of his legitimate right to participate. By the time a Protest gets filed, the young person's feelings have already been abused. However, we must also recognize that the only legitimate way we can guard against unscrupulous or opportunistic abuse of this rule is to enforce it! Strict adherence to the above procedures by all Chapters will go a long way towards helping us achieve our real goals. Coaches that do not support PYFL policies of player participation are not wanted in this conference!

4. The Head Coach of the home team is responsible to contact the Head Coach of the visiting team before Wednesday night during the week of the game to discuss the following: Game time, Game location, Where to park or parking rules, Jersey color. If the two teams have the same jersey color, it is the responsibility of the home team to have a contrasting jersey available. If the visiting team has not heard from the home team Head Coach, they should attempt to contact the home team.

NOTE: *The higher seed going into post-season games for their division will be allowed to elect jersey color.*

5. Final decision on conflicting colors will rest with the game officials.

SECTION B – PLAYING RULES.

1. No unauthorized personnel are allowed on the field during the game. Game officials will clear the field before the game is resumed. The only exceptions are the Gremlin, Pee-Wee Division and Bantam Division where:
 - A. Two coaches from each team are allowed on the field during each Gremlin game. One coach from each team is allowed on the field during each Pee-Wee game. One coach from each team is allowed on the field during the first four scheduled Bantam games. In Bantam, if one team has had a bye both sets of coaches are allowed on the field on the fifth week.
 - B. After the fourth scheduled Bantam game, coaches are not allowed on playing field, exception being if the 25-point rule is in effect, then the coaches are allowed to re-enter the playing field under the same rules as Section I (a) through (e).
 - C. Coaches can call offensive or defensive signals in the huddle, but must stay back out of the way after huddle breaks. As soon as the quarterback is in position to receive the snap, the coaches on the field must be back at least fifteen (15) yards and they cannot communicate with their players again until the play is over.
 - D. Coach may not speak while ball is in play (Referee may assess major penalty).
 - E. Participation is strictly optional; but Coach changes can only be made during time outs or with changes in possession.
2. During charged time-outs, a Coach may join his team's huddle on the field, or the team's players and the team's. Coaches may converse with each other; ten (10) feet inside the field from the sideline (see CIF Rule Book).
3. No member of the Coaching staff is allowed on the playing field unless a player is injured or he has permission from the officials. If both teams are on one side of the field, the allowed space is from mid-field to the twenty nearest a team's bench. If teams are on opposite sides of the field, the restraining area shall be between the twenty-five yard lines.
4. Game Official's Assistants (Chain Gang) will be positioned on the home sidelines.
5. Penalties in Gremlin, Pee-Wee, and Bantam Divisions will be five (5) yards for all infractions, with Unsportsmanlike penalties resulting in 1 ten (10) yards. All penalties in Midgets, Junior and Senior Divisions will be per CIF rules. Teams will play 10-yard first downs.
6. Non-chargeable time-outs will be: injury of a player, repair of equipment, and official's time-out. An injured player for whom the clock is stopped, or for whom the ready-for-play signal is delayed, shall be replaced for at least one play. His team shall not be charged with a time-out.
7. The official will not charge a time-out to a team when the captain calls a time-out and there is cause for the official to have an official's time-out by reason of an injury, etc. He will inform the captain in this case that he was already calling a time-out, which is not chargeable, and that the team's request will not be honored unless the team captain desired to have the additional time-out taken and charged.
8. Coaches will be informed by the official closest to them of the player's number and the rules infraction for which a penalty is imposed.
9. Each team will be permitted to have a maximum of ten (10) related personnel on the field. This can include up to seven coaches (head and assistants), trainer, statistician, and team parent. Auditors (2) and water and ball boys (2 each max) under the age of 14 are not counted against this total.
10. The playing time shall be as follows: All division games will consist of four (4), twelve (12) minute quarters. Fifteen (15) minutes maximum will be allowed between halves, including a compulsory three (3) minute warm-up.

11. Five (5) minutes prior to the start of the third quarter, the officials shall give each team a warning to ensure that the coaches shall have sufficient time for a proper MANDATORY warm-up period for team members prior to start of play.
12. The official rule book for conducting all games shall be the "National Federation of State High School Associations Rule Book" used by the CIF and more commonly known as CIF Rules. This shall be superseded only by written rules of the PYFL, which are in conflict with it. In these cases, PYFL Rules shall take precedence.
NOTE: PYFL rules prohibit the use of sideline placards to communicate with players on the field.
13. Conversion Scoring. A team will receive: Two (2) points for running or passing and,
One (1) point for kicking from the three-yard line
[If no goal post is available, kicking is disallowed]
Gremlin, Pee Wee and Bantams may have free PAT kicks after touchdowns.
---Players can waive arms but cannot rush the kick. Snap must be at least 5 yards.
---If a snap is mishandled or touches the ground, the play is dead.
---A converted kick results in one (1) point.
14. Gremlin, Pee-Wee and Bantam Division teams, upon notification to the referees, may elect to free kick. If a free kick is elected, a minimum of seven (7) players both offensive and defensive must stay on the line of scrimmage and there will be no movement until the ball is kicked. Ball must be kicked within 25 seconds. **Clock is running. Free kick is for Punting only. Punter must stay directly behind the center.**
15. In the event of a tie, a winner will be determined per the California Tie-Breaker Rule from the (10) ten-yard line. During regular season play, if a tie has not been broken after two (2) complete overtime series have been completed, then the game will be recorded as a tie.
16. Mandatory Play Rules
- A. All eligible players will play a minimum of 12 Action Plays per game of either offense or defense or special teams, or a combination of the three. **Failure to play any player(s) 12 plays will result in a forfeit of the game. The affected player(s) must play in 24 plays in the next game. A second violation by that team in the same season will result in a one game suspension for the Head Coach.**
- B. All Divisions. Each player shall be afforded the maximum opportunity to participate in each game consistent with his abilities and the strategy of the game.
- C. An "Action Play" is defined as any play in which the ball is legally in play as defined by Rule 4, Section 1 of the CIF Rules. Spiking the ball or taking a knee repeatedly to get players their 12 plays will not count toward the minimum 12 play rule and may result in disciplinary action against the Head Coach.
- D. "Regular Scheduled Game" is any game scheduled by the PYFL officials. This includes, but is not limited to, play-offs.
- E. Free PAT in Gremlin/PeeWee/Bantam, only the center, holder & kicker shall have that play counted toward their 12 plays.
- F. Will not "pile it on" as the phrase is used when a team gets a commanding lead and desires to raise the score as high as it can. An official's time out will be called after the kick-off following the scoring of the 25th point over the opposition, and at that time, **the coach with the commanding lead will remove as many of his dominant offensive and defensive players.** The opposing coach may request the removal of **up to six** players. The players removed will not be subjected to the 12-play rule. "Pile it on" shall be defined to include, but not be limited to, the following: attempting to run up the score by passing, running gimmick plays, (if you are ahead by that much, you should be running plays between the tackles by non-impact players) or any other methods trying to embarrass the other team. Blitzing on defense. Intentionally kicking onside after you score. Remember, should the losing team get back to within the 25 points allowing the team that is ahead to put the players back in, it **doesn't mean that they have to**. Opposing teams will continue to play their regular defense and not stack the box to defend against the leading team running between the tackles. Failure to do so will allow the leading team to run plays outside the tackles.

17. League Standings and Playoff Seeding.

The following is the official method for determining the first and second place teams of the PYFL's geographical region conference of each division only in the event of a tie. The first criterion is actually the only basis for determining conference standings.

Conference champions are automatically the top seeds in their division. Overall record dictates the seed of the champions.

(#1) Win/Loss record of games played within own conference.

If tied (#2) Win/Loss records of games head to head-of-tied teams within own conference.

If tied (#3) Strength of schedule, based on opponents won-loss record.

If tied (#4) Drawing from hat.

After the conference champions, the remainder of the playoffs will be determined by the following criteria:

(#1) Win/Loss record.

If tied (#2) Win/Loss records of games head to head-of-tied teams.

If tied (#3) Strength of schedule, based on opponents won-loss record.

If tied (#4) Drawing from hat.

SECTION C – SCOUTING RULES.

1. Films and videotapes may be taken of games. Viewing of films or videotapes during the game, including half time is not allowed.
2. Films or videotapes can be made available to other teams.
3. There will be no scouting/video taping of practices, scrimmages, or jamborees.

SECTION D – SPOTTING RULES.

1. Spotting (passing information from stands to bench during game) may only be done between the twenty-five (25) yard lines.
2. Statisticians shall not engage in spotting or any form of coaching during the course of a game.
3. Field phones may be used without any obligation to make any field phones available to the opposing team. Gremlin, Pee-Wee and Bantam coaches that are on the field may not use field phones.

ARTICLE VIII

RULES AND VIOLATIONS

SECTION A – CHAPTER AUTHORITY.

1. Without limiting any other penalties that might expressly be set forth elsewhere in these Rules and By-Laws, a violation of rules contained within this rulebook shall be handled by the individual Chapter first.
2. The PYFL has the right to increase the penalty imposed by the Chapter.

SECTION B – APPEALS.

1. A team or individual may appeal a Chapter's decision to the PYFL.
2. An appeal must specify the articles and sections of the PYFL Rule Book.

SECTION C – PYFL AUTHORITY.

1. Nothing contained herein prohibits the PYFL from taking action on a violation without any Chapter formally presenting it, if the PYFL General Assembly and/or Athletic Director Committee decide this action to be in the best interest of the players and the League.
2. All decisions of the PYFL are final and binding on all Chapters, teams, and individuals. NO APPEAL ACCEPTED!

SECTION D – PENALTIES.

A violation of any rule or rules contained herein may subject a Chapter, team, or individuals to any one or all of the following penalties; said penalties to be levied by the PYFL General Assembly.

1. Forfeiture of game or games.
2. Disqualification from competing for, or taking part in, championships.
3. Disqualification from participating in bowl or post-season games.
4. Suspension, expulsion, ineligibility, disbarment, or probation.
5. Loss of franchise.
6. Subject to a fine of not less than \$25.00 and no more than \$200.00.
7. Any team found practicing in full football equipment prior to the first allowable day of practice will have the Head Coach suspended immediately and the Chapter fined \$100.00. The Coach's suspension may be for up to one year.
8. Any player's relative found guilty of any of the aforementioned Acts of Disbarment, (See Article III Section D) shall result in the Chapter suspending the participating player for a minimum of one week from all PYFL functions. A second infraction shall require that the Chapter suspend the child for the balance of the playing season.

9. In addition to any other provisions providing for forfeiture penalty under these rules, a game may also be forfeited for the following reasons:
 - A. Coaches exhibiting un-sportsmanlike conduct toward any game official, player, director, or opposing Coach or player.
 - B. Parents and/or followers of a team using un-sportsmanlike conduct toward any official, player, Coach, director, or opposing Coach or player.
10. Penalty for players found to be over the weight limit during the season will be:
 - A. Gremlin thru Junior divisions the player will be weighed before each of the remaining games.
 - B. Senior division the player will become an "X" player for the remaining games.

NOTE: Before the game is forfeited for the foregoing sportsmanship issues, one warning will be given by a director or game official to comply with PYFL Rules.

Est. 1993

PYFL

PACIFIC YOUTH FOOTBALL LEAGUE

ARTICLE IX

GAME RULES

SECTION A – GAME OFFICIALS.

1. The minimum number of officials to be assigned per game in each division will be Gremlin & PeeWee-2, Bantam & Midget-3, and Junior & Senior-4. If no officials show up; the Game Field Commissioner is responsible for arranging the stand in officials. The game will stand as played and there will be no protest of the officiating.
2. The Game Field Commissioner will report the ejection of any Coach or team official to the PYFL Athletic Director in writing, within 24 hours of the incident.
3. CIF game officials will do their best to inform the appropriate team's coach of the number of the player who commits any infraction.
4. Game officials are to be paid in cash prior to the start of each game by the home team the amount which is agreed upon by the PYFL and the officials association prior to the season. Failure to pay will result in a forfeit. Official assigner fee will be paid to the PYFL separately.

SECTION B – PROTESTS.

1. Protests on matters involving judgment as rendered by an official will not be considered.
2. Protests of pre-game violations must be registered with the game officials, the Game Field Commissioner, the opponent's Chapter President or his designated official prior to the kick-off.
3. Protests must specify the articles and section of this and/or the CIF rule book.
4. Protests shall be acted upon in accordance with the PYFL By-laws.
5. Protesting the weight of a player during the season must follow the guidelines below:
 - A. Protest must be made in writing to PYFL Vice-President or Athletic Director. PYFL VP or AD will weigh player in question no less than 72 hours prior to the next game at the practice facility of the team in question.

SECTION C – FORFEITS.

In the event that a team must voluntarily forfeit a game, no less than 72 hours (Wednesday night) advance notice must be given by the forfeiting Chapter to the President of the League and the Athletic Director. If less than 72 hour's notice is given, the forfeiting Chapter will be responsible for paying any incurred Officials Fees and a \$100 fine. Forfeit will stand unless there were extenuating circumstances and the Athletic Director can reschedule the game. The Athletic Director's decision is FINAL.

ARTICLE X

PYFL CHAMPIONSHIPS

SECTION A – LOCATION. All games must be played in a regulation high school, college, municipal stadium, or other approved facility. The General Assembly President shall inspect and approve locations. The PYFL's championship tournament and Jim Thornton Invitational Tournament structure will be established at the annual scheduling meeting and will be based upon the number of teams in each division. Whenever the schedule permits, and there are sufficient teams within a division to warrant it (i.e. 26 or more), a 16 team play-off with a 4 game playoff structure may be held. The decision on the set-up and format of the playoff schedule will be made at the scheduling meeting.

SECTION B – GAME DAY CERTIFICATION. The Game Field Commissioner and the Head Coaches will verify each playoff certified roster, the 12-play audit sheet for the game and the certification book with player's pictures before each playoff game.

SECTION C – OFFICIALS. There shall be a minimum of two (2) CIF certified officials at each Gremlin & Pee Wee playoff games, three (3) for Bantam & Midget games and four (4) for Junior & Senior games. These officials shall be approved by the PYFL Head Official (Athletic Director).

SECTION D – SEMI-FINAL GAMES. Shall be played at a single location. Highest seed shall be given the first opportunity to host. If teams from the same chapter in different divisions are the first seed, that chapter will have the choice of which division they will host. Two (2) sites for semifinals. Gremlins, Pee-Wees & Bantam will play at one site hosted by top seed of bantam division and Midgets, Juniors & Seniors will play at one site hosted by top seed of senior division. Sites to be determined at the first playoff seeding meeting.

SECTION E – SUPER BOWL HOST RULES & REQUIREMENTS.

1. The Host chapter must have an alternate plan in the event of any of the following:
 - A. Field condition is a safety hazard.
 - B. Field becomes unavailable that day. (CIF playoffs or other school events)
2. First game of the day will start no later than 10:00 AM. Two hours 30 minutes between each game.
3. The decorations at the stadium should be PYFL colors.
4. Clothing, hats, and other souvenirs should prominently display the PYFL colors & logo, not the host chapter.
5. There should be adequate space for warm-ups for teams playing in the next game.
6. A visible scoreboard and lights must be present.
7. Adequate restrooms must be available. Locker rooms are not required but preferred.
8. Information for the Super Bowl program should be acquired once the semi-finals are set. The PYFL will provide a page, which will have the history of the PYFL super bowls. Front covers may not have corporate sponsorship.
9. The PYFL will pay for the officials' fees.

ARTICLE XI

PYFL ALL-STAR GAME

SECTION A – ALL-STAR GAME

The President will appoint the All-Star Committee. The committee will consist of five (5) people, two (2) from the North, two (2) from the South and one (1) Chairperson, along with any Executive Board Member who wishes to participate.

The All-Star Committee will coordinate:

1. Coaching Staff Selection
2. Player Selection Process
3. Team Composition
4. Practices
5. Game Rules
6. Equipment & Cost
7. Press Release

The All-Star Committee will submit its final selection of players & coaches along with the rest of the preparations for the game to the Executive Board for approval.



**EXCERPT FROM
PART II – BY-LAWS**

**ARTICLE VI
PLAYING RULES**

1. The official playing Rules for PYFL will consist of the PYFL Rules, the CIF, and amendments thereto. Rules will take precedence in the order listed.
2. Interpretations of any Article of the By-laws or Section thereof, or any Rule of this program or organization, shall rest with the Executive Board.
3. A 2/3-majority vote to amend or add rules is required to change any rules after the annual rules meeting.

Est. 1993



**EXCERPT FROM
PART II – BY-LAWS**

ARTICLE VII

PROTEST

1. A protest on any item other than official's judgment must be filed, in writing and in the Athletic Director's possession not later than seventy-two (72) hours after the alleged infraction has taken place, accompanied by a check, cash, money order, or certified check in the amount of fifty dollars (\$100.00). No protest will be heard considering an official's judgment call.
2. A hearing will be held, if necessary, as soon as possible following receipt of the protest.
3. The team being protested against will be notified immediately of the protest and will be permitted to have a representative, along with the protesting Chapter, at the hearing.
4. The Athletic Director will inform the General Assembly, in writing, of his decision and recommendations within seventy-two (72) hours after the hearing.
5. The General Assembly will review the Athletics Directors decisions and recommendations and either upholds the findings or issue further disciplinary actions.
6. All decisions of the General Assembly are final and binding and its decisions will be verbally communicated to the Presidents of the Chapters involved within 24 hours of the hearing.

The \$100.00 protest fee will be refunded if the protest is allowed, and deposited in the PYFL treasury if the protest is disallowed

PACIFIC YOUTH FOOTBALL LEAGUE

**EXCERPT FROM
PART II – BY-LAWS**

**ARTICLE X
CHAPTER BOUNDARIES**

1. Boundaries will be established and maintained by the PYFL. Each Chapter shall provide the PYFL a map of their boundaries.
2. Boundaries will be firm unless Chapters adjacent to each other enter into an agreement to change.
3. Cities within the geographical territory of the PYFL that do not have a participating chapter in the league shall be split only between the two closest PYFL existing neighboring chapters i.e.. (Westlake would be divided between Agoura & Thousand Oaks chapters or Santa Paula would be divided between Fillmore & Ventura).
4. All requests for changes will be approved by the General Assembly.

AMENDMENT TO WAIVER RULE

70/30 RULE

70% of any team must live within the boundary limits of that chapter.

Player(s) who resides in an area without a PYFL chapter are obligated to play in the nearest PYFL chapter. Likewise, those players who live in those areas without a PYFL chapter, must play in the nearest PYFL chapter.

Those players do not count in the 70% (for example, players who live in Santa Paula who play in Fillmore or Ventura, those players do not count against the 70%).

If a player lives in more than one city or boundary limit, in which there is no PYFL chapter then that player WILL count against that team's 70%

Exemptions:

- 1) If a chapter cannot field a team in a division, then those players may play in the neighboring chapter without counting against the 70%.
- 2) If a chapter is full then those players who are on the waiting list may play in a neighboring chapter counting against the 70%.
- 3) All players who played in the 2014 season that were waived, are 'grand-fathered' in and do NOT count against the 70%.

***** A Hostile Waiver is a waiver signed to play for a receiving chapter but does not allow the player to participate in post-season play.***

EXCERPT FROM
PART II – BY-LAWS
ARTICLE XI BOUNDARY WAIVERS

1. Any player that is requesting a Boundary Waiver will be playing on a hostile waiver unless the waiver was given by the Waiving Chapter for any of the following: (1) The chapter doesn't field a team in that division; (2) The chapter is full in that division; (3) the waiving chapter consents to the post season play; or (4) A parent or legal guardian of the player is a Head Coach for the receiving chapter. Notwithstanding the foregoing, if the Chapter in which the player resides refuses to consent to the waiver, a parent or legal guardian may request a Boundary Waiver Exemption for the player from the PYFL Executive Board to allow the player to participate with the receiving chapter.
2. Waivers will be put in writing and forwarded to the PYFL Vice President. All requests to the PYFL Executive Board for a Boundary Waiver exemption shall be put in writing setting forth the reasons upon which the request is based. Upon Receipt of a written request for a Boundary Waiver Exemption, the chapter in which the player resides shall be notified of the request by the PYFL Executive Board and such chapter may submit to the PYFL Executive Board in writing such information as it may desire for the Executive Board to consider in evaluating the exemption request. If a Boundary Waiver is granted by the PYFL Executive Board, then Boundary Waiver Exemption will be presented to the PYFL General Assembly for a final vote.
3. Any Boundary Waiver obtained with the consent of the waiving chapter shall be valid only during the playing season for which the waiver was granted. If a Boundary Waiver Exemption is granted by the PYFL General Assembly, then the player shall be eligible to participate in regular season and post season play with the receiving chapter for only that valid season the waiver was granted.
4. 70/30 Rule: 70% of players on any team must live within the boundary limits of that chapter. A player who resides in an area without a PYFL chapter are obligated to play in the nearest PYFL chapter. Likewise, those players who live in those areas without a PYFL chapter must play in the nearest PYFL chapter. Those players do not count in the 70% (for example, players who live in Santa Paula who play for Fillmore or Ventura, those players do not count against the 70%). If a player lives in more than one city and/or boundary limit, in which there is not a PYFL chapter, then that player WILL count against that team's 70%.

Exemptions:

- 1) If a chapter cannot field a team in a division, then those players may play in the neighboring chapter without counting against the 70%.
 - 2) If a chapter is full then those players who are on the waiting list may play in a neighboring chapter counting against the 70%.
 - 3) All players who played in the 2014 season that were waived, are 'grand-fathered' in and do NOT count against the 70%.
5. No Boundary Waivers shall be permitted after certification day unless the chapter in which the player resides does not field a team in that division.
 6. No player from outside a chapter's boundary who has not yet obtained a Boundary Waiver from the waiving chapter or a Boundary Waiver Exemption from the PYFL Executive Board, shall be placed on the receiving chapter's roster while a waiting list is established with players from within said chapter's boundary. The PYFL's "first-come, first-serve" rule shall govern the signups of all prospective participants.

***** A Hostile Waiver is a waiver signed to play for a receiving chapter but does not allow the player to participate in post-season play***

PACIFIC YOUTH FOOTBALL LEAGUE

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To: PYFL Chapters, Directors, Coaches, Parents, and Players

Assembly Bill No. 2007, Youth Athletics: Youth Sports Organizations: Concussions or other Head Injuries.

Prior to January 1, 2017, law required a school district, charter school or private school, that offered an athletic program to immediately remove an athlete from an athletic activity for the remainder of the day if the athlete was suspected of sustaining a concussion or head injury, and prohibited the athlete from returning to the athletic activity until the athlete was evaluated by a licensed health care provider, trained in the management of concussions, and acting within the scope of their practice, and the athlete received written clearance from the licensed health care provider to return to the athletic activity. The law also required, on a yearly basis, that a concussion and head injury information sheet be signed and returned by the athlete and the athlete's parent/guardian before the athlete's initiating practice or competition.

On September 23, 2016, The Governor signed into law Assembly Bill 2007, which, on January 1, 2017, applied the above-mentioned provisions to athletes participating in youth sports organizations. The youth organizations are defined to include organizations, businesses, nonprofit entities, or local governmental agencies that sponsor or conduct amateur sports competitions, training, camps, or clubs in which persons 17 years of age and younger participate in any of the 27 designated sports. One of the designated sports is Softball. Therefore, youth softball organizations are now required to notify the parents or guardians of athletes 17 years of age or younger who have been removed from athletic activities due to suspected concussions, as specified in the following pages. The law requires youth softball organizations to offer concussion and head injury education, or related educational materials, or both, to each coach and administrator on a yearly basis, as prescribed in the following pages. The law further requires each coach and administrator to successfully complete the concussion and head injury education at least once annually either online or in person. Additionally, the law requires youth softball organizations to identify procedures for ensuring compliance with the law's requirements for providing concussion and head injury education and a concussion and head injury information sheet. The law further requires youth softball organizations to identify procedures to ensure compliance with the athlete removal provisions and the return-to-play protocol, as specified. This law applies to all persons participating in youth softball, regardless of age. Youth softball organizations may adopt and enforce rules intended to provide a higher standard or safety for athletes than the standard established by this law.

To assist the youth football leagues and teams affiliated with Pacific Youth Football League comply with AB 2007, information, materials and online links can be found in the following pages as listed below.

- Youth Sports and Concussions (Assembly Bill 2007)
- Concussion Information Sheet, or
- Parent and Athlete Concussion Policy Statement Sheet
- Graded Concussion Symptom Checklist
- Acute Concussion Notification Form for Parents/Guardians
- Concussion Return-to-Play (RTP) Protocol
- Concussion Certification for Coaches and Administrators
- Physician Letter to League/Team (Concussion)

Please contact PYFL Athletic Director should you require assistance or more information.





Youth Sports and Concussions (Assembly Bill 2007)

Since 2012, per Assembly Bill 25, all schools with sports programs have been required to immediately remove an athlete from an athletic activity for the remainder of the day if the athlete is suspected of sustaining a concussion or head injury, and prohibits the athlete from returning to the athletic activity until the athlete is evaluated by a licensed health care provider, trained in the management of concussions, and acting within the scope of his or her practice, and the athlete receives written clearance from the licensed health care provider to return to the athletic activity. This law also requires, on a yearly basis, a concussion and head injury information sheet to be signed and returned by the athlete and athlete's parent or guardian before the athlete's re-initiating practice or competition.

A new law went into effect on January 1, 2017. Assembly Bill 2007 now applies these same regulations to athletes participating in youth sports organizations. Football is one of the 27 youth sports now required to:

- **Remove an athlete** who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.
- Any athlete removed for this reason must receive a **written clearance note** from a medical doctor trained in the management of concussion before returning to practice, and after **completion of the Return to Learn and Return to Play Protocols**.
- Before an athlete can start the season and begin practice in a sport, a **concussion information sheet** must be signed and returned to the league by the parent/guardian.
- Provide all **coaches and administrators** with training on **concussions**, and document completion and understanding of this training.

However, AB 2007 has not yet provided specific educational material, tools, information sheets or protocols for youth sports organizations. Until such material is provided, Pacific Youth Football League used the material currently available by the California Interscholastic Federation to all schools as part of AB 25, which fulfills all areas of this new law, to put together the information contained in the following pages dealing with concussions.

In addition to the information provided as stated above, please visit the links below for a free information available on concussions.

<http://www.cdc.gov/concussion/HeadsUp/Training/index.html>

<http://www.cdc.gov/headsup/youthsports/parents.html>

<http://www.cdc.gov/headsup/youthsports/athletes.html>

<http://nfhslearn.com/courses/61064/concussion-in-sports>



Concussion Information Sheet

Why am I getting this information Sheet?

You are getting this information sheet about concussions because of California state law AB 2007 (effective January 1, 2017), which applies to 27 youth sports organizations, including softball:

1. The law requires an athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.
2. Any athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion before returning to practice.
3. Before an athlete can start the season and begin practice in the sport of softball, a concussion information sheet must be signed by the athlete and parent/guardian and returned to their league/team.

All coaches are required to receive training about concussions annually.

What is a concussion and how would I recognize one?

A concussion is a kind of brain injury. It can be caused by a bump or hit to the head, or by a blow to another part of the body with the force that shakes the head. Concussions can appear in any sport, and can look differently in each sport.

Most concussions get better with rest and over 90% of athletes fully recover. However, all concussions should be considered serious. If not recognized and managed the right way, they may result in problems including brain damage and even death.

Most concussions occur without being knocked out. Signs and symptoms of concussions (see following page) may show up right after the injury or can take hours to appear. If your child reports any symptoms of concussion or if you notice some symptoms and signs, seek medical evaluation from a medical doctor trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, or is having difficulty staying awake or answering simple questions, call 911 to take him/her immediately to the emergency department of your local hospital.

On the Pacific Youth Football League website is a Graded Concussion Symptom Checklist. If your child fills out this checklist after having had a concussion, it helps the doctor, trainer or coach understand how he/she is feeling and hopefully shows improvement. We ask that you have your child fill out the checklist at the start of the season even before a concussion has occurred to document if some symptoms such as headaches might be a part of his/her everyday life. This is called a "baseline" to understand what symptoms are normal and common for your child. Keep a copy for your records, and turn in the original to your league/team. If a concussion occurs, the child should fill out this checklist daily. This Graded Symptom Checklist provides a list of symptoms to compare over time to make sure the athlete is recovering from the concussion.

What can happen if my child keeps playing with concussion symptoms or returns too soon after getting a concussion?

Athletes with the signs and symptoms of concussion should be removed from play immediately. There is NO same day return to play for a youth with a suspected concussion. Youth athletes may take more time to recover from concussion and are more prone to long-term serious problems from a concussion.

Even though a traditional brain scan (e.g., MRI or CT) may be "normal", the brain has still been injured. Animal and human research studies show that a second blow before the brain has recovered can result in serious damage to the brain. If your athlete suffers another concussion before completely recovering from the first one, this can lead to prolonged recovery (weeks to months), or even to severe brain swelling (Second Impact Syndrome) with devastating consequences.

There is an increasing concern that head impact exposure and recurrent concussions may contribute to long-term neurological problems. One goal of this concussion program is to prevent a too early return to play so that serious brain damage can be prevented.

Signs observed by teammates, parents and coaches include:

- Looks dizzy
- Looks spaced out
- Confused about plays
- Forgets plays
- Is unsure of game, score or opponent
- Moves clumsily or awkwardly
- Answers questions slowly
- Slurred speech
- Shows a change in personality or way of acting
- Can't recall events before or after the injury
- Seizures or has a fit
- Any change in typical behavior or personality
- Passes out

Symptoms may include one or more of the following:

- Headaches
- "Pressure in head"
- Nausea or throws up
- Neck pain
- Has trouble standing or walking
- Blurred, double or fuzzy vision
- Bothered by light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Loss of memory
- "Don't feel right"
- Tired or low energy
- Sadness
- Nervousness or feeling on edge
- Irritability
- More emotional
- Confused
- Concentration or memory problems
- Repeating the same question/comment

What is Return to Play (RTP) determined?

Following a concussion, athletes may have difficulties with short and long-term memory, concentration and organization. They will require rest while recovering from injury (e.g., avoid reading, texting, video games, loud movies), and may even need to stay home for a few days. As the athlete returns to normal they may benefit from a reduced schedule, depending on how they feel. If recovery from the concussion is taking longer than expected, they may also benefit by a more reduced activity and may require further assessment by a medical doctor trained in the management of concussion. If the athlete is in school at time of the concussion, the California Interscholastic Federation Return to Learn guidelines should be completed and return to complete school before beginning any sports or physical activities, unless your doctor makes other recommendations. Go to the CIF website (cifstate.org) for more information on Return to Learn.

Concussion symptoms should be completely gone before returning to competition. A RTP progression involves a gradual, step-wise increase in physical effort, sports-specific activities and the risk for contact. If symptoms occur with activity, the progression should be stopped. If there are no symptoms the next day, exercise can be restarted at the previous stage.

RTP after concussion should occur only with medical clearance from a medical doctor trained in the evaluation and management of concussions, and a step-wise progression program monitored by an athletic trainer, coach or other authorized person. (As a guide, California state law AB2127, effective 1/1/15, which deals with schools, states that return to play (e.g., full competition) must be no sooner than 7 days after the concussion diagnosis has been made by a physician.)

Final thoughts for Parents/Guardians:

It is well known that athletes will often not talk about signs of concussions, which is why this information sheet is so important for review with them. Teach your child to tell the coaching staff if he/she experiences such symptoms, or if he/she suspects that a teammate has had a concussion. You should also feel comfortable talking to the coaches or trainer about possible concussion signs and symptoms that you may be seeing in your child.

References:

- American Medical Society for Sports Medicine position statement: concussion in sport (2013)
- Consensus statement on concussions in sport: the 4th International Conference on Concussions in Sport held in Zurich, November 2012
- <http://www.cdc.gov/concussion/HeadsUp/youth.html>



Concussion Information Sheet

League/Team: _____

You are receiving this information sheet about concussions because of California State Law AB 2007 (effective January 1, 2017):

1. The law requires an athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.
2. Any athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion before returning to practice.
3. Before an athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the league/team by the athlete and the parent/guardian.

Every year all coaches are required to receive training about concussions.

For current and up-to-date information on concussions you can visit:

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

I acknowledge that I have received and read the Pacific Youth Football League Concussion Information Sheet.

Athlete Name (Printed)

Athlete Signature

Date

Parent/Legal Guardian (Printed)

Parent/Legal Guardian Signature

Date

[illegible]



Graded Concussion Symptom Checklist

Today's Date: _____ Time: _____ Hours of Sleep: _____ Date of Diagnosis: _____

- Grade the 22 symptoms with a score of 0 through 6.
 - Note that these symptoms may not all be related to a concussion.
- You can fill this out at the beginning of the season as a baseline (after a good night's sleep)
- If you suffer a suspected concussion, use this checklist to record your symptoms daily.
 - Be consistent and try to grade either at the beginning or end of each day.
- There is no scale to compare your total score to; the checklist helps you follow your symptoms on a day-to-day basis.
 - If your total scores are not decreasing, see your physician right away.
- Show your baseline (if available) and daily checklists to your physician.

☐ Baseline Score
☐ Post-Concussion Score

	None	Mild	Moderate	Severe			
Headache	0	1	2	3	4	5	6
“Pressure in Head”	0	1	2	3	4	5	6
Neck Pain	0	1	2	3	4	5	6
Nausea or Vomiting	0	1	2	3	4	5	6
Dizziness	0	1	2	3	4	5	6
Blurred Vision	0	1	2	3	4	5	6
Balance Problems	0	1	2	3	4	5	6
Sensitivity to light	0	1	2	3	4	5	6
Sensitivity to noise	0	1	2	3	4	5	6
Feeling slowed down	0	1	2	3	4	5	6
Feeling like “in a fog”	0	1	2	3	4	5	6
“Don’t feel right”	0	1	2	3	4	5	6
Difficulty Concentrating	0	1	2	3	4	5	6
Difficulty Remembering	0	1	2	3	4	5	6
Fatigue or low energy	0	1	2	3	4	5	6
Confusion	0	1	2	3	4	5	6
Drowsiness	0	1	2	3	4	5	6
Trouble falling asleep	0	1	2	3	4	5	6
More emotional than usual	0	1	2	3	4	5	6
Irritability	0	1	2	3	4	5	6
Sadness	0	1	2	3	4	5	6
Nervous or Anxious	0	1	2	3	4	5	6
Total Sum of Each Column	0						
Total Symptom Score (Sum of all column totals)							

Athlete's Name: _____ League/Team: _____

D.O.B. _____ Physician (MD/DO) _____ Date: _____



Acute Concussion Notification Form for Parents/Guardians

- Your child has symptoms consistent with a concussion. At the time of evaluation, there was no sign of any serious complications.
- He/she will need monitoring for a further period by a responsible adult, and should not be left alone over the next 12-14 hours.

Call 911 and go to the nearest Hospital Emergency Department for the following:		
<table><tr><td><ul style="list-style-type: none">○ Headache that worsens○ Seizure (uncontrolled jerking of arms/legs)○ Weakness or numbness of arms/legs○ Repeated vomiting○ Loss of consciousness○ Lack of balance/unsteadiness on feet○ Changes in vision (double, blurry vision)</td><td><ul style="list-style-type: none">○ Can't recognize people or places○ Looks very drowsy/Can't be awakened○ Increased confusion and/or irritability○ Unusual behavior○ Slurred speech○ Drainage of blood/fluid from ears or nose○ Loss of bowel and/or bladder control</td></tr></table>	<ul style="list-style-type: none">○ Headache that worsens○ Seizure (uncontrolled jerking of arms/legs)○ Weakness or numbness of arms/legs○ Repeated vomiting○ Loss of consciousness○ Lack of balance/unsteadiness on feet○ Changes in vision (double, blurry vision)	<ul style="list-style-type: none">○ Can't recognize people or places○ Looks very drowsy/Can't be awakened○ Increased confusion and/or irritability○ Unusual behavior○ Slurred speech○ Drainage of blood/fluid from ears or nose○ Loss of bowel and/or bladder control
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Recommendations:

- AVOID medications like ibuprofen (Motrin, Advil) or aspirin for the next 48 hours due to the potential of increased bleeding risk in the brain.
- Acetaminophen (Tylenol) can be tried but often won't take away a concussion headache. DO NOT give narcotic pain medication like codeine.
- Check for normal breathing every few hours while sleeping but DO NOT wake your child up unless you are concerned. If he/she can't be aroused, call 911 immediately.
- Make an appointment to see a physician within 72 hours. Inform your child's coaches about the injury. Keep your child at home if symptoms are severe or worsen through normal activity.
- Track your child's symptoms using the Graded Concussion Symptoms Checklist. Bring these checklists to your physician.
- No activities like other sports and no physical exertion until your child is evaluated and cleared by a physician (MD/DO) trained in the diagnosis and management of concussions.
- Refer to the other concussion materials/protocols provided and available online.



Concussions Return to Play (RTP) Protocol

California State Law AB 2117, which applies to the California Interscholastic Federation, states that to return to play (i.e., Competition) cannot be sooner than 7 days after evaluation by a physician (MD/DO) who has made the diagnosis of concussion, and ONLY after completing a Graduated Return to Play Protocol. Since the State of California, in implementing AB 2007 (Concussion Law), has including softball organizations outside of the CIF, the following protocol should be followed before an athlete returns to full competition after suffering a concussion.

Instructions:

- This is an example of a graduated return to play protocol that **MUST** be completed before you can return to full competition.
 - A certified athletic trainer (AT), physician, or identified concussion monitor (e.g., coach) must initial each stage after you successfully pass it.
 - You should be back to normal activities before beginning Stage II, unless otherwise instructed by your physician.
- After Stage I, you cannot progress more than one stage per day (or longer if instructed by your physician).
- If symptoms return at any stage in the progression, IMMEDIATELY STOP any physical activity and follow up with your AT, other identified monitor or your physician. In general, if you are symptoms-free the next day, return to the previous stage where symptoms had not occurred.
- Seek further medical attention if you cannot pass a stage after 3 attempts due to concussion symptoms, or if you feel uncomfortable anytime during the progression.

You must have written physician (MD/DO) clearance to begin and progress through the following Stages as outlined below, or as otherwise directed by your physician. <u>Minimum</u> of 6 days to pass Stage I and II.				
Date & Initials	Stage	Activity	Exercise Example	Objective of the Stage
	I	No physical activity for at least 2 full symptoms-free days	No activities requiring exertion (weight Lifting, jogging)	Recovery and elimination of symptoms
	II-A	Light aerobic activity	10-15 minutes (min) of walking or stationary biking. Must be performed under direct supervision by designated individual	Increase heart rate to no more than 50% of perceived maximum (max) exertion (e.g., <100 beats per min (bpm)) Monitor for symptom return
	II-B	Moderate aerobic activity (Light resistance training)	20-30 min jogging or stationary biking Body weight exercises (squads, push-ups), max 1 set of 10, no more than 10 min total	Increase heart rate to 50-75% max exertion (e.g., 100-150 bpm) Monitor for symptom return
	II-C	Strenuous aerobic activity (Moderate resistance activity)	30-45 min running or stationary biking Weight lifting ≤ 50% of max weight	Increase heart rate to > 75% max exertion Monitor for symptom return
	II-D	Non-contact training with drills (No restrictions for weightlifting)	Non-contact drills, sport activities (cutting, jumping, sprinting)	Add total body movement Monitor for symptom return
Prior to beginning Stage III, make sure that written physician (MD/DO) clearance for return to play, after successful completion of Stages I and II, has been given to your league/team concussion monitor.				
	III	Limited practice	Controlled practice drills allowed	Increase training drills Restore confidence, assess readiness for return to play Monitor for symptom return
		Full unrestricted practice	Return to normal training Return to normal unrestricted training	
MANDATORY: You must complete at least ONE unrestricted practice before return to competition.				
	IV	Return to Play (competition)	Normal game play (competitive event)	Return to full sports activity without restrictions

Athlete's Name: _____ Date of Concussion Diagnosis: _____



Concussion Certification for Coaches

California law, per Assembly Bill 2007 (effective January 1, 2017), mandates that all coaches receive training on concussions. The training requirement may be fulfilled through the free, online course through the National Federation of High Schools (NFHS).

NFHS Learning Center: Concussion in Sports

<http://nfhslearn.com/courses/61064/concussion-in-sports>

Complete this 20-minute online class for FREE from the NFHS.

Coaches should download and print their certificate at the completion of the course.

Coaches shall remove from practice or game competition any athlete who is suspected of sustaining a concussion or head injury and remain out of practice or play for the rest of the day.

Coaches shall not allow an athlete who has been removed from practice or play because of a suspected concussion/brain injury to return to practice or play until the athlete has received written clearance from a licensed health care provider trained in the evaluation and management of brain injuries.

Additional Resources

CDC – Heads up: Concussion in High Schools Sports

<http://www.cdc.gov/headsup/highschoolsports/index.html>



Physician Letter to League/Team (Concussion)

To Whom It May Concern:

Patient's Name: _____ DOB: _____

Date of Concussion Diagnosis by MD/DO: _____

Injury Status

- ☐ Has been diagnosed by a MD/DO with a concussion and is currently under our care.
Medical follow-up evaluation is scheduled for (date): _____
- ☐ Was evaluated and did not have a concussion injury. There are no limitations on softball physical activity.

Physical Activity Status (Please mark all that apply)

- ☐ This athlete is not to participate in physical activity of any kind.
- ☐ This athlete is not to participate in physical activities except for untimed, voluntary walking.
- ☐ This athlete may begin a graduated return to play progression (see Concussion Return to Play Protocol Form).
- ☐ This athlete has medical clearance for unrestricted athletic participation (Has successfully completed the Concussion Return to Play protocol).

Physician's (MD/DO) Signature: _____ Examination Date: _____

Physician's Stamp and Contact Information:

Parent/Legal Guardian's Acknowledgement Signature: _____ Date: _____