



ACREAGE FOOTBALL

RULES AND REGULATIONS

2018



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League Name

We shall be officially known as the Acreage Tackle Football League (ATFL).

We shall be commonly known as Acreage Football.

Mission Statement

Develop and maintain a properly supervised football league that will benefit the children of our community emotionally, physically and developmentally.

Improve community relations by demonstrating an interest in our youth while emphasizing good citizenship and scholastic achievement.

Provide a true youth football feeder system for surrounding high schools to continually receive a wide base of fundamentally prepared athletes.

Nurture good sportsmanship and a sense of fair play.

Teach fundamental athletic skills of football through competent leadership.

Promote and maintain physical fitness through exercise.

Athletics offer an educational process in life that when seized and utilized properly, can give children the skills necessary to become strong and productive leaders in our society.



League Membership

Permanent League Members Defined

Charter Members: Any individual that has served 5 or more consecutive years on a Sport or Executive Board for the Acreage Athletic League.

Regular Members: Any individual that is currently serving on or has less than 5 years of service on a Sport or Executive Board for the Acreage Athletic League.

Conditions of membership include strict adherence to these Rules.

Individual Members Defined

Coaches and parents: who are actively involved in the Sport specific season will be considered an Individual Member.

- Individual Members will be recognized by the ATFL Board and its League Members.
- Individual 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 Rules.

Sponsoring Members Defined:

- A member who shall take on the responsibility of training a “New” Member who is just coming on as a Board Member in a specific role or job.
- The Sponsoring Member will assist the New Member with such issues as insurance, team rules, equipment purchases, placement of players in weight divisions, coach selection, practice schedules, proper registration process and set up of the team book and roster.
- It shall be the duty and responsibility of a Sponsoring Member to assist and advise the New Member in any administrative area and during mass registration for the first year.
- Meetings will be held between the Sponsoring Member and the New Member monthly to ensure that the New Members program is operating within the standards set by the ATFL.
- The Sponsoring Member (as well as the New Member) is responsible for reporting Bylaw infractions caused by the New Member. Both members will be penalized if the League is not notified. These meetings will be held one (1) hour prior to the regular League meetings, and completely separate from the League meetings.
- The Sponsoring Member will present a written report of these meetings to the AAL Board at the regular League meeting and turn the report into the Secretary. Whenever a conflict arises, either internal or external, the Sponsoring Member will be notified and give direction to the New Member in order to ensure that the New Member is operating within the standards, goals, and spirit of the ATFL.
- The League must be notified in writing by the Sponsoring Member in each and every case, NO EXCEPTIONS.
- The Sponsoring Member can withdraw their sponsorship of a New Member if the New Member fails to communicate with the Sponsoring Member, or does not include the sponsor in his decisions.



Indemnification and Hold Harmless Agreement

By virtue of its membership in the AAL, any league member agrees to indemnify and hold harmless the AAL, its Officers and Board members, the ATFL, its Officers and Board Members and any official/referee contracted by us against any claims, disputes, causes of action, judgments or decrees for actions carried out in accordance with the bylaws.

Said indemnification and hold harmless agreement shall include, but not be limited to, any reasonable attorney's fees and costs, including appellate attorney fees and costs, witness fees, stenographic expenses, expert witness fees and transportation expenses; together with any monetary judgment expense or awards that the court might enter; as well as any cost or expense associated with the running of any game, exhibition, or contest including any stadium rental, referees' fees, food, or any cost or expense associated.

Appointed Officers

Duties of Officers:

If an ATFL board member with voting rights is also on another AAL board or the Executive board, and an issue is up for vote that may be a conflict of interest for that member, the Commissioner may deny that board member from voting on that particular item.

Commissioner: The duties of the Commissioner shall be those normally associated with this office including but not limited to acting as the principle executive officer of the League, presiding at all League meetings and administrate the League. He will also run League meetings in accordance with the Bylaws. The Commissioner will not voice an opinion during an Incident Hearing. The Commissioner will vote only to break a tie on any issue voted on by the League. He may sign all legal documents with the Secretary/Treasurer. He shall perform all the duties pursuant to the office of Commissioner. The Commissioner will recommend individuals for appointment to all Board jobs, as well as any new committees he deems necessary in order to efficiently carry out the goals of the League.

The Commissioner shall recommend an individual to fill a vacated position, subject to the approval of the existing ATFL Board. The Commissioner's primary duty is to work to improve the ATFL.

He is responsible for the development of a mission statement, and setting the values and goals of the League. He must provide the vision for the League, and always be looking throughout the country for innovative ways to enhance the ATFL, both on and off the field of play. The Commissioner is also responsible for all communications with AAL and will also attend all AAL board meetings.



Vice Commissioner: The duties of the Vice Commissioner shall be those normally associated with this office and shall include but not be limited to being the presiding Executive Officer over all appeals hearings and ensuring that the proper process is followed as stated in the Bylaws. The Vice Commissioner is also responsible handling disciplinary issues on the ATFL level; setting, attending and running meetings between coaches, players and parents if necessary, insuring that ALL coaches are certified and in compliance with their AAU and USA Football certification, execution of draft and evaluations and set forth all procedures involved therein, implementing policy for and overseeing field opening and closing procedures, securing of personnel for painting of fields on a weekly basis and any other related jobs that shall be assigned to him by the Commissioner. The Vice Commissioner, with approval from the Commissioner, has the option of acquiring a “Co-Chair” if he or she wishes to assist in any of the above Duties and Responsibilities.

The Vice Commissioner shall also have such duties as are assigned to him by the Commissioner and shall preside in the absence of the Commissioner. The Vice Commissioner is the chairman of the Appeals committee and the Bylaws committee.

Treasurer: The duties of the Treasurer shall be those normally associated with this office and shall include but not be limited to his or her having charge of all moneys and receipts of the League and depositing said monies in the name of the League into a depository designated by the AAL Board. He or She shall disburse said funds as is necessary and is ordered or authorized to do such by the ATFL Board. He or She shall keep accurate records and collect all charges due from League Members and shall keep regular account of receipts and disbursements. He or She shall submit such records when requested, and give a financial statement of the same at all regularly scheduled Executive Board meetings. He or She shall cause to be prepared all checks and withdrawal slips on behalf of the League for any of its bank accounts. Two signatures shall be required for ALL disbursements. The League Commissioner and Treasurer will be the signees. In the case of the inability of the Treasurer to be present and there is an immediate need for payment of an obligation by check, the Secretary shall sign in the place of the Treasurer. The Treasurer will have available at each League meeting a list of those League Members that owe monies. The Treasurer will provide a written report of all deposits and expenditures at every regular AAL meeting. The report will be read into the record and voted on for acceptance by the Board. The Treasurer is the chairman of the Events committee.



Secretary: The Secretary shall be responsible for those duties normally associated with this office and shall include but not be limited to the keeping of minutes at all ATFL meetings. The Secretary shall perform such duties as may be required of Him or Her by the Commissioner. The Secretary shall keep a record of each League Members attendance at all League meetings by having each League Member sign an attendance sheet. The Secretary shall keep an updated list of all League Members voting status. Minutes of the previous League meeting will be read to, and approved by, the ATFL Board at the beginning of each League meeting. The Secretary shall prepare a monthly report to be presented by the Commissioner or assignee at the regularly scheduled AAL meetings. The Secretary will secure the use of a fireproof filing cabinet, and will secure all documents, contracts and copies of League files for safekeeping. Below is a summary list of what will be kept in this filing cabinet:

- Bylaws;
- Filed minutes from all previous League meetings;
- Filed Treasurer reports from all previous League meetings;
- All past and current Referees contracts;
- On 3 ½ disk or CD, a copy of the Official logo for the ATFL;
- ATFL stamps used for mass registration;
- Copies of bid sheets for the following:
 - Uniforms
 - Equipment
 - Trophies
 - Footballs
 - All-Star Uniforms



Meetings

The ATFL Board will meet on the 2nd non-holiday Tuesday of each month (these will be the twelve regular meetings)

- The Commissioner may call other meetings for the sole purpose of solving a single issue and/or problem.
- Additional meetings WILL BE scheduled during the regular season for day to day discussions. Days for these meetings shall be open for discussion.
- Bylaw meetings will be scheduled by the Commissioner, and the time limits for those meetings shall be set at his discretion.
- Any ATFL Board Member desiring to have a special presentation or guest at a League meeting will make it known to the Secretary at least (2) days prior to any regular League meeting.
- The ATFL Board Members will be the ONLY persons allowed to speak on issues during a League meeting. Any other individual may speak on issues only when granted permission to do so by the Board.
- The Secretary will produce an agenda, which will be strictly adhered to during all regular League meetings. Any additions to the agenda must be submitted by email to the Secretary by 6 pm, (2) days prior to the meeting.
- For all League purchases over \$1000.00, the ATFL Board will approve a meeting date to vote on a bid for each purchase.
- All bids submitted to the League, are to be sealed and held by the Treasurer until opened at the designated League meeting by the Secretary.
- The Board will select the bid that is the most advantageous for the League.
- Any outbursts or disrespectful behavior during a League meeting will result in the party or parties being immediately removed at the request of the ATFL Board.
- Any member not leaving after requested to do so will be disciplined either by forfeiture of games or suspension.

Motion/Discussion Process:

- When the board is going to discuss an issue that may require a motion, the following process will be used:
 - A member will make a motion.
 - The motion then must be seconded by an ATFL Board Member.
- Discussion time will be limited to 3 minutes unless further discussion is deemed necessary and approved by the board.
- Once the discussion phase has concluded, the Secretary will call the roll for the vote.

NOTE: The Vice Commissioner will keep the time and will notify the speaker when their time is up. Any member not adhering to the time limit after being advised will be removed from the meeting. Any member speaking out of turn, being disruptive, or being disrespectful will be removed from the meeting.

Voting:

- All **Permanent** Members (this excludes Individual Members) with voting privileges will have one vote.
- The Commissioner will only vote in case of a tie.
- No Executive Board Member shall vote on behalf of a permanent League Member. NO PROXY VOTES WILL BE ACCEPTED.
- Voting will be conducted by floor vote.
- The Secretary will count all votes and report the results to the AAL Board.
- All League Members have the right to hear all discussions regarding any complaint or appeal being decided on by the ATFL Board.



Rules and Regulations

Rules and Regulations may be added at any time during the year by Board approval.

Rules and Regulations carry force only for the season in which they are approved.

A Rule and Regulations shall be adopted only when the ATFL Board needs to provide for a situation that is not already addressed by existing Bylaws, or in the event that the Board determines that a clarification of an existing Bylaw is required.

A Rule and Regulations may not directly contradict or contravene any existing Bylaw of the AAL or ATFL.

Hardship

The ATFL Board, with a unanimous decision, may waive any provision under these rules if it appears that extreme or unintended hardship would result.

Remedies

No League Member, its Personnel, Representatives, Coaches, Players, Parents, Relatives or Fans may bring any action against the ATFL unless they have exhausted all remedies as set forth herein, provided however, that nothing herein shall be construed to apply to any personal injury or workers compensation action.

League Structuring and Scheduling

Referees

Referees shall be provided for **ALL** League games.

No games shall be played without a minimum of (3) referees for Tackle.

The preference for Tackle would be (4) referees.

The referees will be paid as per the Referees contract.



Coaches

Each year the ATFL will attempt to schedule a full day Coaches clinic. If the clinic is scheduled for a specific year, it will be mandatory for ALL coaches to attend this clinic regardless of weight division.

The clinic will be set and maintained as follows:

- Each coach will be checked off a “master list” at the clinic but will not receive clearance to coach unless and until certification of a satisfactory background check has been presented to the League and filed by the Secretary.
- ONE COACH FROM EACH TEAM MUST ATTENDED THE COACHES CLINIC. FALURE TO HAVE A REPRESENTATIVE AT THE COACHES CLINIC WILL RESULT IN A ONE GAME SUSPENSION FOR THE HEAD COACH, DATE OF SUSPENSION WILL DURING GAMES 2, 4 OR 5, BASED ON SCHEDULING.
- Health and First Aid for athletes will be discussed.

The League will be divided into as many conferences and/or divisions as deemed necessary by the ATFL Board.

Each conference and/or division will consist of an equal number of teams, if possible.

The ATFL Board shall determine said conferences and/or divisions.

Regular Season Scheduling

All scheduling will be done by the specified volunteer and presented to the ATFL Board at the beginning of official practice for approval.

Scheduling shall be done in the fairest manner possible.

All League games will be scheduled on Saturday as often as possible with the ATFL Board determining starting times and make up dates when necessary.

Playoffs

The specified volunteer shall present to the ATFL Board in a timely manner a playoff schedule for their approval.

All playoff games shall be scheduled at Community Park or Samuel Friedland Park unless unforeseen circumstances prohibit.

A teams place in its conference and/or division will be decided by its overall won / lost record.



Tie-breakers

Tie-breakers to decide playoff ranking shall be done at the earliest date following the end of the season, but no later than the Wednesday prior to the first round of playoff game.

- Tie-breakers will be determined first by overall record
- Division record
- Head to head record
- Total points scored against *YOUR* team throughout the regular season. This means that there is no reason to run the score up on another team. The number of points scored does not matter overall.
- IF a tie still remains then a tie-breaker game will be scheduled.

Trophies

Trophy sizes will be approved annually by the ATFL Board prior to purchase.

Trophies will be decided upon by the board and will be presented at the end of the Super Bowl game.

Super Bowl Game Site

The Super Bowl game location will be determined by the ATFL Board.

The ATFL will WORK to secure such a site along with Referees for the Super Bowl.

All-Star Coach Selection

ALL-STAR COACHING SELECTIONS WILL BE DECIDED UPON BY THE ATFL BOARD AND ARE FINAL.



Players and Registration

Player Registration and Eligibility

Players who are admitted to halfway houses, detention centers, jail, correctional facility, or house arrest are ineligible.

Players must be attending school be it public, private, or home to play in the ATFL.

A child, however, not currently enrolled in school shall not be deemed ineligible until it is determined by the ATFL Board that he is not currently attending school.

Upon such a determination, the child becomes ineligible and remains as such until he can establish that he is currently attending school.

Upon the filing of the complaint that a child is not currently attending school the child bears a burden of proof to establish by a preponderance of the evidence that he or she is currently attending school.

Once determined that a child is not currently attending school, such child is allowed to practice with his or her team but cannot participate in any games until the burden of proof is met to establish his or her attendance in school.

In order for a child to gain admission into the ATFL and become “carded”, submission of the following information is MANDATORY:

- Name and address
- Date of Birth
- Telephone number
- Grade and school to be attended for the upcoming year
- Acceptable birth date information:
 - Board of Health Certificates with seal.
 - Official Government papers, passport etc.
 - Baptismal certificates may be accepted as proof for children born outside of the U.S. if no other document can be provided.
- Completed Physical from certified Physician if required by the Board.
- Other information required by the Board for that year

The ATFL Board will set the mass registration dates.

The ATFL Board will be responsible for the administration of mass registration.

A Board Member or Representative must sign a Player Registration for that player to be officially registered with the League.

Each League will use the official ATFL Player Registration Form for player registration.

The form must be filled out completely or the player will not be registered by the League.

Attached to each card by a paper clip at mass registration, will be a copy of the acceptable birth date information for the player.



A player's registration will not be approved if the player's registration form is not signed by a parent or legal guardian.

NOTES: If seen fit by the ATFL Board, a physical may be required to determine the eligibility of a medically or mentally impaired participant.

Also a school picture ID may be required to verify a player's birth date along with an Original Birth certificate or other sealed document if directed by the ATFL Board. Parents may be requested to provide access to a player's school if needed to verify a player's age.

Player Corrective Action Policy

Players who fail to adhere to the Player Code of Conduct or do not live up to their responsibilities or expectations will be subject to disciplinary action.

Accordingly, the Acreage Youth Football League has instituted a Corrective Action Policy to establish appropriate consequences for inappropriate behavior.

This Corrective Action Policy is a guide to assist the coaches and the ATFL in running a quality program.

The Corrective Action Policy is a 3- step system designed to forgive a mistake but to firmly address chronic misbehavior.

For violations of the Player Code of Conduct, the following steps will be followed:

Step (1) Verbal Warning – The coach will discuss undesirable conduct with the player and the parent(s) stressing that this behavior will not be tolerated.

Step (2) Period Suspension – The coach will bench the offending player for a period deemed appropriate for the offense. This will be at the discretion of the coach. The suspension period shall last no longer than a quarter. The coach will inform the league Divisional Director of the problem and advise them of the offense/action taken. The coach will again discuss the undesirable conduct with the parent(s).

Step (3) Game Suspension – The coach will bench the offending player for (1) entire game. The coach will again inform the Divisional Director of the 3rd offense, at which time the player and the parent(s) must attend a meeting with the coach and the Divisional Director before the player is allowed to resume playing. The player will be warned that the next offense will result in further disciplinary action.

These guidelines are not absolute in dealing with behavioral problems. Severe situations could merit harsher sanctions against the participant.



Conduct of the Game

At no time shall any Coach, Player, Parent, Relative or Fan touch or verbally abuse in an offensive manner a referee or any other League Member, Representative, Coach, Player, Parent, Relative, or Fan whether on or off the field.

Any action determined by the ATFL Board to be committed as such, will be treated as a confrontation and expulsion from the League will result.

All League Members shall require all players to report to a member of the coaching staff if he/she is ill, injured or taking prescription drugs. The coach shall evaluate whether the player's condition allows the player to participate in practice or play in any game.

Drugs, Special Aids, Sweating

ABSOLUTELY NO water tablets of any form, nor any form of drug stimulants, nor any non porous plastic, nylon or rubber suits, bags, portable saunas, synthetic lined material that cannot breathe, or heavy breathable clothing inappropriate to current weather conditions (ex. sweat suits) will be allowed to be used by any player at any time, on the playing field or adjacent area, or under the direct supervision or control of any coach or League Member personnel.

Alcoholic beverages

The use of alcoholic beverages is strictly prohibited at any League meeting, practice session, game, on the field, at the park or within the adjacent parking areas within 500 feet of the field, when this League or its League Members are involved. Expulsion from the League will be the penalty for ANY parties violating this rule.

Weigh-In

An ATFL Board Member or Field Representative will be required to conduct all weigh-ins.

OFFICIAL Weigh-ins will be conducted (1) time and (1) time only and that will be done PRIOR TO THE FIRST GAME were an official scale will be made available. DATE TO BE DETERMINED BY THE BOARD.

The weight entered on the players registration **WILL BE** his weight for the season regardless of weight loss or gain after said weigh in.

This will help control the possibility of "Sweating" during the season.

It is suggested that all players be dressed in a manner suitable for expediting weigh-in.

At no time shall a child be stripped. All males will weigh-in with gym style shorts at a minimum. Females will weigh-in with gym shorts and a top.



ACREAGE TACKLE FOOTBALL COACH EVALUATION

Please take a moment and complete the following survey on your child's coaching staff. Your confidential feedback is necessary in order to improve our program. Thank you for your time.

Coach name: _____ Team name: _____

Division: (Circle One) Mighty Mites Prep Freshman Junior Varsity Varsity

Year_____

Please score the statements for each coach using the following ratings
1= Poor; 2= Needs Improvement; 3= Good; 4= Very Good; 5= Excellent

At Practices the coach ...

- | | | | | | |
|---|---|---|---|---|---|
| 1. Holds practices that are well planned with good intent | 1 | 2 | 3 | 4 | 5 |
| 2. Makes practices fun for the players | 1 | 2 | 3 | 4 | 5 |
| 3. Teaches skills and tactics appropriate for the age group | 1 | 2 | 3 | 4 | 5 |
| 4. Describes and demonstrates skills and tactics clearly | 1 | 2 | 3 | 4 | 5 |
| 5. Gave all the players the same amount of attention | 1 | 2 | 3 | 4 | 5 |

At games the coach ...

- | | | | | | |
|--|---|---|---|---|---|
| 6. Has a positive attitude with players | 1 | 2 | 3 | 4 | 5 |
| 7. Provides corrective feedback in a constructive way | 1 | 2 | 3 | 4 | 5 |
| 8. Demonstrates good sportsmanship & attitude toward players and opponents | 1 | 2 | 3 | 4 | 5 |
| 9. Was respectful to officials/referees | 1 | 2 | 3 | 4 | 5 |

In general the coach ...

- | | | | | | |
|--|---|---|---|---|---|
| 10. Has the capacity to develop players' technical skills | 1 | 2 | 3 | 4 | 5 |
| 11. Is knowledgeable about the sport and teaches it well | 1 | 2 | 3 | 4 | 5 |
| 12. Provides regular feedback to build players' confidence | 1 | 2 | 3 | 4 | 5 |
| 13. Accommodates the capabilities of individual players | 1 | 2 | 3 | 4 | 5 |
| 14. Provides an environment that motivates your child | 1 | 2 | 3 | 4 | 5 |
| 15. Was punctual and reliable | 1 | 2 | 3 | 4 | 5 |
| 16. Communicated effectively with parents | 1 | 2 | 3 | 4 | 5 |

Throughout this season ...

- | | | | | | |
|---|---|---|---|---|---|
| 17. I was satisfied with my child's skill development in football | 1 | 2 | 3 | 4 | 5 |
| 18. I was satisfied with my child's knowledge and understanding of the game | 1 | 2 | 3 | 4 | 5 |
| 19. My child had sufficient playing time for his/her skill level | 1 | 2 | 3 | 4 | 5 |
| 20. I was satisfied with my child's overall contribution to the team | 1 | 2 | 3 | 4 | 5 |

Overall I would recommend this coach for another season of coaching?

Yes or No



ACREAGE FOOTBALL COACHING GUIDELINES

Freezes

The head coach (and any named assistant coach) is required to freeze his/her own child/children playing in the league.

Brothers and/or sisters will each be counted towards the number of freezes ruled as follows:
The siblings will each be counted as one freeze

Coaches in each division **MUST** submit 4 freezes to the league Secretary WITHIN 48 HOURS AFTER EVALUATIONS – NO LATER.

Players who are not frozen and do not attend tryouts are HAT PICKS IN THEIR DIVISION.

Evaluations

The Acreage Tackle Football League has adopted a “multi station” tryout/evaluation for this year’s draft system which will give coaches the opportunity to take their own notes and use these notes to determine a player’s skills/talent level. Also, a non-partisan third party will run additional stations and each player’s results will be provided to the coaches prior to the draft.

If a coach or his assistant cannot make the assigned evaluation time, a designee may be chosen.

Said designee must be approved by board members prior to scheduled evaluation time.

The players will be evaluated performing position specific skills as determined by the ATFL Board.

The ATFL Board will have at its sole discretion the option of selecting who will be in charge of this portion of evaluations.

After the evaluations, the independent evaluators will turn in scoring sheets to the league secretary for distribution.

The rankings of each team’s freezes will be averaged together to determine a team score.

Coaches are expected to make their own notations for “non- frozen” players. This will be your only source of info regarding player’s skill and talent levels.



Draft

All coaches *MUST* be in place prior to the draft; the only exceptions will be for coaches who select a parent of a drafted player on his/her team. Only head coaches and named and approved assistant coaches can be present at draft. Draft order will be determined by committee appointed by ATFL Board.

Frozen players:

Only frozen players will be ranked by their performance at the evaluations. Any freeze that does not attend and complete the evaluation will be given the highest possible ranking. Ranking of the frozen players will determine the order of the draft.

The ATFL will have sole discretion in this determination.

Non-frozen players:

Non-frozen players attending and completing the evaluation will not be ranked and will be available at any point in the draft. Non-frozen players who do not attend and complete the evaluation will be a hat pick at the end of the draft.

NO EXCEPTIONS!

After the last player has been selected, the selections will move to hat picks.

Hat picks:

If said player has a coaching block and they missed their individual tryout, they will lose the option to block.

This is done to alleviate the “working of the system” as some coaches, parents and players have tried in the past.

At this point the roster as a result of the draft is considered finalized.

Late Signups:

Late signups will be distributed to teams as described below:

1. If for any reason a player registers *AFTER* the official draft, said player's name will be placed on a list that will be held by the league Secretary.
2. If it is discovered that a team is in need of a player, one will be assigned from the list AS A HAT PICK.
3. If at any point this list drops below five (5), a hold will be placed until the aforementioned numbers are once again reached.
4. The ATFL Board reserves the right to change these numbers at any time due to lack of registration and to prevent delays in player placement from occurring.



Trades:

All trades will be conducted and finalized at the draft table after draft is complete.

Trades will be limited to one player for one player and there will only be one trade allowed per coach/team. Confirmation of the trade requires the presence of both head coaches. Only those head coaches physically present at the draft are eligible to participate in trades.

Players who do not try-out may not be traded.

A Freeze Player may not be traded. A sibling linked player may not be traded.

Trades will be agreed upon and signed off on by two coaches, ATFL Board member and presiding Executive Board Member.

Once a player is placed on a team, he/she is considered property of that team. A PLAYER MAY NOT BE MOVED TO ANY OTHER TEAM OR BE PLACED ON ANY WAITING LIST DURING THAT SEASON.

NO REFUNDS WILL BE ISSUED AFTER THE DRAFT.

The tackle division plays its games with 11 players from each team on the field at a time.

The teams shall consist of no less than 14 players and no more than 20 players unless adjustments are required to maintain an even number of teams.

Team name selection

Coaches that were "*head coaches*" in a Tackle Division the year prior will have the option of keeping their same team name.

If a coach is moving up a division and there are now two coaches having the above option, the choice will go to the "senior coach" in that division. If said coach chooses not to pick same team name, he goes back into the selection process as normal.

The Coach that had the **FIRST** pick in the player draft will have the **LAST** pick in team name selection. The coach that had the second pick will have the second to last pick in team name selection and so on.



ATFL Must Play Rules

The Acreage Tackle Football League maintains a strict policy that youth football should provide each participant an equal opportunity to learn and perform the fundamentals of sport. To insure this policy a “Mandatory Play Rule” is in effect for ALL regular and post season games.

All players must start each game and continue to play on either Offense or Defense. (Special Teams do not count as starting positions) Players who leave the game due to injury, illness, fatigue, or unwillingness must be reinserted into the line-up as soon as physically or emotionally able.

Players must meet the weight requirements in each division. Players that are limited to “helmet to helmet” positions due to their weights will have BRIGHT COLORED stickers placed on their helmets by the ATFL board. These stickers will be checked prior to the start of each game.

Coaches may move players to different positions while on the field so long as the following rule is strictly adhered to:

Players may be substituted for instruction once per quarter, for a maximum of two plays. After instruction, the player must be re-inserted into the line-up without removal for the rest of the quarter.

The **INTENT** of this rule is to ensure that **ALL** players receive the opportunity to play approximately 50% of the time during a game regardless of ability.

It is understood that the plays may not be evenly distributed among offense/defense for the duration of any given game but the 50% play rule **MUST** be the prevailing objective of each coach.

Exceptions to this rule will be allowed during “Goal Line” situations and may only include offensive or defensive line positions. Coaches may insert a “Heavy” or “Jumbo” package but must continue to adhere to the position restrictions guidelines regarding weight.

Violation of the must play rule will result in forfeiture of that game. **No Exceptions...**

A second violation of the same rule will result in an immediate dismissal and expulsion of said coach with a simple majority vote by the ATFL Board. This shall occur in lieu of the standard unanimous vote required as stated in the ATFL Bylaws.

This is due to the severity of offense and unsportsmanlike conduct which results from trying to gain a competitive edge over coaches who are following the rules. This is done by playing your “A” or “all-star” player while the coach across the field (following the rule) is playing “C” players or players with lesser skill, speed, experience or knowledge of the game.



ATFL Limited Play Rules

There are only two (2) reasons why the above may not be fully adhered to:

1. **Field Misconduct**
2. **Weekly Tardiness/Absences**

In either of these instances, a *Limited Play Rule* can be put into effect.

The purpose of this rule is to give coaches a tool to help enforce conduct and attendance. The league goal is to have players learn team responsibility. Players are responsible for attending practices and games alike in a timely and consistent manner. It is important for players *AND* parents to understand the impact of missing a practice or game has on the *ENTIRE* team.

Guidelines are as follows:

Absences/Tardiness:

- | | |
|------------------------------|---------------------------|
| • 1 late / week | No Penalty |
| • 1 excused absence / week | No Penalty |
| • 1 unexcused absence / week | Sit out up to one quarter |
| • 2 late / week | Up to one quarter |
| • 2 excused / week | No Penalty |
| • 2 unexcused / week | Up to one half |
| • 3 late / week | Up to one half |
| • 3 excused / week | Up to one quarter |
| • 3 unexcused / week | Up to one game |

Late shall be described as arriving 30 minutes past practice/game start time.

Excused shall be described as notifying coaching staff prior to that day's practice/game. [In emergency cases as soon as is feasibly possible]

Unexcused shall be described as no notification or tardy with no viable excuse.

Shall a player arrive late or miss a practice/game as a result of participation in another sport; an unexcused absence shall be charged.

Coaches and league officials must understand that this is a recreational league and limited play exceptions should not be used as a way to achieve a "competitive edge." These guidelines shall be applied equally to all players with no special consideration for the "star athletes".



General

Coaches who choose to “manage” more than one team (be it flag or tackle) will be responsible for making arrangements for "fill in coaches" if said coach has a scheduling conflict. If a conflict does occur, it is the Coaches responsibility to make the decision as to which game he will coach.

There will be no re-scheduling due to this conflict.

Requests for changes during playoffs only will be taken for conflicts with a coach having two or more teams or a school event.

A reasonable effort will be made to accommodate players/coaches. In the event a rescheduled game conflicts with players (i.e. not enough to play) or coaches ability to attend, said team will forfeit that game **NO EXCEPTIONS.**

Make up games will be rescheduled by the ATFL board unless an unforeseen event or events prohibits.

Calls made on the fields by the officials are the calls that are made. Coaches will not ask for Board intervention as Board members will not become involved.

Any parent who prematurely removes a player from his/her team without just cause or a player who quits on his/her team will not be eligible for any All-Star teams that may be formed at season's end.

Teams will be permitted up to 3 practices a week. (Two in full gear and the third in a walk thru format.) Once games start, the coaches should limit the amount of time spent on full contact hitting drills. **Every effort should be made to follow these guidelines as our support and emphasis should always be placed on education FIRST.**

No games or scheduled practices may be held at Indian Trail Parks or Palm Beach County Parks on Sundays without written consent from the Indian Trail or Palm Beach County Parks & Recreation Director.

No coach, player or member of the ATFL is permitted to bring any item to a permitted field within the Indian Trials District without approval from Indian Trail. Only approved sports equipment is permitted.

All coaches and players must shake hands after each game as a show of good sportsmanship towards other members and players!!!

No use of alcohol or tobacco products during practices and games.



Scoring

Team Standings will be calculated as follows:

Win = 2 points Tie = 1 point

Tie breakers: Based on difficulty of schedule and head to head vs. team tied with

Acreege Football Grievance Policy

The purpose of this policy is to provide individuals an avenue to grieve Bylaws, Rules and Regulations, Policies, Procedures or any member of the ATFL or AAL.

Members who wish to file a grievance must fill out a "Grievance Hearing Application." This application may be obtained from the League Secretary and must be submitted to the Vice President for any grievance to be scheduled and heard.

The grievance hearing will be held during a "special meeting" which will be called no later than two weeks from time of submission. Convenience to the applicant will be taken into consideration but cannot be promised.

Notice of the meeting will be posted in an obvious and visible spot for the public to see. The hearing will be open to the public.

The applicant must be present at the grievance hearing. He/She is responsible for producing any witnesses or supportive documentation that may be needed for grievance.

The AAL Executive Board will provide any documentation requested pertaining to the grievance.

The committee reviewing the grievance will consist of Executive Board of Directors minus any Member to which the grievance may pertain.

The outcome of the grievance will be based on a majority vote of the Executive Board of Directors minus any Member to which the grievance may pertain.

If after completing this process, the applicant remains dissatisfied with the outcome, then and only then may He/She apply for a grievance hearing in front of Indian Trails Improvement District or Palm Beach County Parks and Rec.

Details for this process will be provided at conclusion of original hearing with AAL.



RULES AND REGULATIONS OF PLAY

RULES

Unless otherwise provided within these rules below, National Federation/Florida High School Athletic Association (FHSAA) rules and regulations will apply to all League games. Varsity will be as per FHSAA high school rules.

FHSAA Special Team Rules

The following modifications to FHSAA special team rules will apply:

General:

1. Prior to starting a game both teams should inspect the playing conditions and agree that the conditions are safe or unsafe for playing.
2. Regular water breaks will continue through the entire season (as normal) with no modification due to seasonal changes.
3. Teams will avoid the opponent's bench at all times prior to and after games, including during pre-game warm-ups.
4. During the playoffs or Super Bowl, teams proceeding to the end zone in preparation for the next game shall not taunt, chant or otherwise engage players or fans involved in the game in progress.

Time:

1. Mighty Mite, Prep, Freshman and Junior Varsity teams will play ten (10) minute quarters with one (1) mandatory water break per quarter.
2. Varsity teams will play twelve (12) minute quarters with one (1) mandatory water break per quarter.
3. Half time must be as long as a quarter.
4. There will be an interval of at least five (5) minutes between games.

Coin toss:

1. The Head Coach may be at the coin toss located three (3) yards behind the player captains.
2. The Player Captains may refer to the coach at the Mighty Mite & Prep level only, for coin toss instruction.
3. For Mighty Mite, Prep, Freshman & Junior Varsity, the "conversion after touchdown" will be one (1) point for run or passes and two (2) points for a place kick.

Suspended games:

1. If a game is called, the game shall be resumed from the point at which it was suspended.
2. The game will be made up at the most opportune time using the eligible dates set by the ATFL Board prior to the season.
3. If the ATFL Board determines that a team has violated any provision of these rules, the Head Coach will be suspended for at least one (1) game.



Mighty Mite & Prep Punt

For the Mighty Mite & Prep Division only; the defense will not be permitted to rush if the offense elects to declare a Punt, PAT or Field Goal. The following is an explanation of how this will be handled.

The offensive team may declare its intention to punt. The declaration must be made to the Referee, and the Referee must inform the opposing Head Coach. **'Fake Punts' are not permitted;** if a team declares its intention to punt it must either punt or call a charged timeout to inform the defense and the officials that it no longer intends to punt. If the punting team has no timeouts remaining, they may not reverse the decision to punt.

Punts will be conducted as follows: Once the offense has set, the center and punter are the only offensive players permitted to move until the ball has been kicked. The center's movement is limited to a shotgun or long snap. Any illegal movement by the offense between set and kick will be treated as a false start penalty. If the snap hits the ground, or is muffed by the punter, the punter is permitted to pick the ball up and continue the punt. The ball may only be kicked once.

Once the offense is set, and until the kick is made, the defense must maintain a minimum of eight (8) defenders lined up within five (5) yards of the Line of Scrimmage. These defenders may stand or jump with arms extended in an attempt to block the kick at the Line of Scrimmage, but may not move forward or make contact with any offensive player until after the ball is kicked. If the ball is kicked and does not move beyond the defensive linemen, or is blocked, the ball will be considered dead at the original LOS and possession will be awarded to the defense.

Any forward movement by any defensive player who was within five (5) yards of the LOS when the offensive line was set will be treated as an encroachment penalty. Any direct defensive contact with the center will be treated as an Unsportsmanlike Conduct penalty.

The punting team has eight (8) seconds to get the punt off after the snap. If the ball is not kicked within this interval, the ball will be ruled dead at the spot where it was originally spotted.

Mighty Mite & Prep PAT

The offensive team may declare its intention to kick for the PAT conversion.

"Fake Kicks" on PAT attempts are not permitted; if a team declares its intention to attempt a kick it must either kick or call a charged timeout to inform the defense and the officials that it no longer intends to kick. If the kicking team has no timeouts remaining, they may not reverse the decision to kick.

PAT kick attempts will be conducted as follows: Once the offense has set, the center, holder and kicker are the only offensive players permitted to move until the ball is kicked. No offensive player is allowed to cross the LOS during kicking Point After conversions. The center's movement is limited to a shotgun or long snap. Any illegal movement by the offense between set and kick will be treated as a false start penalty. If the snap hits the ground, or is muffed by the holder, the holder is permitted to pick the ball up and continue the play. The ball may only be kicked once.



Once the offense is set, the defense may stand or jump with arms extended in an attempt to block the kick at the Line of Scrimmage, but may not move forward or make contact with any offensive player until after the ball is kicked.

Any forward movement by any defensive player who was within five (5) yards of the LOS when the offensive line was set will be treated as an encroachment penalty.

Any direct defensive contact with the center will be treated as an Unsportsmanlike Conduct penalty.

The offense may not recover and advance the ball after the kick under any circumstances. The PAT team has ten (10) seconds to get the kick off after the snap. If the ball is not kicked within this interval, the play will be ruled an unsuccessful PAT conversion.

The kicking team will be awarded two (2) points for a successful PAT conversion.

No runbacks are permitted on PAT attempts.

Mighty Mite & Prep Field Goals

The offensive team may declare its intention to kick a Field Goal. **'Fake Field Goals' are not permitted**; if a team declares its intention to attempt a Field Goal it must either kick or call a charged timeout to inform the defense and the officials that it no longer intends to kick.

Declared Field Goal attempts will be conducted in the same manner as kicking PAT attempts.

Heavy Players

The intent of the following rules are to ensure that players who are over the set "Any Position Weight" do not handle and/or advance the football (except in the case of live ball changes of possession), and that at no time they play a position that allows them to get a running start prior to the football being placed in play.

Any player weighing over the "Any Position Weight" will be designated "Heavy for the Game."
Players over the any position weight must begin play within the tackles

Any player that is labeled "Heavy" will be issued a decal to be placed on the helmet. This decal shall be placed in a uniform location for ease of sight.

This position will be located on the back of the helmet.

A player designated as "Heavy" may be a kicker, holder or punter, but may not advance the ball by running it (except as defined below) or throwing it.

In the event of a live ball change of possession (interception or fumble) ANY player may advance the ball, including Heavy players.

In the event of a fumble or a tipped pass recovered by a Heavy player on the offense, that player may advance the ball.

Intentional fumble plays designed to put the ball into the hands of a Heavy player intentionally shall be penalized as Unsportsmanlike Conduct.



Heavy players may participate in punt return, kickoff and kickoff return teams, however they may not be designated punt or kick returners.

On kickoff return teams, Heavy players must be in the front line of the kickoff return formation.

A Heavy player may advance an onside kick.

Any coach found violating the above rules will be penalized. See Determination of Severity of Offense in the by-laws.

There will also be a “un-sportsman like conduct” penalty assessed to the team.

Overtime

If a game is tied at the end of regulation, a four (4) play Over Time series will ensue.

Starting from the ten (10) yard line, each team will have four (4) downs to score.

During the regular season this will be a “one chance tie break.” If no score after each team has had the ball once, the game ends in a tie and will be recorded as such.

No League Playoff games may end in a tie (except All Star games).

If no score by either team at series end the same scenario will repeat itself until a winner is declared.

Coaches on the Field

The Mighty Mite division will be allowed to have one coach per team on the field for the entire season.

The Prep Division will be allowed to have one coach per team on the field during play for the first seven (7) WEEKS on the regular season. Typically this would include an offensive coach for “O” and a defensive coach for “D”

Coaches must be five (5) yards behind their respective teams as ball is put into play.

No communication can occur once the quarterback begins to call the cadence.

The penalty for a communication infraction will be an unsportsmanlike conduct penalty.

Forfeiting a game

Forfeiture of a game without cause determined by the ATFL Board will result in a recorded loss for the team and a one (1) game suspension for the Head Coach.



Sideline Rules during play

There will be only four (4) ATFL coaches, one (1) team mom/dad, two (2) water persons allowed inside the lines designating the field of play, or the area for players and coaches.

The team mom or dad will at no time be in the coaches' box or on the field.

At no time will players, coaches, parents, relatives or fans be within the lined area down field of the twenty five (25) yard line or within ten (10) yards of the end line of the end zone, except to pass from one side of the field to the other.

Violation of this rule will result in an Unsportsmanlike conduct penalty against the team.

One photographer or videographer authorized by each team may be on each sideline during a game, provided that they do not interfere with play on the field, coaches or players.

Head Coaches are responsible for maintaining control of sideline crowds, known or unknown to said coach.

Mercy Rule

A twenty four (24) point "mercy Rule" shall be in place for all league games.

If one team is ahead by a margin of twenty four (24) points or more at the end of the second quarter, the head coach of the team that is behind may request of the referee a running clock. If, however, the differential in the score is twenty four (24) points or more at the end of the third quarter or at any point thereafter, the running clock shall become mandatory.

Once the running clock is initiated, it shall run continuously with the following exceptions;

- any timeout taken by losing team or officials
- injuries
- unsportsman like conduct penalties
- a score by either team
- during the period between quarters

No timeouts will be granted to the team that is winning if there is more than a twenty four (24) point score differential.

The coaching staff will take whatever measures necessary to accomplish these tasks.

If it is found that a coach has "run up the score", the ATFL Board will review the case.

A complaint found by the Board to be valid, will carry the following penalties:

- 1st infraction – Written Warning detailing penalties for 2nd offense.
- 2nd infraction – The game will be recorded as a loss for the team taking more than a twenty four 24 point lead and the head coach will be **expelled** for the season. If this occurs on the final game of the season, the coach will be **expelled for the next season**.



REGULATIONS

Age/Weight and Position Restrictions

A player must meet the age requirements of a specific division to be eligible to play in that division. League age is defined as the player's age on August 1st of the current year.

- Example: If a player turns 14 *after* August 1st of the current year he is considered to be league age 13.

The official ATFL age and weight requirements for eligibility to participate in Tackle Football are as follows:

<u>Division:</u>	<u>Age:</u>	<u>Any position:</u>	<u>O or D Line Only:</u>
Mighty Mite	5-6	up to 74 lbs	75 lbs and above
Prep	7-8-9	up to 119 lbs	120 lbs and above
Freshman	10-11-12	up to 154 lbs	155 lbs and above
Junior Varsity	13-14-15	up to 184 lbs	185 lbs and above

The ATFL Board has, at its sole discretion, the right to adjust these weight restrictions as they see fit. Examples of when this may be done would include but not be limited to: adjusting weights to create a more even Division, moving up or down to stay consistent with what surrounding leagues are doing, adding a younger age group, etc.



Ineligible Players

- Any unregistered player.
- Any player that is under or over the age limits of the League.
- Any player on “official discipline” by the League.
- Players who are admitted to halfway houses, detention centers, jail, correctional facility, or house arrest.
- A player whose parent or legal guardian has not consented to all the terms and conditions of the Player Card will be deemed ineligible.
- A player determined by the ATFL Board to not be currently attending school.

A player determined by the ATFL Board to have played in a game or games while ineligible other than for clerical reasons, will result in that Team forfeiting the game or games in which the ineligible player participated in.

The ATFL Board will investigate the status of the player, and the Board will decide if any further action will be taken against the player.

At no time will a team be penalized if it is determined there was a clerical error by the ATFL or one of its Board members.

If a player is found to be ineligible on a team, the ATFL Board will investigate the infraction. The Board will decide if any action is to be taken against the Player or Head Coach.

Any player found by the ATFL Board to have used narcotics, steroids, amphetamines, barbiturates or any other illicit drugs will be expelled from the League.

Any coach who is found by a majority vote of the ATFL Board, to have knowingly played an age-ineligible player shall be expelled.

If a league member suspects another league member of playing a player who is ineligible for any reason, the suspecting league member is required to notify the suspected offender and their League Chairman prior to kickoff of that team’s next scheduled game.

Knowingly allowing another team to play a potentially ineligible player without notifying that team will be punished by suspension from the league.

No league member may conduct any form of investigation into the eligibility of an opposing team’s players.

Any individual found to have engaged in such an illegal investigation shall be suspended for a minimum of one calendar year.

If during the course of the illegal investigation the individual misrepresents him or herself as acting on behalf of the ATFL, the one year suspension shall be replaced with expulsion.



Any false accusation of player age, weight or ineligibility found, by a majority vote of the board, to be malicious in intent, shall result in the suspension of the maliciously accusing party.

In this case, the term of the suspension shall be determined by the board, based on the severity of the offense.

If the accusing party is already on probation, the accusing party shall be expelled.

Rosters

Rosters are set after the draft.

Once a player is placed on a team, he or she is considered property of that team. If the player refuses to play for that team, a refund check will be issued to the player.

The player may not be moved to any other team or be placed on any waiting list during that season. Once an ATFL Board member is notified their refund is final.

Team Rosters are to be submitted to the League Secretary at the end of their perspective draft date.

Each team may roster a maximum of twenty (20) players. (This is due to “Must Play Rule” and the hardship it places on coaches with a roster of more than 20.)

Should a team’s roster fall below fourteen (14) players, a League Member can petition the League for an exemption. With that exemption, that team may add up to three players, if approved by the ATFL Board.

Coaches shall be mandated to turn in a “Game Roster” prior to the beginning of each game. This roster shall have players name, jersey number and starting position. This roster will also have provisions for documentation of disciplinary or injury notations. This list will be filled out at the ATFL tent in person approximately one (1) hour prior to Coaches game. In addition, the coach (or someone they designate) is responsible for marking on the game roster which quarters each player played in.

No prior or photo copies of rosters will be accepted.

NO EXCEPTIONS

Protest

Games may not be protested.



Rain Delay Policy

In the event of a rain delay or cancellation, the league reps along with approved officials will have final say in what happens to the affected game. Every effort will be made to get that game completed in a timely manner.

Equipment

All safety equipment required by the FHSAA must be worn at all times during games and practices.

The official League football will be the K2 (or its equivalent) for the Mighty Mite & Prep Divisions; the TDJ (or its equivalent) for the Freshman Divisions; the TDY (or its equivalent) for the Junior Varsity Divisions; and the TDS (or its equivalent) for the Varsity Division.

All game balls will be new unless agreed upon by both coaches and officials.

The ATFL Board will set the football specifications.

The ATFL Board will communicate the current year's logo requirements to the Referee Liaison prior to the start of the season.

The ATFL Board shall have sole discretion in selection of team names, jersey and pant style, helmet stickers and colors. Team names and jersey colors may change from year to year without recourse.

Mandatory equipment will consist of football cleats, socks, football pants, girdle with required pads, shoulder pads, a helmet with face masks, numbered jersey front and back and mouthpiece. All Players are required to wear the game jersey provided by the ATFL. Game pants color will be at the decision of the coach; keeping in mind the costs to parents and the availability of the color chosen.

Mouthpieces **must** be colored. No exceptions. Clear mouthpieces make it difficult to tell if participant has required equipment in place.

Any special mouthpiece must be shown to a referee.

Molded rubber cleats and Screw-in cleats are permitted for all divisions. Screw-in types must be covered with a metal tip to prevent exposure of the post used to secure cleat.

If a player is found with illegal equipment, that player will be removed from the remainder of that game by an ATFL Representative and shall be suspended for the next game. If the removal of a player drops the team below the minimum amount required to play then that player's team shall be forced to forfeit that game.



Safety

Players with active bleeding, casts (hard or soft) or any type of bandage (excluding band-aids) on any part of their body may not practice or play in any game unless written permission from a doctor is presented to the ATFL prior to the beginning of the game. This rule is for the safety of all players not just the injured player.

No tents will be allowed between fields 1 and 2. Tent can be placed near the end zones of the affected areas. It will be the board's discretion if tents need to be moved. This will be in force for the safety of the players.