



Eudora Youth Football & Cheer Association



The following rules shall be implemented by the Eudora Youth Football & Cheer Association and all opponents that play the Eudora Youth Football Teams. Failure to comply with the rules as provided may result in a forfeit of a game and /or expulsion from playing.

The rules as provided below are similar in nature to those that are implemented and followed by the Lawrence Youth Football League.

Eudora Youth Football & Cheer Association Contact Information

Club President

Mo Lamont

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Club Vice President

Stephanie Ortega

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Individual Team Contact Info

<u>KDG/1st Flag Red Team</u> Daniel Simonson Parent Liaison: Paige Hayden	<u>KDG/1st Flag Blue Team</u> Laken Jacobs Parent Liaison: Lacie Fuqua Kris Price	<u>2nd/3rd Grade Team</u> Jonathan Curtis Parent Liaison: Elizabeth Rushmeyer
<u>4th Grade Team</u> Sean Hayden Parent Liaison: Molly Bradstreet	<u>5th Grade Team</u> Jake Lorenzo Parent Liaison: Robert Farrell	<u>6th Grade Team</u> Chad Mies Parent Liaison: Marcy Owens

Cheerleading- Nikki Hamilton

Sportsmanship

It is expected that all coaches, players, and spectators will promote sportsmanship at all events. Coaches are responsible for their behavior, behavior of assistant coaches, players, parents, and spectators, and can be disciplined for their behavior.

Anyone ejected from an event shall serve a minimum 1 game suspension. The EYFCA Board of Directors will review all violations and may impose additional sanctions up to permanent suspension from all EYFCA events. If a person is suspended for the season they will have to reapply to join the league the following year. Application shall be in writing. The EYFCA will have final say in all discipline matters. There are no appeals.

If an adult commits a second offense similar in nature it will result in suspension for the remainder of the year from all events. Their children may also be removed from all events for the remainder of the season.

Anyone who commits the following offences will be asked to leave the event.

- Smoking or smokeless tobacco is not permitted at any event.
- Abusive or profane language or obscene gestures.
- Attempts to intimidate.
- Flagrantly rude.
- Consumers possess alcoholic beverages or appear to be intoxicated.
- Physical assault, not limited to hitting, slapping, pushing, spitting, kicking, or striking.
- Use of illegal drugs.
- Possesses glass bottles or cans.
- Absolutely no pets allowed at Eudora District Stadium

Any coach, official, spectator, or player may report unsportsmanlike conduct. Written reports carry more validity and are highly recommended. An infraction may be reported to the Eudora Youth Football & Cheer Association President. The report will be reviewed by the EYFCA Board Members, and the reporting person may be asked to provide more details.

Any coach under suspension shall not be allowed to attend practice sessions and not be allowed to be present during the game they are suspended. If a suspended coach violates this policy additional suspensions will be reviewed.

First Aid

- Concussions are a significant issue, and great care is needed to ensure all athletes are safe and healthy. EYFCA has adopted the KSHSAA guidelines to assure the best possible outcome and safety of a player.
- Each team must have a first aid kit available at games and practice.

- Any player receiving an injury requiring medical attention should not be moved until proper authorities have arrived.

Inclement Weather

There is no reason to expose a player to dangerous and extreme weather situations.

Practice will be cancelled/delayed/relocated for the following events:

- Lightning detected in your area.
- Severe storms.
- Heavy rain
- If the temperature equals or exceeds 95 degrees and/or heat index reaches or exceeds 105 degrees. All practices will be suspended.
- We use the KSHAA wet bulb to determine if practice conditions are unsafe.
- Coaches are not limited by only the above weather issues; they have the option to cancel at any time if they feel conditions may be dangerous.

Equipment

- Rubber cleats
- No metal cleats allowed.
- Screw in cleats must be rubber tipped.
- Mouthpieces are required
- Helmet must be NOC-SAE approved.
- Shoulder, hip, thigh, tail pads, and knee pads
- Colored/Tinted Visor are not allowed.
- Players must wear the current jersey provided by EYFCA each year to games.
- Jersey numbers shall be required for all games on front and back.

Weigh In Procedures

Division	Age by August 1 st	Ball Carrier Weight
2 nd /3 rd Grade	7 years	92 lbs
4 th Grade	9 years	107 lbs
5 th Grade	10 years	122 lbs
6 th Grade	11 years	135 lbs

Overweight Players

- Overweight players shall have their helmet marked.

- On offense
 - Cannot be in the backfield except as a punter (cannot advance the ball).
 - Cannot advance the ball from any position.
 - Cannot recover a fumble or punt will result in the play being called dead.
- On Defense
 - May advance any fumble or interception.
 - Kick-off team:
 - Must be on the front line.
 - Cannot advance ball.
 - Kick return team.
 - Must be on the front line.
 - Cannot advance ball.

Players Eligibility

- All players shall be enrolled 2nd Grade– 6th Grade to play tackle football. Kindergarten and 1st graders are not eligible to play tackle.
- Player must be of the proper age, not older than the ages in the table above on August 1st. Grade level takes priority over age.
- All players are required to have a Sports Physical.

Practice

- Practice sessions during school shall be limited to 3 per week.
- Limited to 2 hours per practice.
- Every player must complete 10 hours of conditioning before any contact.

Substitution

All players must play a minimum of 5 plays per game; special team plays may count for up to 3 plays. If a player does not attend practice, is injured, behavior problem or dangerous to themselves or others this rule does not apply. Coaches are encouraged to substitute freely. Give your second team players a chance to get better. If the losing team is about to score, do not put in your first team defense. Show sportsmanship to the players on the opposing team.

Scoring

- Touchdown – 6 points
- Extra points – 1 point kick, (2 points pass or run)
- Field Goal – 3 points
- Safety-2 points

Play Regulations

1. Offense and special teams must have 5 set interior linemen and 7 players on the line of scrimmage.
2. 11 players will be on the field per team.
3. No head slaps to hands to the helmet
4. Defense cannot hit center while head is down during a kick/punt.
5. Each team receives 3-time outs per half, cannot be carried over.
6. If coaches are allowed on the field, they must be outside of the hash marks once the team is set and 10 yards from the deepest player.
7. Once the offensive formation is set the coaches on the field must remain silent until the end of the play.
8. Teams are allowed to film their own games only. Filming shall not interfere with the game.
9. The home team shall provide 3 people to run the chains.
10. Only 5 coaches will be permitted on the sidelines at a game.
11. Any coach or player that does not follow the rules or code of conduct will be suspended for a game or games and or disqualified for the season. No refund will be allowed if any of these are not followed... NO EXCEPTION!

Overtime

1. Coin toss decides possession (offense, defense, defend a goal).
2. Play will begin on 10-yard line.
3. Each team is given opportunity to score.

3rdGrade Rules

1. A combined 2nd & 3rd Grade Team shall comply with the 3rd Grade Rules.
2. Take the ball 35 yards from line of scrimmage or half distance to goal inside the 40.
3. There will be 10 seconds run off the game clock for a punt.
4. Two coaches allowed on the field.
5. No live kicks are allowed.
6. K-2 or peewee ball to be used.
7. Nose tackle is allowed.

4th Grade Rules

1. Punt declared by offensive team, no live punts.
2. Take the ball 35 yards from line of scrimmage or half distance to goal inside the 40.
3. No live kicks are allowed.
4. Kickoffs will be taken at the 30-yard line. Ball will be placed on the 30-yard line after each score.
5. One coach per team may be on the field.
6. K-2 or peewee ball to be used.

5th Grade Rules

1. A combined 5th & 6th Grade Team shall comply with the 6th Grade Rules.
2. The offensive team must declare all Punts.
3. Fake punts are not allowed.
4. Neither team may cross the line of scrimmage until ball is punted.
5. The player kicking the ball may take a long snap or direct snap and back up to punt the ball.
6. Once the ball is punted the game is live.
7. Each punt team must have 5 interior linemen and 7 on the line of scrimmage.
8. K-2 or Pee wee ball to be used.

6th Grade Rules

1. All punts are alive.
2. All rules will be in compliance with KSHSAA.
3. TDJ ball to be used.

Coaches Rules

1. Every coach must be USA Football certified to coach in our league. The head coach is responsible for making sure all people coaching their team in practices or games are certified.
2. Under no circumstances will any team have more than 5 coaches on the sideline at any game. No exceptions!
3. Coaches are not allowed to run the chains during the game.
4. Home team is responsible for providing 3 people to run the chains.
5. Expected to adhere to a strict code of conduct and sportsmanship.
6. Head coaches are responsible for the behavior of their players, parents and coaches and may be suspended based on inappropriate behavior exhibited by anyone associated with his team.
7. All head and assistant coaches should attend rules meeting.
8. Shall be of unquestionable moral character and shall have the knowledge and capability to instruct players in fundamentals of the game.
9. Must carry their coach's pass during games they are coaching.
10. All players must be registered with the league to participate in practice or games. Violation will result in a one game suspension of the head coach and the player.
11. Accept decisions made by the officials on the field as being fair and the best ability of the officials. Disagreements can be discussed with the official if they choose but must always remain professional and discrete. Screaming, yelling and derogatory remarks will not be tolerated.
12. Will not make gestures or criticize opposing players, coaches, or spectators.

13. Will not verbally, physically attack or attempt to intimidate any person at any time during an event.
14. Adhere to the KSHAA rules book.
15. Maintain control of your fan base, parents, players, and coaches.
16. Report violations of this rule book to the Club President of the Eudora Youth Football & Cheer Association by submitting a written incident report.
17. No hands on kids, facemasks, or etc.
18. Should not run up the score intentionally on an opposing team.
19. You may be a child's first experience in athletics. You should always remain positive and in control. Your goal should always be to encourage your players and make this a positive experience. Dressing down players or yelling at them is not creating positive environment for your players, parents, or coaches.

Parents' Code of Conduct Pledge

Parents are vital to the development of young athletes. Whether sitting in the stands or helping as a volunteer, parents must set a positive example. Parents and adults involved in youth sports should be models of good sportsmanship and lead by example on and off the playing field.

EYFCA has adopted the following Parent Code of Conduct as recommended by USA Football:

- Give constructive criticism during a private moment, never in front of other parents, players, officials, spectators, etc.
- Support your coach and refrain from excessive "sideline coaching" from the stands.
- Refrain from using profanity.
- Abide by a doctor's decision in all matters of players health and injuries and physical ability to play.
- Accept the decisions of officials on the field as being fair and called to the best ability of the officials. Parents must stay off the field and remain under control to set a good example for players and other spectators.
- Do not criticize an opposing team, its players, fans, coaches or team by words or gestures.
- Support the coaches, players and officials and help teach the value of commitment to the teams, sportsmanship, ethical conduct, and fair play.
- Inappropriate behavior is caused by immediate ejection from the stands. Repeat offenses will result in being barred from future games and league sponsored activities.
- Parents will not encourage their child or any other person to engage in unsportsmanlike conduct with any coach, parent, player, participants, officials, or any other attendee.
- If you have concerns or are upset, we enforce a 24-hour waiting rule. It starts when the game or practice ends. You may then contact a coach, board member, or parent liaison after that 24 hour mark.

Youth football plays a vital role in encouraging physical, social, and emotional growth of children. It is therefore essential for parents, coaches, and officials to encourage their youth football players to embrace the values of good sportsmanship, discipline, and character development.

Eudora Youth Football & Cheer Association (EYFCA) requires that all participants commit and adhere to the following Code of Conduct. EYFCA believes in safety and sportsmanship and expects student participants to exhibit them both on and off the field. Any violation of the following codes could result in expulsion of your team from playing future games at Eudora District Stadium.

EYFCA has adopted the following Player Code of Conduct as recommended by USA Football:

Players' Code of Conduct

I hereby pledge to be positive about my youth sports experience and accept responsibility for my participation by following this Players' Code of Ethics Pledge.

- Have fun!
- Be a good sport (win or lose); Be honest, fair, and always show good sportsmanship to all coaches, players, officials, parents, and fans by demonstrating good sportsmanship at every game and practice.
- Learn the value of commitment to the team. I will attend every practice and game that I can and will notify by coach if I cannot.
- Put personal goals aside for the betterment of the team.
- Show courtesy and respect to teammates, opponents, and coaches.
- Realize that athletic contests, including practice sessions, are educational experiences and opportunities.
- I will not engage in unsportsmanlike conduct.
- I will not engage in rude behavior.
- I will treat everyone, including coaches, parents, players, and officials, with respect, regardless of race, creed, color, nationality, or gender.

Parent Name_____

Parent Signature_____

Athlete Name_____

Athlete Name_____

Athlete Name_____

Athlete Name_____

Athlete Name_____