

Forward Youth Football League By Laws

www.forwardfootballwi.com

League Mission

- To provide a positive, engaging & well-structured youth football experience for players, parents & coaches.
- Success in the alliance is defined by engaging & retaining as many youth football players as possible to ensure the highest quality of football at the high school level for each program involved.
- The following bylaws are written with the expectation that the interpreter is viewing the rules with the above alliance goals in mind.

Program Organization

1. The season shall begin no earlier than the first Monday in August.
2. There shall be at the most (1) interscholastic game per week. For grades 4-6, (Number) scheduled games are the maximum allowed per season. **Any additional scrimmages outside of the FYFL schedule will not take precedence.** For grades 4-6 at least 3 Officials, 2 may be adults/h.s. students and 1 WIAA Certified
3. A team may practice each day of the week until the start of the school year . After the start of the school year, practices may not exceed three (3) times a week plus a game, for the remainder of the season.
4. For grades 4-6 Players must play at their own grade level where the only exception is, at the program director's discretion, the ability to move players up only if it is due to numbers required to field a team. Each program must weigh-in their kids once only before the preseason scrimmage. – Program Directors are responsible for their program weigh-in. These weights must be turned in to league director before the scrimmage begins.
5. If a school is not able to divide their grade level team into two separate but equal teams, then every attempt should be made to two platoons. This means starting 8 people on offense and a different 8 on defense. Our goal is to give EVERYONE a chance to play the game. Players should not play in more than 1 game **per night or week**, unless it is absolutely necessary to play the second game. If it is required to play a game that would be their second game of the day/week, the player cannot start the second game, must play different positions in the games, not be a difference maker and not play more than the equivalent of one full game. Coaches must communicate any potential player doubling up to their opponent via Sunday emails.
6. Our goal is to develop equally balanced teams. Some movement between teams (week to week—not same week) may be necessary due to injuries, discipline problems, scholastic ineligibility, skill balancing, etc. Older players may not play down a level. If a special instance occurs where a player needs to play down a level, this must be voted upon by the league directors before the player(s) is allowed to play that week. If this is approved for the season/game, players must be presented before the game starts at the coin toss. These will be accompanied by the white stripe players.
7. Emails between upcoming opponents must be exchanged at least one week in advance of the game. **Program Directors must be cc'd on all emails.** The home team should send an email confirming the game time and location and possible roster change-ups. This email exchange must be completed SUNDAY before 9PM at least one week in advance. If email contact is not made as required, the visiting team should contact the home team Program Director. **A live Google Document will be made available to all program directors and coaches to record information regarding formations, jersey colors, game locations, etc.**
8. All coaches must be certified (USA Football Coaching Certification is recommended). Certification must be completed and certificate submitted with roster/weights before the scrimmage.
9. After the season, directors, head coaches or assistant coaches will attend a working meeting to evaluate the concluded season and possible adjustments for the following season.

Code Of Conduct For Coaches and Parents

1. Coaches and parents will use constructive and positive encouragement when interacting with athletes, focusing on effort, sportsmanship, and teamwork.
2. Foster a mindset where athletes value growth and learning from mistakes over winning or individual performance.
3. Coaches and parents will avoid using harsh, offensive, or degrading language. Criticisms should be constructive, and the goal should always be to encourage.
4. No swearing, insulting, or any form of abusive language is strictly prohibited. Communication should be respectful at all times.
5. Repercussions for violating code of conduct. If a coach or parent violates the “coc”, they shall be removed from the current game/competition and will not be allowed to the next game/competition.
6. Show respect towards officials. Accept all decisions made by an official without argument or negativity.

Game Play Rules

1. WIAA rules apply unless identified below (including WIAA practice and ejection rules – player sits the next game if ejected).
2. Each quarter shall be twelve (12) minutes with a running clock. Clock shall only stop on timeouts, penalties, change of possession, and on special teams plays.
3. All games that end in a tie shall remain tied. (No Overtime)
4. For grades 4-6 **one** coach may be on the field for the offense and **one** for the defense. Coaching must stop once cadence begins. A second coach may be on the field out of gameplay for photography and videography reasons but cannot be actively coaching or in the huddle.
5. Mercy Rule - If a team is up by 36 points at any point during the game, the clock will be continuous for the remainder of the game. Clock will not stop for penalties or special teams. Clock may stop for a time out.
6. It is important to keep the scores down (attempt to keep it within **24 points**). The purpose of the league is to allow players to play, learn the fundamentals of the game and enjoy the sport of football. This may mean changing the regular position of players, schemes, etc. If a team is ahead by **24** or more points they can only run the ball. Defense must still cover receivers. * If coaches and officials need to talk at halftime, they should adhere to the above thoughts. Officials should coordinate this discussion.
7. Home team must have an emergency plan including a cell phone at the games. - Special Emphasis – Make sure officials are aware of our rules before games (bring copies of the rules). Coaches and officials must meet pre-game to discuss the rules and work cooperatively if there is a problem with interpretation. Ensure the special teams, score, players on the line and how to lineup, and blitz rules including umpire depth for linebackers are discussed.

Special Teams (Extra Points)

8. Extra points: may be attempted and are untimed downs. Scoring team must declare to the referee which extra point they will try for before the ball is set for play. 1 point tries shall be attempted from the 3 yd line. 2 point tries shall be attempted from the 5 yd line.

9. Mercy Rule - If mercy rule is in effect during the game. The team that is up may only go for a 1 point try.

Offensive Rules

9. Players weighing more than the set weight limit cannot advance the ball. They are allowed to play TE, WR and QB. Weight Limits by grade **4th: 95 lbs 5th: 105 lbs 6th: 115 lbs**. Formations must be balanced even with motion. No QB Sneaks (sneak=direct snap under center immediately moving to the line of scrimmage) .
10. White stripe players must be present at the coin toss for identification.
- Players with a white strip can play any position besides running back. They are not allowed to progress the ball by running.

Defensive Rules

11. Any player weighing more than the set weight limit must play in a DEFENSIVE LINE position. No players may be lined up on top of the center.
12. **There will be no blitzing.** All linebackers must align at the minimum of six (6) yards deep with no movement toward the LOS until a run play is determined. If the quarterback drops straight back the linebackers must drop into coverage. Maximum of 4 players on the line of scrimmage including goal line situations. Defensive linemen must be on the line of scrimmage head up on the guards.
13. White stripe players must be present at the coin toss. Defensively white stripes can only match up on the line with another white stripe offensive player unless an offensive player is within the tackle box without a white stripe.

League Leadership and Positions

Create guidelines for league director, other positions and admin roles (schedule,website, etc.)

How to elect position roles if one is to become open and the protocols to follow.

Potential Positions for admin

- *League Director(s)
- *Schedule Coordinator
- *Rule Coordinator
- *Website Coordinator

1. The position of admin is held by a program director within our league until they determine they no longer would like to perform assigned duties. If a role is to become vacant, league directors must be notified as early as possible. Position will then take volunteers to take position(s), and then be voted on by the other directors. If a position is not taken by another director, it will then be taken on by the league director(s).

Team Additions To FYFL Protocols

If a team wants to join the Forward Youth Football League, the team must be voted in by the league directors. In order for the directors to vote on the addition of a future team, the potential team must provide a bio of the team (numbers, grades, location, and team goals for joining the FYFL). This will be presented to the directors at the next scheduled meeting and voted on. **7-16-25**