

OLD COLONY YOUTH FOOTBALL LEAGUE
CONSTITUTION

ARTICLE I: Name and Objective

Section 1: This organization shall be known as the Old Colony Youth Football League, hereinafter referred to as the League.

The League is comprised of independent, youth football organizations that represent communities or grouping of communities that hereinafter are referred to as Town(s). When Towns enter into the League their community affiliation is established and remains in effect as long as they are active members. [97]

Section 2: The objective of the League shall be to implant firmly in the participants the ideals of good sportsmanship, honesty, loyalty, courage, and reverence, so that they will grow to be well adjusted, strong and happy youngsters. thereby aiding them to be good, clean, healthy and trustworthy adults.

Section 3: The objective will be accomplished by providing supervised competitive football games. The supervisors shall bear in mind that the attainment of exceptional individual athletic skills and the winning of games will be secondary to the psychological well-being of all players, on both sidelines.

Section 4: The League neither supports nor endorses any individuals or company's products or services, nor obligates any member town to purchase equipment or services from specific individuals or companies. It is strictly a non-profit organization. Member towns make their individual purchasing and fund-raising decisions on their own.

League purchases will be reviewed with the membership and reflected in the Treasurer's records.

All member communities should be aware of people wishing to use logos, selling video tapes, endorsing products, etc. and not enter into any agreement that suggests such activities are League supported. A town may wish to engage in fund raising that involves businesses but it should never be associated with the League's objectives. [96]

(b). Towns shall be allowed to add business sponsorship logos, patches or print screens to player uniforms. All sponsors must be appropriate for a children's municipal football league and align with the League's objectives as stated in Article 1, Section 2. [20]

ARTICLE II: Membership

Section 1: Any town may become a new League member by agreeing to uphold the constitution, the By-laws, and standing rules of the League, and by having its membership approved by two-thirds of the member towns at a regular or special League meeting. However, towns applying for membership, after schedule approval, must wait until the following season or until a vacancy occurs.

1a: Any new member town shall be required to pay a non-refundable Registration fee of five hundred dollars (\$500.00) and be on probation for one year with no voting rights. The probation period may be extended or the town may be expelled, as recommended by the Executive Board. A 2/3rd vote of all member towns will be necessary to accept, extend or expel.

1b: All member towns will field 3 teams, one in each age group, Mite - PeeWee - Midget.

Section 2: Each town in the League shall have one representative; this representative (or alternate) shall be the only one to speak or vote at League Meetings.

Section 3: If the representative is unable to attend a League meeting, he/she may designate an alternate from the same town who will identify him/herself as the alternate during the roll call.

ARTICLE III: Officers; Their Elections and Duties

Section 1: The officers of the League shall consist of a President, Five Vice Presidents, Secretary and a Treasurer. [09] [13]

1a: The President, Vice Presidents, Secretary and Treasurer shall constitute the Executive Board. [09] [13]

1b: Three Vice Presidents and the President shall constitute a Disciplinary Committee. The President will appoint the 3 Vice Presidents on a round robin basis excluding at least 1 Vice President who division is in question or both Vice Presidents if the action is from an interdivisional game. Disciplinary action can only be taken if such action is recommended to the Executive Board with a majority vote of the Disciplinary Committee. [09] [13]

Section 2: Nominations and elections for officers shall be held at a meeting chosen by the League at which time nominations shall be taken from the floor.

Qualifications for officers are set forth in the By-laws. Normally nominations will take place in November and elections in February.

- 2a: Each of the officers shall serve until the next annual election. [09]
- 2b: The results of all elections held by secret ballot are to be viewed by three e-board members chosen by the current president. [09]
- 2c: If an officer does not complete the term to which they are elected, nominations shall be accepted from the floor at the next regular or special League meeting. Said officials, so elected, shall serve only until the next annual election.
- 2d: The President or Vice President may not hold the same office for more than two consecutive terms.
- 2e: Any elected official, for due cause, can be removed from office with a 3/4 vote of member towns. Notification of intent must be submitted, in writing, 7 days prior to either a regular or special League meeting.

Officer's Responsibilities

- Section 3: The President will preside at all League meetings and be responsible for the proper conduct, according to Robert's Rules of Order. It shall be his/her responsibility to inform the League members on all aspects of League rules, regulations and policies.
- 3a: One of the Vice Presidents shall preside in the absence of the President. He/she shall also perform duties assigned by the President. The President shall designate which of the Vice Presidents shall preside in his/her absence. [09] In addition to any other duties assigned to them by the President of the League, the Vice Presidents shall have the following responsibilities:
 - a. Serve as a liaison between their respective divisions and the Executive Board.
 - b. Serve as members of the Disciplinary Committee. Any Vice President whose division is involved in a Disciplinary hearing shall be excused from such hearing and will be replaced by another "uninvolved" Vice President for purposes of said hearing. [09]
- 3b: The Secretary shall keep an accurate account of all meetings and notify each town representative, officer of meetings as specified in the By-laws. Meeting minutes will be sent to League Representatives within 1 week of said meeting, for them to review with their respective, local organizations,

prior to the next league meeting. The secretary will receive, route and maintain all League correspondence and files.

- 3c: The Treasurer shall receive assessments from the member towns and be responsible for maintaining an accurate account of the League's receipts and disbursements.

ARTICLE IV: Meetings

Section 1: Meetings of the League will be held on the second Monday of February, March, April, May, June, August, October and November. If a holiday falls on the second Monday of the month, the League has the option to schedule the meeting to the first Monday of the month. This option must be voted at the previous meeting, passed by the majority. The September meeting will be held on the Wednesday prior to the first scheduled game. There are no regularly scheduled meetings in the months of January, July, or December. All meetings will begin at 7:30 PM, unless otherwise notified. [96] [98]

- 1a: Any town may request a special meeting by calling a member of the executive board.
- 1b: The League has the right to cancel meetings based upon a recommendation from the Executive Board and approved by a majority vote of member towns.
- 1c: The Executive Board will conduct a mandatory meeting for town weigh-in officials each year, before the season begins. Missing this meeting will result in a \$100 fine.
- 1d: An annual meeting of coaches and the Executive Board shall be held during the month of August for the purpose of reviewing League rules and regulations. There should be one (1) coach per level (maximum of three (3) per town). The League Representative is also encouraged to attend. If warranted, a referee may also be invited. [99]

ARTICLE V: Constitutional Amendments

Section 1: The constitution may be amended by a vote of 3/4 of those towns present at a meeting of the League. All towns must receive the amendment changes in writing at least 30 days before the meeting. Voting on amendments to the constitution shall be conducted by polling each member town at the meeting.

OLD COLONY YOUTH FOOTBALL LEAGUE
BY-LAWS

ARTICLE I: Membership and Meetings

Section 1: All towns must be represented at all regular and special meetings. All absences from regular and special League meetings shall result in a \$50.00 fine. However, absence from the February or September meetings shall each result in a \$100 fine.
All fines must be paid before entry into the League for the next year.

Missing three (3) consecutive meetings or the total of four (4) in any given year may prompt the Executive Board to assess additional discipline as expressed in heavier fines, probation or other appropriate actions that will not impact players. [99]

1a: It is the fundamental responsibility of the Town Representative to be present at all League meetings or ensure that an alternate is present. Annually or when a change is made the current representative and one alternate must submit his/her name(s) to the League Secretary, to be included in the official directory.

1b: Any single expense in excess of \$300.00 must be approved by the OCYFL prior to payment of that expenditure.[01]

The Town Representative is expected, but not limited to:

- a) Attend all League meetings
- b) Convey League information back to their town organization
- c) Vote on all League issues including By-laws
- d) Ensure that their town's organization follow OCYFL By-laws and procedures
- e) All towns are required to have the following statement in their registration process:
All parents/guardians agree to abide by the Bylaws of the OCYFL and each individual towns Bylaws. Failure to do so may result in dismissal from the league. Any complaints or concerns may be addressed through individual town representatives. [23]
- f) Bring to the attention of the Executive Board any variations of League policy
- g) Act as the League's agent while enforcing League rules at the local level
- h) Ensure that all local officials and coaches follow the League's Code of Ethics
- i) Ensure that their town's Weigh-in Supervisors are reported on the official roster. [96] [99]

- Section 2: Notice of all special meetings shall be given at least four days in advance, to all town representatives or alternates.
- Section 3: Annual dues will be \$300.00. Dues will be paid by the June meeting. Those towns in arrears will be notified by the treasurer or via meeting minutes. If all dues and/or any outstanding fines are not paid by the June meeting, the town will be suspended from all League activities until said dues and/or fines are paid. In the event there is no June meeting, payments may be mailed to the Treasurer, no later than the second Monday in June. Fines are normally due within 30 days after assessment. [96]
 Before the collection of the annual dues, if the League's balance is in excess of two (2) year's normal operating expenses, or will exceed that amount upon collecting the current dues, the annual assessment will be reduced or suspended for that calendar year. As always, should the League experience any unexpected expenses or the body votes for some special funding, the towns will be apportioned their equal share as outlined in writing by the Executive Board. This applies only to annual dues. Fines will be paid regardless. [99]
- Section 4: A quorum shall consist of representatives of 2/3 of the towns in the League.
- Section 5: The Executive Board will determine the host town of all regular and special meetings. The host town will be determined on a rotating basis. The Treasurer shall monitor the schedule. Towns must select locations that are suitable for conducting League meetings. Space provided should be separated from public noise, comfortable enough to accommodate 45 to 50 people and free from spectator interference. [99]

ARTICLE II: League Officers

- Section 1: In order to be nominated or elected as a League officer, a person must have been a town representative or alternate for at least two consecutive years.
- 1a: Towns must notify the Secretary immediately upon the change of a Representative. The Secretary will maintain an accurate seniority list. Eligibility must be validated at the date of nomination.

ARTICLE III: League Schedule

- Section 1: League alignment shall be reviewed every two years, as part of the schedule committee's duties, unless overruled by 3/4 vote of the membership. The scheduling committee will appoint 2 members to validate player enrollment for each respective town/organization. [20] [24]

- 1a: League alignment will be based on the average yearly enrollment of the previous 2 years. This number will be derived from the official league weigh in rosters of the previous 2 years, and will not take into account player losses through injury or attrition. Only a 2/3 vote of the body may alter this method of alignment. [13]
- 1b: For the purpose of tabulating enrollment numbers players with a league age of 7 will not be considered. (Players who do not reach 8 years of age until on or after July 1st of the current year.) [13]
through c, inclusive, based on special circumstances including, but not limited to, decreasing or increasing enrollment, ability to compete, or the stability of a towns organization. Towns may seek to move up or down divisions. [13]
- 1c: League alignment will be presented at the first meeting of the calendar year for approval of the body. [05]
- Section 2: The first scheduled game will be played the weekend after Labor Day. The remaining games will be played on the following consecutive weekends.
- Section 3: The starting date for practice will be no earlier than 30 days before the first scheduled game. Sign-ups and equipment issues are the only authorized assemblies prior to the first practice, with the exception of approved programs as outlined in Section 3a. **The first 3 days of practice will be dedicated to conditioning and drills only, NO CONTACT.** Beginning on the Monday after the first league game, **practices on Mondays are prohibited** for the season's duration. [96]
- 3a: Off-season conditioning and basic football skills sessions are permitted between January 1st and June 30th each off-season. Sessions should be limited to 1 hour and 30 minutes, twice a week maximum. No full contact, no helmets or shoulder pads.
Member organizations of the Old Colony Youth Football League are permitted to host a team specific instructional camp as a fundraising activity during the week immediately prior to the League's first officially scheduled day of practice. (Monday through Thursday with practice officially starting Friday). See official bylaw. [26]
Limitations: If conducted, off season programs must be open and offered to all children in the town at all levels. [19]
- Section 4: For games played on Sunday; Mite games will start at 10:00 am, midget games will not begin prior to 11:30 am and peewee games will not start prior 1 pm. Unless otherwise agreed upon by both home and visiting head coaches. [03] [17] [20]

- 4a: For night games; Mite games will start at 5:00 PM, PeeWee games will not start prior to 6:30PM and Midget games will not start prior to 8PM unless agreed upon by both home and visiting Head Coaches.[03] [06] [17]
- Section 5: The League schedule shall, whenever possible, have a two-year cycle, permitting "home & away" games to be played within division teams (unless League realignment occurs).
- Section 6: Postponement of any league scheduled game is at the discretion of the League President and an appointed Vice President. If any League Representative or authorized town officer from the home team judges a field to be unplayable, he/she must notify the League President or appointed Vice President before 9:00 AM on the day of the game. After considering the circumstances the President and appointed Vice President will make a determination, recommend a course of action and convey their decision by 9:30 AM. If the president or appointed Vice President determine that the game cannot be played, the hometown must notify the visiting organization immediately. Subsequent to this, if two teams disagree about playing conditions, the referee will make the final decision. Night games may be postponed to Sunday assuming both towns agree and referee changes can be made. This is the responsibility of the home town. [09] The entire schedule will be played except in unusual circumstances. [96]
- Section 7: The home team League representative shall be responsible for posting to the league website, the results of games played at his/her field by 8:00 PM on the Sunday after said games. This is mandatory. Failure to comply with this regulation will result in a \$50.00 fine. (16) The League website is responsible for maintaining these results and compiling standings. Additionally the scores of all Saturday JV games shall be reported to the Division VP. These scores will be visible to League officials only and not used to maintain any standings or posted for public viewing. Failure to do so will result in the same fines as above. (16)] [22]
- Section 8: No pre or post season games may be played without the approval of the Executive Board. (Controlled scrimmages are not considered games.) A \$100 fine may be levied if any town fails to notify the Executive Board of a pre or post-season game.
- Section 9: To assist in the simplicity and expediting the Official League Game Schedule, all towns shall ATTEMPT to conduct player registrations and

reservation dates of their Home Playing Field, before May 30th of the current year. This date will be known as the “JV Registration Deadline” and the “D7 Registration Deadline” [09] [11] [20][23]

- Section 10: Towns requesting to participate in JV Game scheduling, must have a minimum 25 of players registered within their division at ANY level in which they choose to participate (Mites, Peeweels, Midget). [09] [15]
- Section 11: Towns requesting to participate in JV games shall expect to be scheduled for a full season schedule and may choose the levels (mites, peeweels, midgets) participating. The term "Full Season", shall be defined as one game less than the regular season scheduled games for any current year. Towns may choose to opt out any of their team from participation in the JV schedule prior to Registration Deadline.
At the discretion of the Executive Board JV games may be scheduled between all divisions. (15)
No JV games shall be scheduled during the week of the Official Weigh-In. Towns that do not meet the minimum 25 player requirement at all three levels (mites, peeweels, midgets) **MAY** participate in JV Schedule as defined in previous paragraph or may schedule controlled scrimmages with other towns. These controlled scrimmages shall be scheduled among town reps within the OCYFL. (Controlled scrimmages are not considered league games.) **Referees will not be scheduled by the OCYFL.** [15]
- Section 12: Towns requesting to participate in JV Game scheduling must submit a list at the “**JV Registration Deadline**” which documents a minimum 25 players registered at each division and at any level they choose to participate. (Mites, Peeweels, Midgets). The list shall include player name, address, age as of July 1st of the current year, and home phone number of 25 players at each level. This list shall be reviewed and verified by the E-Board for acceptance to JV game scheduling.
The E-Board has a right of refusal to JV game scheduling upon the discovery of fraudulent documentation from any town. (Any town who fails to comply with the submission of these documents shall be excluded from participating in JV games during the current year. There shall be no extended time allotted and the ruling is final at the conclusion of the May Monthly Meeting) [09]
- Section 13: Towns requesting to participate in Division Seven must have a minimum of 20 players committed to their upper level teams to participate in a JV and Varsity Schedule. Towns that do not meet the twenty-player minimum at any level may participate in a Varsity-only schedule. (15)(23)(26)

Section 14: Towns requesting to participate in Division Seven, JV, and Varsity Schedule must submit a complete roster for each D7 team at the "D7 Registration Deadline" which documents all players registered to each of their upper level teams. The list shall include player name, address, age as of July 1st of the current year, and phone number of all players at each level. Failure to submit complete and accurate documentation by the deadline will result in exclusion from Division 7 participation for the current season. The ruling is final at the conclusion of the May Monthly meeting. Extensions may be requested as needed. (26)

Towns with any team that do not meet the 20 player minimum may choose to participate in a Varsity only schedule. At the discretion of the board JV games may be scheduled between all divisions. (15)(23)

Any town that wishes to participate in D7 may double roster their D7 players (3rd, 5th, and 7th graders) with their upper level Teams so that those players may also be eligible to participate in the Varsity D1-D6 Team Schedule. [25]

Players in Grades 4, 6 and 8 who are true JV players, such as 1st year players, players with little or no football experience, or players who may not be physically ready for Varsity football, may also be rostered on the D7 Team and may participate in the D7 Game. Under no circumstance may a 4, 6 and 8 grade player who is a D1-D6 Varsity starter play in a D7 game. [25]

Towns, and particularly coaches, must make every effort to ensure players who are double-rostered do not play more than 1 football game worth of playing time in a single weekend. [25]

D7 towns, including but not limited to Hingham, Bridgewater, Marshfield, SciCoh and Duxbury, that has insufficient roster numbers at a particular level and requires players to participate in both a Division 7 game and a Division 1 game must notify the OCYFL prior to the release of the league schedule. [26]

D7 players in grade 3, 5 and 7 registered in Division 7 may be double rostered with their Division 1-6 teams. [26]

Players in Grades 4, 6, and 8 may be rostered on a Division 7 team only if they are first-year players, have limited experience, or are not physically ready for Varsity competition. [26]

Grades 4, 6, and 8 players who participate on a Division 1-6 varsity team on only one side of the ball (offense or defense) may participate in a Division 7 game on the opposite side of the ball, provided the player does not exceed the equivalent of one (1) full football game of total playing time in a single

weekend and is not a varsity caliber player on that side of the ball (i.e. a 6th grader may play Division 1-6 varsity defense, but Division 7 offense, of and only if, they are not varsity caliber offensive player). [26]

Grade 4, 5, and 8 players who are full -time varsity players on both offense and defense remain ineligible to participate in Division 7 games. [26]

Playing Time Limitations: Any double-rostered player may not exceed the equivalent of one full football game of playing time in a single weekend. Compliance is the responsibility of the coaching staff. (26)

Any town requiring players to participate in both a Division 7 game and a Division 1-6 game due to low roster numbers must notify the OCYFL prior to the release of the schedule. No exceptions will be granted after schedules are finalized. [26]

Loss of Division 7 Eligibility: Any Grade 4, 6, or 8 player who begins the season in Division 7 and later demonstrates Varsity-level readiness shall immediately become ineligible for further Division 7 participation. Varsity-level readiness is established if the player:

- Becomes a varsity starter
- Receives regular Varsity rotational playing time
- Participates in multiple Varsity games beyond emergency developmental use

Once eligibility is lost, the player may not return to Division 7 for the remainder of the season, regardless of roster size or scheduling needs.

No exceptions to Division 7 eligibility or participation rules shall be permitted without prior written approval from the OCYFL Executive Board. Exceptions may be considered only to allow completion of a Division 7 season due to documented and unavoidable roster reductions, including injuries or player withdrawals.

All requests must be submitted in writing prior to the affected game and must identify the rule, player(s), and duration requested. Any approved exception must be documented in writing, signed by the OCYFL Board, countersigned by the Town President or Athletic Director, and copied to the opposing team.

Verbal approvals or informal agreements are not valid. Violations shall result in game forfeiture and may result in additional discipline.

Over-age Division Player Policy (Age limits found in Weigh In bylaws):

Under no circumstances may an over-age player be rostered or participate in a Division 7 game unless all of the following conditions are satisfied:

- a. The player is a true Junior Varsity (JV)-caliber participant defined as having limited football experience and developmental readiness consistent with Division 7 play and/or the player is a first-year football participant.
- b. The player has not started, nor regularly participated, at the Varsity level (Divisions 1-6) in any prior or current season.
- c. Written approval is obtained from the OCYFL Board prior to the player's participation in any Division 7 practice or game.
- d. All opposing teams are formally notified of the approved exception.

Any player approved under this exception must be clearly documented as such. Any towns with over-age players must email such information to OCYFL Board and competing Division 7 towns prior to the first official game of the season. Failure to obtain the required written approval shall render the player ineligible and shall result in a \$100 fine and potential forfeiture of any affected games.

June Birthday Exception: If the player has a June birthday and applying the July 1 cutoff allows the player to compete with their grade level, the July 1 date shall apply.

The teams will be divided into D7A and D7B based on the number of players in their program. After the regular season is played, the D7A and D7B teams will be reseeded into a new D7A and D7B bracket for the playoffs, based on their respective records. [24]

The E-Board has a right of refusal to D-7 scheduling upon the discovery of fraudulent documentation. (Any town who fails to comply with the submission of these documents shall be excluded from participating in D-7 during the current year. The ruling is final at the conclusion of the May Monthly Meeting. Extensions may be requested as needed). [09] [23]

Section 15: The President will appoint 3 Vice Presidents to assist with the development and monitoring of league scheduling. Towns that have field restrictions and/or special request for scheduling must submit in writing to the appointed Vice President who is scheduling their division, prior to or at the April Monthly Meeting. These written requests shall explain the need for special game scheduling. Any request submitted shall be considered by the 3-Vice Presidents, during the development of the league schedule but not final.

The appointed Vice Presidents, shall make every effort to develop and produce a fair and equal playing schedule. The appointed Vice Presidents

shall attempt to develop a schedule that reflects equal away and home regular season games for every town. However, circumstances that occur may prevent this option and the appointed Vice Presidents will have the final decision to produce what they believe to be a fair and equitable schedule. The appointed Vice Presidents, shall attempt to develop a schedule for all Towns who request to participate and qualify in D-7 with JV game scheduling, among all towns that also request to participate and qualify for JV game scheduling. The JV schedule may include games vs different divisions. [15][23]

Section 16: The appointed Vice Presidents will develop and issue to the body, a preliminary schedule for all Divisions including Division 7 and JV games. The preliminary schedule shall be issued to Town Reps via email before the February Meeting. [09]

Section 17: At the conclusion of the **May Monthly Meeting**, the D1-D4 league schedule **shall be recognized as being final**. The finalized D7 and JV schedule will be submitted at the June meeting.

Upon the schedule becoming finalized, if a scheduled hosting town has a conflict with use of their home field, the scheduled hosting town may elect to seek the availability of another field outside their town. If the scheduled hosting town exhausts every option to host a scheduled game, the hosting town rep shall immediately notify one of the appointed Vice Presidents. After considering the circumstances the appointed Vice Presidents will make a determination, and recommend a course of action which may include asking the opponent to resume the right to be the home team and host the league scheduled game.

If this recommendation is determined by the appointed Vice Presidents, the scheduled opponent town, may also seek the availability of another field outside their town. If the scheduled opponent exhausts every option to host the scheduled game, the town rep shall notify one of the appointed Vice Presidents immediately. If the appointed Vice Presidents determine every option to hold the scheduled game is exhausted, the appointed Vice Presidents shall issue the Home Team a forfeit/loss in the league standings after the conflicted scheduled game date. [09]

Section 18: Town Reps are mandated to immediately notify the League appointed Vice Presidents upon identifying any potential scheduling conflicts that arise. [09]

ARTICLE IV: League Discipline

- Section 1: Upon completion of a formal hearing, the Disciplinary Committee may fine or otherwise discipline any town for any by-law infraction or any other action which discredits the OCYFL, consistent with these by-laws.[97]
- 1a: Should expulsion be recommended, it must be supported by a 2/3 vote of towns not associated with the infraction(s).

ARTICLE V: Committees

- Section 1: The President shall appoint committees as deemed necessary for running of the said League. Committees will be randomly selected from the floor and shall be in effect for the entire year.
- Section 2: A By-law Committee shall be formed each February to review any changes or additions in said By-laws and to submit changes by the February meeting, to be voted upon at the March meeting. [22]
- Section 3: A Scheduling Committee, **if necessary**, shall be appointed in November. The committee will review any formula changes that impact League alignment and/or parity. The committee will have a tentative schedule to present at the February meeting. The schedule will be approved at the March meeting.

ARTICLE VI: Playing Rules

- Section 1: Playing rules should be those described by the NFHSA with the exception of or special attention to: [96]
- a: Game balls must meet the specifications, with regard to size, of the Wilson, TDY at the Midget level, the Wilson TDJ at the Pee Wee level, and the Wilson K2 at the Mite level. Composite footballs are acceptable. [97] [98] [05] [06] [07] [11]
 - b: Only shoes with molded soles (non-detachable cleats) are permitted. A \$25.00 fine will be levied for each infraction.
 - c: Free substitution is permitted.
 - d: All players will wear approved mouth pieces that are attached to the face mask. Loose mouthpieces are not allowed.

- e: Standard size football fields will be utilized.
- f: 3 time outs per team, per half.
- g: Home town teams must provide an EMT., MD., or Registered Nurse at each home game. Visiting team may request verification. Prior to the start of a game, EMTs must present themselves to the referees.
Coaches that are EMTs cannot work the game in which their team is playing.
Neutrality of EMTs must be vigorously maintained especially when affecting referee decisions or appeals. [98]

There must also be present a medical kit and a communication device to reach emergency services.
- h: Use of sideline walkie-talkies, telephones or spotters with or without runners will not be permitted. Use of video recording devices (cell phones, video recording camera) **with the exception of Veo and HUDL cameras** by coaches, players, volunteers, parents or professional film companies are strictly prohibited on the sidelines during game time play. All filming must be done outside the fence line, unless the field configuration does not allow for filming outside the fence line due to obstructions. Coaches are not allowed to review recorded video of a game in progress. [23][25]
- i: Periods shall be 8 minutes, stop time at the Mite level, 10 minutes, stop time at the Pee Wee level and 10 minutes, stop time at the Midget level. At the discretion of the home team, an official, visible game clock is permitted. Any fees associated are the responsibility of the home team, as well as scheduling the timekeeper. [03] [2010] [2015]
- j: All helmets must be certified according to manufacturers and equipment, conditioning companies' recommendations. [96]
- k: Yardage markers shall be located on the visitor side while the chains and down Marker will be located on the home team sidelines. [97]
All markers should conform to current MIAA, safety standards. Pole shafts must not have pointed ends that stick in the ground. [98][25]

- l: Players are allowed to play any position regardless of their jersey number. Although, to avoid confusion, it is recommended that numbers be reasonably aligned with their offensive position. [97]
- m: JV games will be 25 minute running time halves with the clock being stopped after each change of possession and touchdown, and with the last two minutes of each half being stop time. [09] [11]
- n: Each JV team will have two timeouts per half. Halftime will be 5 minutes. Teams will remain on the sideline. [25]

Section 2: Officials shall be assigned by the Eastern Massachusetts Association of Interscholastic Football Officials or equivalent.

Section 3: Mites Blitz Rule:

Outside the defensive team's ten (10) yard line, linebackers must be at least two (2) yards off the line of scrimmage and may not move forward until the ball is snapped. Defensive players on the line of scrimmage must align themselves to an offensive blocker. The defensive ends may position themselves on the outside shoulder of the offensive ends.

Inside the defensive team's ten (10) yard line, the defensive team may align themselves anyway they wish on the line of scrimmage but the linebackers may still not blitz.

The first failure to comply with this rule will result in 5 yard penalty on the first offense and 15 yard penalties thereafter. [02]

Section 4: The statement below or one that is equivalent, is to be read by the announcer before the start of each game.

"The (Town/Team Name) along with the Old Colony Youth Football League would like to remind all spectators that we are training and working with young athletes, not professionals, who are trying to do their best for each respective team. We request that all cheering be supportive and spectators are reminded that there will be no jeering, criticizing or downgrading of opposing players, coaches or officials. Let us make this contest a positive experience for all participants, spectators and youth football supporters". [99]

Section 5: **GUARDIAN CAPS [25]**

Effective immediately, the use of Guardian Caps or similar protective gear is **not allowed** in any league-sanctioned games. Towns may authorize players to wear during practices and town-sanctioned activities after obtaining a signed waiver in conjunction with the OCYFL. If a player or guardian is insistent on in-game use, signed waivers must be brought to the attention of the Town Representative. The Town Representative will then present to the OCYFL Executive Board by the September meeting. If a waiver is signed after the September meeting, respective town representatives must immediately email the OCYFL executive board. The signed waiver must be present in team binder at all games.

5a: **Waivers for Guardian Caps (If Chosen to Wear)** In the event that a player or guardian chooses to wear a Guardian Cap or similar headgear, the following conditions apply:

1. **Waiver:** The town's football program must issue a waiver for any player electing to wear a Guardian Cap. This waiver shall inform the guardian of the potential risks involved, including but not limited to the possibility of reduced helmet protection and voided warranties.
2. **Helmet Warranty Impact:** The use of Guardian Caps or similar products potentially voids the manufacturer's warranty on the helmet, and the league and town will not be held liable for any helmet defects or damage that may occur due to the use of Guardian Caps. If helmet warranty is voided due to use of Guardian Cap, player and/or guardian will be responsible for replacing said defective helmet.

5b: **Helmet Standards** All helmets used in the league must meet the safety standards established by the league, helmet manufacturers and any relevant safety organizations. The league will continue to provide guidance and oversight regarding approved helmet usage and equipment safety as policies and recommendations change.

5c: **Enforcement** Any violation of this bylaw, including the failure to adhere to the waiver requirements or the use of Guardian Caps in defiance of this policy, may result in disciplinary action, which could include the player being prohibited from participating in league activities until proper waivers are signed or the offending equipment is removed.

5c: **Guardian Cap Requirements** All guardian caps worn must match the helmet color to keep in uniform and minimize distraction.

ARTICLE VII: Game Donations

- Section 1: Adult donations shall not exceed \$5.00 for day games or \$5.00 for night games. [07]
- Section 2: All towns should encourage their parents to make every effort to pay the donation to attend these games. However, hometowns must remember that these are donations not admission fees. Towns must NOT post "Admission" on any signage.
- Section 3: Home towns must provide equal and adequate facilities for away teams, cheerleaders, and fans. A spirit of positive hospitality should prevail. This is especially important when considering host towns for post-season play.
- Section 4: Playoffs and Super Bowls hosts will be allowed to have a \$5 Admission sign rather than Donation. [20]

ARTICLE VIII: Team Membership & Weigh-Ins

- Section 1: Any youth meeting the requirements as to age, weight and residence as set forth in the By-laws of the League shall be eligible to compete for participation in the League. Members of the Midgets, Pee Wee, and Mite Teams must reside within the accepted boundaries of the town from which the member team comes or as approved by a 2/3 vote of the League.
- 1a: Waiver Requests and Procedure:
- 1: Every effort must be given to abide by the rules and bylaws of the OCYFL. Towns should only seek waivers in the most drastic circumstances. If a player has the option to play football in their own town, even if that town is not a member of the OCYFL there should not be a waiver request. School choice, METCO, or Private School attendance is not a valid reason for a waiver request. Weight or Age requests should only be considered in the event there is no other option for that player. No player should be granted a waiver request automatically or be grandfathered in and each request must stand on its own merit. No consideration will be given due to a player's race, gender, religion or other socio-economic factors. Consideration will be given to towns who have low numbers and are in need of additional players. Furthermore, the town representative requesting the waiver shall contact the town representative in which the player is a resident (if a football program exists). If both towns consent to the waiver request, it may be presented at the league meeting. If the other town denies the request, a waiver cannot be submitted for the player.

- 2: Players seeking a waiver based on residence should be encouraged to register for their hometown program in the event their waiver request is denied. If the waiver is aged based, the town representative requesting the waiver shall notify the other town representatives in the division of upcoming waiver. This notification shall take place at least two weeks prior to the waiver being requested at the league meeting. If the waiver is residence based, the player must have a relationship with the town via a noncustodial Parent, a Grandparent, Guardian or other caregiver who resides in that town. Custodial situations are valid reasons to request a Waiver.
3. Waiver Request Form Guidelines: In order to gain as much detail as possible about the player seeking a waiver, the town representative shall complete the Waiver Request Form, available from the OCYFL website with supporting documentation and 5 copies for the Executive Board. Towns that are submitting waiver requests will be asked to state their case at the August meeting. All voting on waivers will be done at the August meeting. Towns that wish to submit their waivers ahead of August meeting can email them to OCYFL Secretary but are still required to bring 5 copies for the Executive Board of Directors. Only emergency cases will be heard at the September meeting.

1b: Where a Town feels the numbers of players must be limited, it is up to that Town to set and enforce eligibility standards. **However, in no case, will a player be excluded because of Race, Creed or Gender.** If a town supports high membership enrollment, that town may form a second set of formal teams. These second set of teams will be referred to as either JV "so called B teams", or what is known as Division Seven. These teams will operate in all aspects as the "so called" upper division teams with the following exceptions. Division Seven see item 1c & 1d. JV teams see items 1e, 1f & 1g. [05][23]

Towns will have discretion in moving a player up one division level to help balance rosters. No player can move down a level under any circumstance. [09]

1c: Towns participating in Division Seven must have a minimum 20 of players committed to their upper level teams. [09] [15][23]

1d: All costs associated with post-season trophies for Division Seven will be born by participating Division Seven teams.[23]

- 1e: Towns participating in a JV schedule must have 25 verifiable players committed to ANY team entered into the League sanctioned JV schedule. If you choose not to participate in the League JV Schedule, you will still have the opportunity to play "scrimmage" games that will be scheduled on your own. Towns may choose to opt out of JV games at any level prior to the start of the season. [16]] *A TWO WAY STARTER ON THE VARSITY TEAM IS NOT ELIGIBLE TO PLAY IN JV GAMES. ALSO, ANY STARTER ON VARSITY OFFENSE CANNOT PLAY JV OFFENSE. SIMILARLY, A VARSITY DEFENSIVE STARTER CANNOT PLAY ON JV DEFENSE.* [24]
- 1f: JV games will be 25 minute running time halves with the clock being stopped after each change of possession and touchdown, and with the last two minutes of each half being stop time. [09] [11]
- 1g: Each JV team will have two time outs per half.
- 1h: JV games will not have Playoffs or a Super bowl.
- 1i: At the conclusion of the first half, each team shall move to the end zones or other neutral location for the duration of halftime so as not to impede any performances. [23]
- 1j: With the exception the volunteer chain gang, team photographer, and EMT, only rostered members of the team (players and coaches only) are allowed in the coach's box. [24]
- 1k: Each team shall have one head coach and no more than 9 assistant coaches – The coaches must be rostered for the team playing the game. Any team with more than 10 coaches must come to the executive board for approval. [24]
- 1l: The head coach for each team shall identify themselves at the coin toss and they are the only coaches the referee will deal with. [24]
- 1m: To encourage teams to develop kickers at the youth level, a team may attempt an "extra Point" after scoring a touchdown. If this try is successful, the team shall be awarded two points – the same if they had a success run or pass attempt for the conversion. Pee wees and Midgets are allowed to rush to attempt to block the kick. If the kick is blocked it is a dead ball. Mites are not allowed to rush on kick attempts. [24]

The Official Weigh-in (Also see Article X)

Section 1: **Midget:** (INCLUDING JV AND VARSITY PLAYERS) [24]

Age -No Midget player shall attain the age of fifteen (15) prior to June 1st of the current year. [99] [22] [23] However, no player, regardless of the aforementioned requirements, shall participate in the league if he or she is in the ninth grade of school. Additionally, any player that repeats the 8th grade academic year will require an approved waiver to play in a second 8th grade season in the OCYFL [23]

Any town found in violation of the rule shall forfeit each game determined to be in violation and be fined \$100.00 for each occurrence. [02] [08]

Weight - Maximum weight at the official weigh-in is 195 pounds (including 10 pounds for equipment)

Players within 10 pounds of the limit may remain on the roster and work toward eligibility.

Varsity X-Men may weigh no more than 200 lbs (including 10 pounds for equipment). See Article XVI for further X-Man rules [26]

Players over 205 pounds will be permitted to remain on the roster and work towards game day eligibility weigh-in requirements as the season progresses. [97] [03] [06] [08] [13] [16] [19] [24][25]

Pee Wee:

Age - No Pee Wee player shall attain the age of twelve (12) prior to July 1st. [08]

Exception for lower grade level – Note 1

Weight - Maximum weight at the weigh-in is 158 pounds (including 8 pounds for equipment)

Players weighing 159-168 pounds may remain rostered and attempt to meet game-day eligibility

Varsity X-Men may weigh no more than 163 lbs (including 8 pounds for equipment). See Article XVI for further X-Man rules [26]

Players exceeding 158 pounds may opt to play as a Midget, with roster adjustments. [97] [04] [08] [13] [16] [19][25][26]

Mite:

Age - No Mite player shall attain the age of ten (10) prior to July 1st, but must attain the age of seven (7) by September 1st. [03][08]
Exception for lower grade level – Note 1

Weight - Maximum weight at the weigh-in is 133 pounds (including 8 pounds for equipment)

Players weighing 134–143 pounds may remain rostered and attempt to meet game-day eligibility.

Varsity X-Men may weigh no more than 138 lbs (including 8 pounds for equipment). See Article XVI for further X-Man rules [26]

Players exceeding 133 pounds may opt to play as a Pee Wee, with roster adjustments. [97] [08] [13] [16] [19][25][26]

Section 2: **Division 7 Midget:**

Age - No Division 7 Midget player shall attain the age of thirteen (13) prior to July 1st. Grade 8 players may not turn fourteen (14) prior to July 1st. However, no player, regardless of the aforementioned requirements, shall participate in the league if he or she is in the ninth grade of school. Any town found in violation of the rule shall forfeit each game determined to be in violation and be fined \$100.00 for each occurrence. [02] [08] [26]
Exception for lower grade level – Note 1 [16] [23]

Weight - Maximum weight at the official weigh-in is 195 pounds (including 10 pounds for equipment)

Players within 10 pounds of the limit may remain on the roster and work toward eligibility.

Varsity X-Men may weigh no more than 200 lbs (including 10 pounds for equipment). See Article XVI for further X-Man rules [26]

Players over 205 pounds will be permitted to remain on the roster and work towards game day eligibility weigh-in requirements as the season progresses. [08] [13] [16] [19] [24][25]

Division 7 Pee Wee:

Age - No Grade 5 Division 7 Pee Wee player shall attain the age of eleven (11) prior to July 1st. Grade 6 players may not turn twelve (12) prior to July 1st. [08][23][26]
Exception for lower grade level – Note 1 [16]

Weight - Maximum weight at the weigh-in is 158 pounds (including 8 pounds for equipment)

Varsity X-Men may weigh no more than 163 lbs (including 8 pounds for equipment). See Article XVI for further X-Man rules [26]

Players exceeding 158 pounds may opt to play as a Midget, with roster adjustments. [08] [13] [16] [19][25][26]

Division 7 Mite:

Age - No Grade 3 Division 7 Mite player shall attain the age of nine (9) prior to July 1st but must attain the age of seven (7) by September 1st. Grade 4 players may not turn ten (10) prior to July 1st. [08][23][26]

Exception for lower grade level – Note 1 [16]

Weight - Maximum weight at the weigh-in is 133 pounds (including 8 pounds for equipment)

Varsity X-Men may weigh no more than 138 lbs (including 8 pounds for equipment). See Article XVI for further X-Man rules [26]

Players exceeding 133 pounds may opt to play as a Pee Wee, with roster adjustments.[08] [13] [16] [19][25][26]

Note 1- If a player has a June birthday, and extending the age deadline to June 1st would allow a player to play with his grade, then he will be granted the June 1st date instead of July 1st.

Section 3: **Season Weight** [25][26]

If season exceeds normal 10 week schedule, weight limits will NOT change.

Throughout the season, if a player exceeds weight limit, they will be allowed to remain on the roster and work their way into game-day weight eligibility.

<u>WEEK</u>	<u>MIDGET</u>	<u>PEE WEE</u>	<u>MITE</u>
Weeks 1-10 including playoffs and Super Bowl* X Man Weight [26]	195 pounds 200 pounds	158 pounds 163 pounds	133 pounds 138 pounds

At Game Weigh-in:

3a: Representatives from each team will be responsible for weighing in teams before start of games.

Weigh in rules including Article IX - Official Weigh In Procedures and

the weekly weight limit for Midgets, Pee-Wee and Mites shall be maintained at the scale location. [23]

Representatives shall not be coaches.

Representatives shall be named prior to the season, and their names listed on the team's official, weigh-in rosters.

It is suggested that more than one representative's name be submitted in case the original rep cannot make said game.

- 3b: At any game weigh-in, no more than 2 representatives per town are allowed in the weigh-in area. No other personnel will be permitted within a 50 foot radius of the weigh in area. Only one can be the official spokesperson for their town. If a League VP is present and under special circumstances all weigh-in officials may be requested to leave the area and the League VP will conduct the weigh-in. [96] [22]
- 3c: For Midgets Only, Ten (10) pounds will be added to the weight limit in order to compensate for equipment. [99]
For Pee Wees and Mites, Eight (8) pounds will be added to the weight limit in order to compensate for equipment.
The League before the official weigh-in will set that weight. (see above)
- 3d: All players will weigh-in "game ready", less their helmet. Players will be given one (1) attempt to weigh-in. If judged to be over, he/she cannot remove equipment and be re-weighed.
- 3e: Both representatives must agree that each player is within the weight limit.
- 3f: Any suspected violation of the weigh-in procedure must be brought to the attention of the League Vice Presidents in writing within a seventy two hour period. Said violation can result in a fine, forfeit or both. [22]
- 3g: All home teams will be required to have a certified scale. The scale will be situated in a place inaccessible to the general public. The Scale shall be a mechanical beam scale with the ability to be calibrated and adjusted manually against a certified weight. Digital Scales are not allowed. The scale will be checked with a 10 lb. Class F (400 mg) weight # 12673 as offered by Rice Lake Weighing Systems, 230 West Coleman, Rice Lake WI 54868. Tel; 800-472-6703 or comparable. Having been issued one weight by the league each Town shall be responsible for the immediate replacement of weight if lost.[01] [22]
- 3h: Any player who fails to make the required weight will not be allowed to participate in that game and will be required to remove their shoulder pads and helmet at the scale site. Said player will be allowed to sit on the bench

with his/her team and is eligible to be weighed again at the following week's game.

- 3i: When a "game weigh-in" is complete, all team members, supervised by their coaches, should proceed to a designated practice area that is in public view. Individuals should not be allowed to go to cars, snack stands, etc., after they have been weighed-in. It is the responsibility of the home town to provide warm up/practice areas where visitors will not be harassed by other teams and/or fans. [96]
- 3j: Mites shall weigh in at 9:30 A.M.. Players arriving after 09:30 A.M. may weigh in until 10:00 A.M.(Mites only). The home team shall weigh in before the away team.[01]
The Peewee and Midget games weigh-in will proceed immediately upon conclusion of the previous games second quarter. [05]
- 3k: Weigh-in reps must sign off on the official roster and make a list by name and number of those players who did not weigh in. A copy of which will be provided to the head coaches.[01]

ARTICLE IX: Official Weigh-in Procedures

- Section 1: Each team will be responsible to supply The Weigh-in Committee with a 3 ring Binder containing the following information:
1. A copy of an official birth certificate for each player
 2. A copy of the official roster for each team, showing the Town, Division, Level, Head Coach with phone number, Assistant Coaches, Weigh In reps, Players first and last name, home jersey number, away jersey number, approximate weight and league age for each player. See "Amendment 1" at end of this document for the Sample Roster Format
 3. There will also be a copy of each player's registration information showing the players name, grade, date of birth, team name, and contact information. See 1C
 4. Information in the book will be sorted by Numerical Order. The lowest numbered player will be first, followed by next highest number, etc.
 5. Any Player who exceeds the "End of Season" weight for his/her division will be placed last on the Official Roster, and designated as such to identify them to the Game Day Weigh In Reps. [20]

- 1a: The Weigh In Committee will designate a Time and Place for these Roster Books to be turned in prior to the start of the season, before any games may be played. [20]
- 1b: Towns must bring a copy of each player's registration form regardless of how many years they have played in the League. They should be sorted by mites, peewees and midgets (One book for each Team) [20]
- 1c. Upon receipt of these Roster Books, each Town representative will be provided with 30 copies of an Official OCYFL Roster. These will be Watermarked pages, and are considered the only acceptable Roster Sheets. [20]
- Section 2: Each Town MUST provide an Excel Spreadsheet, in the Format required by the OCYFL Secretary, containing all of the required information for upload to the OCYFL Website. The OCYFL Secretary will email a blank spreadsheet to each Town Rep after the August Meeting. These spreadsheets must be emailed back to the OCYFL Secretary no later than Aug 30th. [20] All rosters shall be submitted online to the OCYFL no later than 5pm the Friday prior to Labor Day. Failure to do so will result in a \$25 fine per team. Roster books shall be submitted in person at the September meeting. The OCYFL shall provide hard copies of the weigh in sheets at the Wednesday September meeting. [24]
- 2a: Under special conditions a player may not have a certificate at Roster Book submission date. However, until a certificate is presented to a member of the Weigh-in Committee and approved by the Executive Board, that player cannot play in any game. These situations should be made known prior to the weigh-in. [20]
- 2b: The Weigh-in Committee consists of the League President, Secretary and one Vice President. If a replacement is needed, the President will appoint another member from the Executive Board. [13]
- 2c: Birth certificates can be audited at any time by the Official Weigh-in Committee Any violations are subject to league discipline ranging from fines, forfeitures and/or player or town expulsion, as determined by the Disciplinary Committee.
- 2d: Any Player that does not meet end of season weight will still be allowed to be placed on the Official roster but will not be allowed to play in a game if he does not make game day weight. This would allow a player to work towards a goal weight while still being on the team. OCYFL Weigh in Rep

will be informed of overweight player before weigh ins begin. If player is over 10 lbs of game day weight that player will not be allowed to dress for game day weigh in or game. It is the responsibility of the team to weigh that player ahead of time. [20]

ARTICLE X: League Standings, Tie Breakers, Playoffs, Super Bowls & All Star Game [23]

Section 1: Division Champions and playoff positions will be determined by the team's won/lost record in their respected division, as determined by total, won/tie points earned in their respected division.

Won / Tie points shall be awarded as follows:

Divisional Game Win = 3 points

Divisional Game Tie = 1.5 points

Non-Divisional Game Win = 2 points

Non-Divisional Game Tie = 1 point [07]

Tie Breaker

Section 2: If three or more teams are tied, go to 2a. If two teams are tied, and they have played each other during the regular season, go to 2b.

2a: The team with the fewest losses in their division. [06]

2b: If a tie exists, the winner of the regular season game between the two teams.

2c: If a tie still exists, the team with the most league overall won/tie points shall go. [07]

2d: If a tie still exist, A coin toss will decide the positioning. The coin toss will be conducted by town League Representative. Winner of the coin toss will claim higher seeding. Team with the least amount of wins over previous 3 years will call the coin flip.

In this case "Team" is defined by the same group of players and the team they have played on for the prior 3 seasons.[07]

Playoffs & Super Bowls:

Section 3: There will be a Super Bowl for each division. As reflected in the final division standings, the top four (4) teams in each division will play off to determine Super Bowl contenders. For the Playoffs, teams in position one (1) play position four (4). Position two (2) teams play position three (3). [96] [99] [03]

3a: Any town is eligible to submit its field for a playoff game, under the

following conditions:

1. The field is available both Saturday and Sunday.
2. The playing area can be secured by fence, wire, or rope.
3. Rest rooms are available.
4. Neutrality is enforced by host town.
5. Adequate seating capacity.
6. The town must have not hosted a playoff or Super Bowl in the previous year. This section may be waived if there are no eligible towns requesting to host a playoff or Super Bowl game.
7. There must be an electronic/electric scoreboard and clock. [97]

If those conditions cannot be met, the League VPs' will designate an alternate field.

- 3b: When no town can meet the Saturday and Sunday restrictions, and a game cannot be scheduled, an exception may be appealed. It would need to include a contingency plan if the one day available is rained out. [98]
- 3c: Playoff site determination - The following will apply to determining site location of Playoff games. Each level is treated separately - Mite, Peewee and Midget:
1. If one team is participant and host town then game will be played at host town field. Home field side applies to higher seeded team unless lower seed team is hosting the game. [2010].
 2. If both participants are host towns:
 - a. Town with higher seed will play on home field (field side logic from above applies).
 - b. If tie exists use Tie Breaker determination from Section 2.
- Section 4: The Super Bowl games will be played on either the Saturday or Sunday following the last game of the regular season or playoff game.
- Section 5: In any playoff game or Super bowl, there must be a tiebreaker. Unless changed by the MIAA, the league uses its 10 yard, 4 down per team method. [96] [2010]
Regular season games that end in a tie after the game clock has expired will have 2 tiebreaker opportunities for Peewees and Midgets and 1 tiebreaker opportunity for Mites using the same format as illustrated above.[2017]
- Section 6: All Super Bowl games will be named The John Mahoney Memorial Game and the award/trophy will also bear his name in honor of his dedicated years of service to the League. [96]
- Section 7: Towns must submit their names for Playoff and/or Super Bowl site selection at the September meeting. Prior to this they must have satisfied all the requirements outlined in Section 3b. Final selections will be made by a vote

of only those towns within the division. This does not restrict selecting a site from another division. [96][01]

Section 8: The All Star Game will be named The Ken Kelly All Star Game and the award/trophy will also bear his name in honor of his dedicated years of service to the League. [23]

Section 9: Participation in the Ken Kelly All Star Game game is limited to 8th grade players only [23]

Section 10: IF NO OTHER TOWN WANTS TO HOST THE ALLSTAR GAME STARTING IN 2025 THE ALL STAR GAMES SHALL BE PLAYED AT SCITUATE HIGH SCHOOL. TOWNS MUST DECIDE IF THEY WANT TO HOST THE ALL STAR GAME BY THE OCTOBER LEAGUE MEETING [24]

ARTICLE XI: Ethics, Qualifications, Conduct and Behavior

Code of Ethics: The American Football Coaches Association Code of Ethics and OCYFL adaptations, as outlined below, will be complied with in both spirit and intent by all members of the League. The term "coach" defines all Town and League officials and volunteers. The code applies to all League sanctioned events.

INTRODUCTION

Section 1: Those who become football coaches must understand that the justifications for football is that it provides spiritual and physical values for those who play it and the game belongs to the players. The welfare of the game depends on how the coaches remain mindful of the trust and confidence placed in them by their players and parents of the players. Coaches unwilling or unable to comply with the principles of the code of ethics have no place working with youths.

PURPOSE

Section 2: The code of ethics has been developed to protect and promote the best interest of the game and the youths that participate. Its primary purpose is to clarify and distinguish ethical and approved practices from those, which are detrimental. Its secondary purpose is to emphasize the purpose and value of football and to stress proper function of coaches. The ultimate success of principles and standards of this code depends on those for whom it has been established--the football coaches.

ENFORCEMENT

- Section 3: The Executive Board is empowered to investigate any and all alleged violations of the code. When an alleged violation is brought to the attention of the Executive Board from any source, the method of proceeding with the action shall be as follows:
- 3a: The coach involved, either directly or through his/her League Representative, shall be notified of the charges prior to the meeting of the Disciplinary Committee [09]. Notification consists of, but not limited to, a description of the incident in question and the source of the accusation. [99]
- 3b: If the Disciplinary Committee find the coach in violation of the code of ethics, they may elect one or more of the following courses of action be recommended to the Executive Board for execution: [09]
1. Letter of reprimand.
 2. Letter of reprimand with copies of the letter sent to the sponsoring association's president and board of directors.
 3. Place the coach on one or more year's probation. Any violation of the code of ethics during the probation period will result in immediate and indefinite suspension.
 4. Suspension of a coach for one or more years.
 5. A fine determined by the Executive Board.
- 3c After proper notification, should the coach refuse to appear before the Disciplinary Committee, without cause, he/she shall be subject to immediate probation. Such a failure of the coach or a representative of the sponsoring organization could result in an indefinite suspension of membership. [09]
- 3d: The action of the Disciplinary Committee shall be final.

RESPONSIBILITIES TO THE PLAYERS

- Section 4: In his/her relationship with players under his/her care, the coach should always be aware of the tremendous influence he/she holds, good or bad.
- Parents entrust their dearest possessions to the coach's charge, and the coach, through his/her own example, must always be sure that the boys and girls who have played under him/her are better people for having done so.

The coach should never place the value of a win above that of instilling the highest ideals and character traits in his/her players.

The safety and welfare of players must always be uppermost in his/her mind and they must never be sacrificed for any personal prestige or glory.

In no way should any player be taught or encouraged to use his/her helmet for tackling or any other technique that could cause neck or spinal damage to them or another player. [96]

In teaching the game of football, the coach must realize that there are certain rules designed to protect the player and to provide common standards for determining a winner/loser.

Any attempt to beat these rules and to take unfair advantage of an opponent or to teach deliberate un-sportsmanlike conduct have no place in the game of football, nor has any coach guilty of such teaching any right to call him/herself a coach.

The coach should set an example for winning without boasting and losing without bitterness.

The coach who conducts him/herself according to these principles need have no fear of failure, for in the final analysis the success of the coach can be measured in terms of respect earned from his/her own players and from opponents.

4a: The diagnosis and treatment of injuries is a medical problem and not to be considered the province of the coach.

The coach's responsibility is to see that injured players are given prompt medical attention and that the physician's orders are carried out. Under no circumstances may a coach authorize the use of drugs, stimulants, or other medication. These should be used only when authorized and supervised via a physician's directions.

4b: A player's future should not be jeopardized in any circumstances by circumvention of eligibility rules.

A coach should not make demands on his players that will interfere with the player's potential for achieving academic success.

OCYFL Social Media Policy

Section 5: Members of OCYFL have the responsibility to portray your teams, and

Yourselves in a positive manner at all times. All members should refrain from the following:

Posting content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or team (examples: derogatory comments regarding another member; taunting comments aimed at a player, coach or team and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, fighting)

Posting of sideline game day video on social media is prohibited [23]

OCYFL has the right to fine or suspend any member that violates this Social Media policy. [20]

RULES OF THE GAME

- Section 6: The football code, which appears in the NCAA rulebook, shall be considered an integral part of the code of ethics and should be carefully read and observed. Each coach should be acquainted thoroughly with the rules of the game. He/she is responsible for having the rules taught and interpreted by players.
- 6a: Good sportsmanship is developed on the practice field. Any coach who fails to stress this point; or permits; or who encourages; or defends the use of unsportsmanlike tactics; shall be guilty of the most serious breach of football coaching ethics.
- 6b: Taunting opponents, officials, other coaches or fans by coaches, players or fans is strictly forbidden and subject to disciplinary action. Each town is responsible for their own personnel's actions. [96]

OFFICIALS

- Section 7: No competitive contest can be played satisfactorily without impartial, competent officials.
- 7a: Officials must have the respect and support of coaches and players.
- 7b: Officials should be treated in a courteous manner.
- 7c: Any criticism, which the coach may have to make concerning the officials, should be in writing and submitted to the League Executive Board. [22]

- 7d: For a coach to address or permit anyone on his bench to address uncomplimentary remarks to an official during the progress of the game or to indulge in conduct which might incite players or spectators against officials is in violation of the rules of the game and must likewise be considered conduct unworthy of a coach.

AWARDS

- Section 8: No individual player award shall be given.

QUALIFICATIONS OF COACHES

- Section 9: All volunteers connected with the football program shall be of sound moral character. Towns must implement the Criminal Offender Record Information (CORI) procedure in their local area as an additional protection to screen volunteer backgrounds. This must be performed for all members (i.e., coaches, weigh-in reps, etc.) listed on the roster.
- 9a: All coaches, Head Coaches & Assistants included, must pass the CDC Heads Up certification program or its equivalent. Certificates of completion must be provided and maintained by the Towns programs.
- 9b: The position of coach shall be open to any responsible adult with sufficient interest in the game to study and develop teaching ability.
- 9c: Each coach must show satisfactory character and sincerity of purpose to be a proper influence on young boys and girls.
- 9d: Men and women who coach must be sports people who embody the best qualities of leadership and, by their own example, plant these ideals of leadership, positive attitude, principles of sportsmanship and fair play.

COACHING BEHAVIOR

- Section 10: Adult team personnel will:
- a. Refrain from smoking on the field.
 - b. Reserve player criticism for a private moment or in the presence of the team if they will benefit.
 - c. Coaches shall refrain from running up the score against an opponent. This rule applies to all Varsity, Junior Varsity (JV), and Division 7 (D7) games.
At any point during a game in which a team attains a lead of twenty-eight (28) points or more, the coaching staff of the team with the lead

must immediately remove all offensive and defensive starters from the field. If a sufficient number of alternate players are not available to replace all starters, the coaching staff must, at a minimum, remove all starters from their starting skilled positions.

While the twenty-eight (28) point differential is maintained, the leading team shall:

- Play all available substitute players,
- Refrain from attempting passes, outside runs, sweeps, or reverses, and
- Not blitz on defense. Blitzing by either team is prohibited during this time.

If, at any point while substitutes are playing, the point differential is reduced below twenty-eight (28) points, the leading team may reinsert starters as necessary until a twenty-eight (28) point lead is restored. The trailing team is not required to alter its offensive or defensive strategies.

If the fourth quarter begins with a twenty-eight (28) point lead, the entire fourth quarter shall be played with a running clock, regardless of any subsequent change in score differential. [23] [24] {26}

- d. Refrain from profanities.
- e. Abide by a physician's decision in all matters of a player's health and injuries and physical ability to play.
- f. Strive to make every football activity serve as a training ground for life.
- g. Together with the game officials, be responsible for the conduct and control of team, fans, and spectators. Any fan who becomes a nuisance and out of control must be asked to leave.
- h. Uphold the rules, regulations and the philosophy of the OCYFL program.
- i. Accept decisions of officials on the field as being fair and called to the best of the ability of officials.
The coach must stay off the field and remain under control in order to set a good example for players and fans.
A decision based on judgment should never be challenged. In cases of apparent misinterpretation, the officials should be addressed as gentlemen.
- j. Not criticize the opposing team players or coaches, or fans by word of mouth or gestures. The head coach shall be directly responsible for actions involving him/herself, assistants, and players.
- k. Try to play each player at least four (4) downs per game.
- l. Coaches or their representatives are not allowed to video tape a future opponent's game. This form of scouting is not acceptable to the League. [96]

Issue Resolution Procedure [25]

Section 11:

Chain of Communication

1. *Initial Communication:*

Any issues, concerns, or disputes involving the OCYFL must first be addressed to the Town Representative of the affected town.

The Town Representative serves as the first point of contact and is responsible for receiving and documenting the issue presented by the concerned party.

2. *Review and Evaluation:*

The Town Representative shall review the issue, assess the situation, and, if necessary, attempt to resolve the matter at the local level, in coordination with the relevant parties (i.e., coaches, players, parents, etc.). If the issue cannot be resolved at the local level, the Town Representative will escalate the matter to the respective division vice president.

3. *Escalation to OCYFL Board:*

If the Town Representative and Division VP determines that further attention is required, they will bring the issue to the OCYFL Executive Board for review and resolution. The Board will consider the matter and take appropriate action in accordance with league policies and procedures.

4. *Exceptions to the Process:*

In the event of an urgent matter that requires immediate attention (such as safety concerns or emergency situations), the Town Representative may bypass the usual chain of communication and directly inform the respective Division VP and/or OCYFL Executive Board to ensure timely resolution.

11a:

Responsibilities of Town Representatives

Town Representatives are responsible for:

- Acting as a liaison between the town and the OCYFL Board.
- Ensuring that all issues brought to their attention are addressed in a fair and timely manner.
- Facilitating communication between the concerned parties and escalating issues when necessary.
- Documenting all issues and their resolutions for future reference.

11b:

Responsibilities of OCYFL Board

The OCYFL Board is responsible for:

- Reviewing any escalated issues and making decisions to resolve them in accordance with league rules and policies.

- Communicating decisions or actions taken to the Town Representatives and the relevant parties involved.
- 11c: All individuals associated with the OCYFL, including players, coaches, parents, and volunteers, are required to follow this by-law when addressing issues related to league operations. Non-compliance with this procedure may result in delays in resolution or possible disciplinary action. Should individuals bypass the correct escalation process, the OCYFL reserves the right to direct such individuals back to respective Town Representatives.

ARTICLE XII: By-law Amendments

- Section 1: By-laws may be amended by a 3/4 vote of those towns present at a meeting of The League. All towns must receive the amendment changes, in writing, at least 30 days before the voting meeting. Voting on amendments to the By-laws shall be conducted by polling each member town present at that meeting. The choice of "show of hands" or "role call" will be made by the League President.
- Section 2: As an appendix to the minutes of each meeting, there shall be, separately attached, any changes in the Constitution, By-laws, or Standing Rules. Once approved, any changes made shall be binding for a period of one (1), calendar year.

ARTICLE XIII: Multi-Town Registration Authorization

The Old Colony Youth Football League (OCYFL) recognizes that certain member programs are established to serve athletes from multiple towns in order to maintain roster viability and program sustainability. The following programs are authorized to register players exclusively from the towns listed below without the need for individual waivers:

- **Apponequet:** Freetown, Lakeville, Assonet, and Berkley
- **Silver Lake:** Plympton, Kingston, and Halifax
- **Sandwich:** Sandwich, Mashpee, Falmouth, and Bourne
- **Lower Cape:** Chatham, Harwich, Brewster, Orleans, Wellfleet, Eastham, Truro, and Provincetown
- **SciCoh:** Scituate and Cohasset
- **DY:** Dennis and Yarmouth

Players registered under this bylaw must meet all OCYFL eligibility requirements, including but not limited to age, weight, residency verification, and registration deadlines.

Any OCYFL member program not listed above, or any listed program seeking to register athletes from towns not expressly identified in this bylaw, must submit a request through the OCYFL waiver process for review and approval by the OCYFL Board.

This bylaw does not establish precedent for automatic multi-town registration beyond the programs and towns specifically identified herein and shall be subject to review, modification, or revocation by the OCYFL Board as deemed necessary. [26]

ARTICLE XIV: Division 7 – Fontaine Division Designation

In recognition of the lasting contributions, dedication, and service of John Fontaine to youth football and the Old Colony Youth Football League, Division 7 shall be formally designated as the **Fontaine Division**. Effective immediately Division 7 of the Old Colony Youth Football League shall be known as the **Fontaine Division** in all official league communications, schedules, standings, publications, and records. The designation “Fontaine Division” shall be used interchangeably with “Division 7” for clarity and consistency and shall carry no impact on divisional rules, eligibility requirements, or competitive structure unless otherwise specified by league bylaws. [26]

ARTICLE XV: Pre-Season Team Camps Fundraiser [26]

Section 1. Authorization

Member organizations of the Old Colony Youth Football League are permitted to host a team specific instructional camp as a fundraising activity during the week immediately prior to the League’s first officially scheduled day of practice (Monday through Thursday with practice officially starting Friday).

Section 2. Limitations

- a. Participation in any such camp shall be voluntary and may not be required for team placement, playing time, or roster consideration.
- b. No pads or contact drills shall be permitted during these camps.
- c. Camps shall be instructional in nature and may include skill development, conditioning, and team-building activities only.
- d. No team may conduct camp activities between July 1 and the week prior to the deemed first day of practice, except as permitted under this bylaw.

Section 3. Compliance

All fundraising camps must comply with League rules, applicable safety guidelines, insurance requirements, and any rules established by the governing football authority under which the League operates.

Section 4. Enforcement

Any violation of this bylaw may result in disciplinary action as determined by the Old Colony Youth Football League Executive Board, including but not limited to a fine of two hundred fifty dollars (\$250) per violation. Additional sanctions may be imposed for repeat or egregious offenses.

ARTICLE XVI: X-MAN [26]

X-Man Rules for Midget level:

- Any player who weighs over the maximum weight, but less than 200lbs maximum including equipment, will be an XMan. No X-man may weigh more than 200 lbs at any point during the season or they will not be allowed on the field.
- The “X-man” must play as an offensive “interior lineman”. Center, guard or tackle. A team cannot exceed 1 total “X-Man” players on the field at any time.
- An X-man may only play during Varsity games. No X-man player is allowed to participate in JV games.
- The “X-Man” cannot advance the ball. Should the “X-man” gain possession of the ball, the whistle is blown and play is ruled dead.
- The X-Man is prohibited from pulling on running plays.
- The “X-Man” will have his jersey number noted on the weigh-in sheet as such and will get an “X” placed on both sides of their helmet in a conspicuously colored athletic tape. It is the responsibility of “X-Man” player’s weigh-in rep to have athletic tape at each weigh-in. Failure to do so will result in the player not being able to play that game.
- Coaches from each team meet with ref before the game together to identify the X-men and how they’ll be deployed in the game. That gives the opponent a chance to adjust to where the bigger players are playing, and also create accountability in how the coaches are using them.
- Any tampering with the player’s “X” will result in a 15-yard “Unsportsmanlike Conduct’ penalty against the Head Coach. As per OCYFL By-laws that coach will then be suspended a minimum of 1 game.

X-Man Rules for Pee Wee level:

- Any player who weighs over the maximum weight, but less than 163 lbs maximum including equipment, will be an XMan. No X-man may weigh more than 163 lbs at any point during the season or they will not be allowed on the field.
- The “X-man” must play as an offensive “interior lineman”. Center, guard or tackle. A team cannot exceed 1 total “X-Man” players on the field at any time.
- An X-man may only play during Varsity games. No X-man player is allowed to participate in JV games.
- The “X-Man” cannot advance the ball. Should the “X-man” gain possession of the ball, the whistle is blown and play is ruled dead.
- The X-Man is prohibited from pulling on running plays.

- The “X-Man” will have his jersey number noted on the weigh-in sheet as such and will get an “X” placed on both sides of their helmet in a conspicuously colored athletic tape. It is the responsibility of “X-Man” player’s weigh-in rep to have athletic tape at each weigh-in. Failure to do so will result in the player not being able to play that game.
- Coaches from each team meet with ref before the game together to identify the X-men and how they’ll be deployed in the game. That gives the opponent a chance to adjust to where the bigger players are playing and also create accountability in how the coaches are using them.
- Any tampering with the player’s “X” will result in a 15-yard “Unsportsmanlike Conduct’ penalty against the Head Coach. As per OCYFL By-laws that coach will then be suspended for a minimum of 1 game.

X-Man Rules for MITE level:

- Any player who weighs over the maximum weight, but less than 138 lbs maximum including equipment, will be an XMan. No X-man may weigh more than 138 lbs at any point during the season or they will not be allowed on the field.
- The “X-man” must play as an offensive “interior lineman”. Center, guard or tackle. A team cannot exceed 1 total “X-Man” players on the field at any time.
- An X-man may only play during Varsity games. No X-man player is allowed to participate in JV games.
- The “X-Man” cannot advance the ball. Should the “X-man” gain possession of the ball, the whistle is blown and play is ruled dead.
- The X-Man is prohibited from pulling on running plays.
- The “X-Man” will have his jersey number noted on the weigh-in sheet as such and will get an “X” placed on both sides of their helmet in a conspicuously colored athletic tape. It is the responsibility of “X-Man” player’s weigh-in rep to have athletic tape at each weigh-in. Failure to do so will result in the player not being able to play that game.
- Coaches from each team meet with ref before the game together to identify the X-men and how they’ll be deployed in the game. That gives the opponent a chance to adjust to where the bigger players are playing and also create accountability in how the coaches are using them.
- Any tampering with the player’s “X” will result in a 15-yard “Unsportsmanlike Conduct’ penalty against the Head Coach. As per OCYFL By-laws that coach will then be suspended for a minimum of 1 game.

Amendment 1

INSTRUCTIONS FOR COMPLETING

OLD COLONY YOUTH FOOTBALL, OFFICIAL ROSTER

"ENTER" the following information in the appropriate blocks on form:

TOWN: name of town (e.g., Rockland)
DIVISION: appropriate division (e.g., 1,2,3,4,5)
LEVEL: (e.g., Mites, Peewees, Midgets)
COACH: Name of head coach
TELEPHONE #: telephone # of head coach
ASSISTANT COACHES: names of assistant coaches
WEIGH-IN SUPERVISORS: name and alternates

"ENTER" the following information in appropriate columns on form:

NAME: name of player, using last name, first name
LEAGUE AGE: (Players age on July 1st, for Mite, Pee wee, and Midget)
MIDGET AGE: Midget Player age on Nov. 15th. (Midget Roster Only)
WEIGHT: Approximate actual weight, NOT maximum weight for division
HOME JERSEY NUMBER: Home jersey number. Players must be listed in home jersey numerical order, starting with the lowest number first.
AWAY JERSEY NUMBER: Away jersey number, even if same.

ABSENT/ NOT ELIGIBLE Leave blank as this is where the Weigh-In Reps will mark all absent and non-eligible players for each game.

Rev (07/19/2024)