

2018 FLORIDA ELITE FOOTBALL OFFICIAL RULEBOOK



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PART I - THE FLORIDA ELITE PROGRAM

FLORIDA ELITE HEADQUARTERS

Florida Elite Headquarters may be reached at:

P.O Box 46665 Tampa, FL 33646

www.floridaelitefootball.com

When writing to Headquarters, please use your official team or league stationery.

CONFERENCE REMARKS

Florida Elite is dedicated to the boys and girls who participate in Florida Elite and to their safety and enjoyment. The rules for Florida Elite activity of any type as published in this book are to be followed scrupulously. Failure to enforce these rules can result in legal action, dismissal and/or loss of organization. Each family and each adult volunteer in the program must be covered by **excess** medical and liability insurance of some type. Although participation in Florida Elite is statistically safe, such insurance should include coverage for “participant risk.” All Programs must have minimum insurance limits of \$100,000 Medical, \$1,000,000 General Liability, and \$1,000,000 Sexual Abuse/Molestation in order to participate. All Florida Elite Football activities are open to both boys and girls, including “mixed” teams. However, for the sake of convenience, these rules refer to participants as if of the male gender only.

ADMINISTRATIVE MANUAL

The Florida Elite Administrative Manual is designed to keep each League and Association current on all administrative matters, as well as to facilitate the daily operational management of those local organizations. This rulebook and the administrative manual **ARE NOT THE PERSONAL PROPERTY OF THE VOLUNTEER**, but belong to the organization, both are to be returned **along with all other organizations property**, to the organization when the volunteer’s service is completed.

MISSION STATEMENT

The mission of Florida Elite is to enable young people to benefit from participation in team sports and activities in a safe and structured environment. Through this active participation, Florida Elite programs teach fundamental values, skills and knowledge that young people will use throughout their lives.

GOALS & PHILOSOPHY OF THE FLORIDA ELITE PROGRAM

Florida Elite is a program operated for the benefit of its youth participants. Since 2014 the program’s philosophy has been academics and athletics go hand-in-hand. At every level, Florida Elite seeks to develop well-rounded young men and women who learn not only the fundamentals of football, cheerleading and dance, but also the importance of education, in an atmosphere conducive to developing sound mind, body and character - and having an enjoyable time along the way! The objectives of Florida Elite are to inspire youth, regardless of race, creed, religion or national origin, to practice the ideals of sportsmanship, scholarship, and physical fitness. Florida Elite strives to make the game fun for all boys and girls. The program stresses learning lessons of value far beyond the playing or spirit days of the boys and girls involved, such as: self- discipline, teamwork, determination, friendship, leadership, and good sportsmanship. With such goals in mind, and by providing an opportunity to participate in an organized, supervised environment with emphasis on maximum safety

and participation, Florida Elite offers young men and women a unique and memorable opportunity to excel.

PART II - THE FLORIDA ELITE STRUCTURE

DEFINITIONS

S1- LEAGUE

The term “League” is a legal term to define a type of Federation and/or Conference within this document. Within this document “league” will be a reference to Florida Elite Football & Cheerleading, Inc.

League shall be utilized and referenced herein place of Federation and/or Conference.

S2-ASSOCIATION

Associations are organizations that sponsor and administer one or more teams. Associations are characterized by specific geographical coverage. In cities, they often adopt commonly understood neighborhood names. In the suburbs, they usually take the town name. In rural areas, an association name may embrace an entire county (or a substantial part of it). An association’s recruiting area is approved by its League and is normally consistent with its geographical name

An association consists of a minimum of four (4) teams playing within a designated age bracket determined by the League. Associations are chartered by the league (i.e. Florida Elite Football & Cheerleading, Inc.) and are responsible to maintain and manage their independent associations. Florida Elite Executive Board staff shall have the right to attend any Association function with or without notice.

S3- ADMINISTRATORS

All league & association administrators must be at least 21 years of age.

S4-TEAM

A team is the universal, basic unit of organization. At minimum, a team consists of a group of participants organized under the direction of a coaching staff in a given age division.

S5-DIVISION

Division has several meanings, the most common of which refers to one of the five (5) age classifications: Flag, Freshman, Sophomores, Juniors and Seniors.

The basic ages for each division of play are listed within this rulebook.

INTRODUCTION TO THE RULES

S1: The rules contained herein ARE REQUIRED to be enforced by each Florida Elite and associations. Failure to do so shall be subject to the penalties defined herein, in the Florida Elite Administrative Manual and in any other Florida Elite Rules.

S2: For all purposes, the Florida Elite playing season shall be defined as August 1st through December 31st or the last game/competition, whichever comes first. All associations, administrative personnel, coaches, players and cheer participants are subject to disciplinary action for violations of Florida Elite rules and regulations occurring at any time during a stated playing season.

S3: NO RULES WILL BE ADDED AFTER AUGUST 1st UNLESS REQUIRED FOR SAFETY REASON(S).

PART III - FLORIDA ELITE REGULATIONS

ARTICLE 1: POWERS/AUTHORITY OF LEAGUE

S1: The association has, among its powers, the obligation and authority to enforce the rules. Associations will follow all Florida Elite Rules as printed in this book or their Charter shall be in jeopardy.

S2: Associations are responsible to verify accuracy of all scores/ results prior to start of League play-offs. If an error is found in reporting, associations are responsible to correct and notify the league, to ensure the advancement of the proper team.

ARTICLE 2: BOUNDARIES

S1: Florida Elite is a competitive league. Like all competitive leagues recruitment of student-athletes is allowed. There are NO BOUNDARIES in recruitment; however we must respect the programs in our league.

ARTICLE 3: COACHES REQUIREMENTS

A coaching staff is in complete charge of the team whenever it is together on the practice or playing field, traveling as a group to and from practice sessions and games, or together for any team function, such as a banquet. The coaching staff is under the direction of the Head Coach; other coaches are called Assistant Coaches. All football head coaches must complete and pass the American Sport Education Program (ASEP) or its equivalent online training to be eligible to coach. Assistant coaches are required to successfully complete the online course in addition to the Head Coach. All Head Coaches who fail the ASEP online course will be immediately removed from coaching until they have successfully completed. Successful completion of the football portion is required.

The following applies to all coaches:

S1: The Head Coach, Assistant Coach(s) or Football Commissioner must be 21 years or older in order to supervise at all practices, games and functions. The Head Coach can only be rostered as the Head Coach on 1 roster.

S2: An Assistant Coach must be at least 18 years of age. A football team may have a maximum of five (5) assistant coaches, plus a maximum of one (1) Team Parent.

S3: Teams are permitted to carry a Coach-Trainee, who must be a minimum of 16 years of age and a maximum of 17 years of age. **(Note: This individual will count towards coaching staff.)**

S4: The Head Coach will determine the assignments of the Assistant Coaches.

S5: In the absence of a specialized, trained person affiliated with the team in the medical area (physician, paramedic, specially trained volunteer, Certified Athletic Trainer), one of the coaches must be the holder of a current Red Cross Certificate in Community CPR and First Aid, or the P.R.E.P.A.R.E. Course by the National Center for Sport Safety (www.sportssafety.org) or its equivalent.

S6: Coaches are to be selected by methods approved by association rules and/or by-laws.

S7: Once approved for coaching, a coach is automatically terminated at the close of each season. To coach the following year, the same league approval is required. Any violation of the rules committed by a coach during the season, even though the hearing is not held until after the close of the season, is still under the jurisdiction of the sponsoring association.

S8: Coaches do not make league or association policies; rather, they carry it out. However, on the playing and practice fields, the coaching staff is in complete charge and shall not be interfered with except in cases of rules violations and any other conduct deemed by higher authority to be contrary to Florida Elite rules and policies.

S9: The Head Football Coach has final responsibility for his/ her actions, those of his/her assistant coaches, players, staff and parents.

S10: Each association shall establish its own rules regarding the placing of coaches with sons, daughters or siblings within its own program.

ARTICLE 4: REGISTRATION

A candidate cannot begin practice with a team until he/she has officially registered. Registration consists of completing and submitting items S1-S4 in this Article in addition to any/all local required forms. The sign-up fee, if any, may be collected at this time. All coach trainees and teen demonstrators under the age of 18 must be registered/certified in the same manner as all other minors participating in Florida Elite Football and Cheer. All candidates must furnish the following in order to be registered and before starting practice:

S1-PARENTAL CONSENT

The Participant Contract and Parental Waiver form needs to be completed by either parent or the legal guardian, stating that the child has his or her permission to compete.

S2-MEDICAL EXAMINATION

A signed form from a Licensed State Medical Practitioner dated after January 1st of the current year/season; (i.e. Medical doctor, Registered Physician Assistant, Registered Nurse Practitioner, etc.) that the candidate is physically fit and there are no observable conditions which would contraindicate playing football or cheer.

Note: If a regular school medical examination was performed after January 1 of the current year, and the results are releasable to parents, a copy of such a report may be used in lieu of a new examination.

SPECIAL NOTE: A person with a loss of limb may participate provided that the individual has a signed statement of approval from an examining physician and that the use of the artificial limb is no more dangerous to players than the corresponding human limb, and does not place an opponent at a disadvantage.

S3-PROOF OF AGE

An original birth certificate on file bearing the seal of the issuing office of the state of birth is the best guarantee of reliability of claimed date of birth and is form of proof most recommended. Passports are also reliable. Military ID and/or State ID cards are acceptable.

Florida Elite does not mandate retaining the originals once participants have completed certification process, conference with scan a copy of originals and return back to league books.

S4-SCHOLASTIC FITNESS

Proof of satisfactory progress in school is required. If a participant is below a 2.0 or a 70%, the organization **MUST** provide avenues to assist the participant in increasing their GPA.

NOTE: Like all rules herein this rule as it relates to scholastic grades may not be made more stringent by any team, association or organization, as other rules may be.

ARTICLE 5: FORMATION OF TEAMS

Tryouts of any kind within Florida Elite are prohibited. Tryouts are defined as any means used to ascertain the level whereby a participant is placed on a team, including assessments, evaluations, or any other method used to place a participant in Florida Elite.

ARTICLE 6: MANDATORY CUTS

Any participant must be cut who:

S1: is found to have signed up as a result of parental pressure or tells team management he/she does not really want to play.

S2: refuses or cannot furnish the 4 required items-Parental Consent, Medical Examination, Proof of Age, and Scholastic Fitness.

S3: is found to be participating on a high school tackle football team. However, participation in a school flag football program, if required by the curriculum of the school PE program. Team will be permitted to simultaneously participate in Florida Elite and school programs administered and coached by School District employees. ***FROSTPROOF RULE**

S4: is a member of any other organized Florida Elite football or non-Florida Elite football team.

S5: is a recurring discipline problem (and then, only with the concurrence of the League).

ARTICLE 7: VOLUNTARY CUTS

A participant shall be considered a voluntary or “self-cut” participant when he/she simply no longer shows up at practices or games of his/ her own free will. While voluntary cuts are not charged to any team for the purpose of these regulations, a coaching staff may attempt to disguise its cutting pattern by arranging practices in such a way as to discourage participants of lesser ability into quitting on their own. While these practices are not common, they have been known to occur and are considered intentional avoidance of the rules and regulations and are, therefore, punishable as a result of a hearing. The results of this investigation shall be reported to the organization and the organization shall have final authority as to whether appropriate actions were taken.

ARTICLE 8: CERTIFICATION

S1: Certification is that process whereby the team or association will file with the league, which it is a member.

S2: A roster is certified once the association and league have approved the roster through Florida Elite's certification process. A certified roster is one that the League has accepted the information at a pre-season session with its teams, based upon information submitted, and the teams are restricted to these participants for the remainder of the season (except for allowed "drops" and "adds," see Article 9).

S3: After the certification process is complete all rosters will be uploaded to the league's database, so all associations can have access to obtain.

S4: To be certified onto a team roster, a participant shall qualify under the following:

- A. Each association shall assign participants to the appropriate age division, which is determined by age.
- B. Once certified for a particular division, a participant shall not be permitted to recertify to another division of play during the current season under any circumstances.
- C. Ages shall be verified by birth certificate and/or acceptable documents, as specified in Article 4.
- D. The league will require a new picture of a football player every season.
- E. It is the responsibility of the association board members to conduct weekly book checks. An association board member is not permitted to check-in his/her program teams.

ARTICLE 9: DROPS AND ADDS

S1: A team may add participants to its certified roster up to the hard cutoff date established by the conference.

ARTICLE 10: NO ALL-STARS

All Star teams or squads are prohibited in Florida Elite. Florida Elite rosters are valid from August 1st to December 31st of the current year. Any coach or participant found to play a game(s)/competition with All Star participants from different rosters of regular season teams will forfeit future eligibility for All Florida Elite programs.

ARTICLE 11: AWARDS

S1: Each association within Florida Elite is encouraged to reward their participants for on and off the field accomplishments. Florida Elite will conduct an annual award ceremony, in which several individuals will be recognized in several different categories.

S2: Awards for individual performances displayed on the helmets are acceptable (i.e., stars, hatchets, footballs, etc.).

ARTICLE 12: PRACTICE

Last Day of Spring Activities is April 30th

First Official Day of practice is June 1st

First Official Day of Contact practice is July 1st

S1: “Official” pre-season practice shall not begin until June 1st (or later).

S2: All practices must be attended by one person holding a Red Cross Community CPR and First Aid Certificate, or the P.R.E.P.A.R.E. Course by the National Center for Sport Safety (www.sportsafety.org) or their equivalent, if not by an EMT or volunteer physician (such as a parent of one of the participants).

S3: No team may schedule more than 8 hours of practice per week, or more than 2 ½ hours on any giving practice session. A week is defined as Monday-Sunday.

S4: Break time is not counted against the eight (8) hours per week or 2-1/2 or 2 hours of allowed practice time. Water breaks should be given as needed and when requested by participants

S5: CONTROLLED INTER-SQUAD SCRIMMAGE: After the first week of practice (8 hours) for conditioning, and after the second week of practice (8 hours) in pads in which contact has occurred, teams may engage in joint practice sessions with other team(s) in what are called controlled inter-squad scrimmages. So as to avoid any misinterpretation, 16 hours of practice is required before inter-squad scrimmages may occur.

S6: Any player added after a team has formed and/or after the season has started, must be subject to the same 8 hours of conditioning as mentioned in S3 of this article.

S7: The following exercises and drills are banned from all practices and pre-game warm-ups: neck bridges (sometimes referred to as neck rolls) and bull in the ring.

ARTICLE 13: CAMPS

S1: No Florida Elite organization or personnel associated within shall require or mandate that a Florida Elite football team, in part or in whole, with or without coach(s) to attend a football camp. There shall be no exceptions. However, a Florida Elite football team, in part or in whole MAY attend a camp if they so choose to, providing the following conditions are met:

- A. Coach or other team affiliated personnel does not make it mandatory.
- B. Camp provides as part of its services an accident insurance plan for camp participants.

ARTICLE 14: IMPORTANT POINT-MEDICAL & CONCUSSIONS

The home team or hosting organization has the responsibility to provide medical coverage at each game or competition. In the absence of a physician and or ambulance on the site, the minimum safety requirement will be the presence of one individual associated with the home team/host organization who is currently EMT qualified or is currently certified in Red Cross Community First Aid and Safety, the P.R.E.P.A.R.E. Course by the National Center for Sport Safety (www.sportssafety.org), or their equivalent.

Work together with your local EMTs to establish an emergency plan that fits your specific area and needs. Your emergency plan should include, but not be limited to, the following:

- A. Introduce or identify trainer/health care provider to visiting a Coach;
- B. Home team/host organization review emergency plan with a Visiting team;
- C. Designated duties for coaching staff and or athletes;
- D. “How to call EMS” next to phone;
- E. Specific directions to your facility for emergency medical service (EMS);
- F. Emergency numbers;
- G. Injury report forms;
- H. Treatment authorization card;

1. List of administrators that the coach is required to contact. Practice your emergency plan early in the season, and repeat often throughout the season. A similar plan should be in place for teams traveling to away games.

All teams are recommended to have a staff member carry the entire team's medical release forms and emergency numbers for all players and spirit participants in case in an emergency their parent(s) or guardian must be reached. Having the family physician's number opposite the participant's name is also recommended.

S1- CONCUSSION RETURN TO PLAY GUIDELINES:

A Participant who is suspected of sustaining a concussion or a head injury in a practice, game or competition shall be removed from practice, play or competition at that time based on evaluation and determination by the Head Coach. However, if an official licensed athletic trainer or other official qualified medical professional is on site and available to render such evaluation, that person shall always have final authority as to removal or return to play of the participant.

When an official licensed athletic trainer or other official qualified medical professional is not present, and a parent or guardian of the injured player is serving as head coach, the final authority on removal of a participant shall rest with the league president, association president or the top ranking assistant head coach; whomever is present and highest in the Florida Elite chain of command.

Any Florida Elite participant who has been removed from practice, play or competition due to a head injury or suspected concussion may not return to Florida Elite activities until the participant has been evaluated by a currently licensed medical professional trained in the evaluation and management of concussions and receives written clearance to return to play from that licensed practitioner.

In the absence of an official licensed athletic trainer or other official qualified medical professional, at regional Florida Elite events, the Regional director shall be the final authority on removal of a participant for a suspected head injury or concussion. At league events, the Director of Football and/or Football Commissioner or Director of Cheer, depending on the sport in which the participant was engaged, or in their absence the Executive director, shall be the final authority on removal of a participant for a suspected head injury or concussion.

Florida Elite demands that all decisions be made in the best interest of the participant and that when any doubt exists as to the health of the participants, they sit out. Please check www.cdc.gov/concussion for Center for Disease Control (CDC) signs and symptoms chart for Concussions.

ARTICLE 15: CHARGING ADMISSION

Admission fees of \$5/adult and \$4/child (4-17yrs old) may be charged to attendees for entry into regular season games, however such admission fees shall not be borne by any active rostered individual who is partaking in the event, including both participants and coaches, as well as all pertinent Florida Elite administrators; all of whom shall be admitted free of charge with proper credentials.

***PLAY-OFF PRICES ARE SUBJECT TO CHANGE**

ARTICLE 16: PROTESTS

S1: Only protests involving the eligibility of a player participant shall be considered.

S2: Protests are decided in accordance with the administrative procedures of the League.

S3: Teams, Associations and Leagues have the responsibility to communicate protests as soon as they are known to exist. Lack of prompt notification may result in denial of the protest.

***Protest must be filed and submitted within 24 hours**

***A monetary fee will associated with any protest**

ARTICLE 17: PATCH REQUIREMENT

All Florida Elite participants, of flag football and tackle football, must have the Official Authorized Florida Elite helmet sticker displayed on every helmet of participants.

ARTICLE 18: MANDATORY BACKGROUND CHECKS

S1: As a condition of service to a Florida Elite league, all coaches, board of directors' members and any other persons or volunteer workers who have repetitive access to or contact with players and/or spirit participants, must complete and submit an official "Florida Elite Volunteer Application" to their local Florida Elite Association. **Annual** background checks must be completed prior to the applicant assuming his/ her duties for the current season, and should be submitted to the League President prior to the start of the current season. Refusal to submit a fully completed "Florida Elite Volunteer Application" annually must result in the immediate dismissal of the individual or denial of participation for the applicant.

S2: Each association shall require and be responsible for enforcing all league and association personnel to annually submit to the League President a fully completed official "Florida Elite Volunteer Application," prior to the applicant assuming his/her duties for the current season. The Volunteer Application must include signed permission from the applicant allowing the League or Association to perform the necessary background check. The official "Florida Elite Volunteer Application" shall only be modified in order to comply with local, state, provincial or national laws. Each League shall also require and be responsible for enforcing that an Officer of each member Association complete and submit an official Florida Elite "Association Confirmation of Compliance with Background Checks" affidavit. Each League is required to file an official Florida Elite "League Confirmation of Compliance with Background Checks" Affidavit annually. All volunteer applications and Association affidavits must be maintained by the League for a minimum of 1 year.

S3: No association shall permit any person to participate in any manner, whose background check reveals a conviction for, or guilty plea to, any crime involving or against a minor. In addition, other charges and convictions may be an indication of an unfit volunteer, and therefore an association may prohibit any individual from participating as a volunteer if the association deems the individual unfit to work with minors, as long as the association applies the same criteria uniformly for all individuals seeking to volunteer.

S4: All associations must conduct a nationwide search that contains the applicable government sex offender registry data such as the Lexis Nexis online National Criminal database search, or a government agency sponsored state search of criminal records. Additionally, if a League utilizes only a state sex offender registry check, that association must also perform a national database or a Federal background check search. If a local association becomes aware of information, by any means whatsoever, that an individual, including, but not limited to, volunteers, players and hired workers, has been convicted of or pled guilty to any crime involving or against a minor, the association must immediately contact the applicable government agency to confirm the accuracy of the information. Upon confirmation of a conviction for, or guilty plea to, a crime against or involving a minor, the association must prohibit the individual from participating in any manner.

Florida Elite has no direct operational control over the selection of volunteers, each association shall be required to indemnify and hold harmless Florida Elite against all legal actions based upon allegations arising from a failure to enforce all or part of this regulation. Failure to comply with all or part of this regulation may result in the suspension or revocation of the association.

PART IV – ENFORCEMENT POLICY

POLICE POWERS/HEARINGS & APPEALS

All Florida Elite associations will be called upon from time to time to do the following:

- A. Resolve disputes between member organizations and individuals.
- B. Take action to enforce rules and regulations.
- C. Discipline both adult and juvenile members.

NOTE: FLORIDA ELITE APPEALS will be handled by the executive board member, appeal board and parties involved.

MINIMUM MANDATED PENALTIES

Minimums are established to assure that the punishment for listed offenses will occur in a uniform fashion. More severe penalties may be levied where circumstances warrant or for repeated offenses.

S1-ADULT OFFENSES

- A. **EJECTION FROM GAME** - Automatic one week suspension from practice, including the following game.
- B. **ENDANGERMENT OF JUVENILES**: Suspension for 1 year.
- C. **TEACHING PROHIBITED OFFENSIVE & DEFENSIVE TECHNIQUES**: Suspension for 1 year.
- D. **FIGHTING**: Suspension for 1 year.
- E. **CHEATING**: Suspension for 1 year.
- F. **THREATS**: Suspension for 1 year.
- G. **GAMBLING ON GAME OUTCOME**: Suspension for 1 year.
- H. **LACK OF COOPERATION/OBSTRUCTION**: Suspension until compliance is achieved.
- I. **FALSIFICATION OF OFFICIAL DOCUMENTATION**: Suspension for 1 year. This would include, but not be limited to: parental consent, medical examination, proof of age, proof of scholastic eligibility, or background screening forms.

Upon suspension of any penalty provided herein, an accused shall be placed on probation, among the general conditions of which shall be: (1) that the accused be and remain of good behavior and that he strictly enforce all rules and regulations of Florida Elite; and (2) that the accused prepare and submit to his League in writing his/her offenses.

S2-JUVENILE OFFENSES

Fighting, intimidation, or disrespect for authority shall be cause for ejection from a game/competition. Any player/spirit participant ejected from any game/competition for cause shall be ineligible for participation in their next game/competition. A second ejection during the same season shall be cause for removal from the team for the balance of that season.

*Subject to Florida Elite Executive Board, organization and league officials.

Any participant charged with criminal activity may be removed to ensure the safety of other participants.

S3-TEAM AND ASSOCIATION OFFENSES

- **FAILURE TO KEEP FAITH WITH JUVENILES & PARENTS** is defined as any deliberate practice or failure of a team or association which placed the health, welfare and safety of juveniles in jeopardy, or exploits or treats them in such a manner that the juvenile becomes a “tool” of the team.

To file this charge, the violation must result from team or association policy, and not be an aberration of one individual. This implies that the practices are carried out by order of, or with the knowledge of, the offence, and no steps are taken to end it.

MINIMUM PENALTY:

Probation of the organization coupled with suspension of its president and all others who participated in the practice. Upon a second offense, suspensions of the organization until all officers are removed.

- **FIGHTING/RIOTING/INCITEMENT TO RIOT:** Forfeiture of the season for team and/or organization.

FLORIDA ELITE FOOTBALL RULES



GENERAL FOOTBALL RULES

AGE REQUIREMENTS:

The player's age on July 31st of the current year shall be the player's age for the coming season.

Example: On July 31st a player is 12, but on August 1st he turns 13. This player will be certified as a JUNIOR, because on July 31st he was 12.

FLAG	5-6 years old
FRESHMAN	7-8 years old
SOPHOMORE	9-10 years old
JUNIORS	11-12 years old
SENIORS	13-14 years old

LENGTH OF PERIODS

Maximum length of periods by division(s):

Flag	10 minutes(4quarters)
Freshman.....	10 minutes (4quarters)
Sophomore.....	10 minutes (4quarters)
Junior.....	10 minutes (4quarters)
Senior.....	10 minutes (4quarters)

BOOK CHECK PROCEDURES:

Book checks are to be done prior to the beginning of all contests. If a player is late to a contest. That players coach may call a timeout to certify those players that are late **ONLY IN THE FIRST HALF**. These players can also be checked in at half time as well. THERE SHALL BE NO late check-ins after the second half of play has begun.

PLAYING FIELDS

The field shall be rectangular with lines and zones and shall conform to either of standard design mentioned below.

- A. 100-yard field: This field measures one hundred and twenty yards in length, divided into 5 zones of twenty yards each between two end zones of ten yards each. It is 53 1/3 yards wide.

The following field equipment will be used:

- A. A down marker will be used to indicate the number of the down.
- B. A zone marker will be used to indicate the distance to go for a first down.
- C. Soft pylons will be placed at the four sections of the end zones. Corner flags with flexible staffs and cones may be used if pylons are unavailable.

INJURED PLAYERS

Once removed from a game because of injury, a player must sit out at least one down and may not re-enter the game without the approval of attending medical personnel.

However, if the injury is head related and shows signs of concussion a player must be cleared only after he or she completes and passes the concussion protocol tests.

PART V – FLAG FOOTBALL RULES

“EACH GROUP AND EACH YOUNGSTER IS DIFFERENT. AS A LEADER OR COACH, YOU GET TO KNOW WHAT THEY NEED.”

MIKE KRZYZEWSKI

RULE 1: PLAYERS

S1: A game is played between two teams consisting of nine (9) players each.

S2: Each team roster can have an unlimited amount of players, and a minimum of six (6) players. A forfeit will result when the minimum is not met. Should the opposing team decide to play the game instead of taking the forfeit win, the game results shall be recorded and stand as a regular played game.

S3: When a team has the minimum amount of players, which is six (6); they must still line up in legal formations (which requires five (5) players on the line)! Also the opposing team **DOES NOT** have to reduce down to the minimum amount of players on the field.

S4: Only players appearing on the official team roster form (supplied by Florida Elite) are to be counted as players. The roster is completed before the first game of the season and verified by the league in a process called “certification.”

RULE 2: PLAYING FIELDS

S1: The field shall be rectangular with lines and zones and shall conform to either of standard design mentioned below.

- A. 100-yard field: This field measures one hundred and twenty yards in length, divided into 5 zones of twenty yards each between two end zones of ten yards each. It is 53 1/3 yards wide.
- B. Goal Posts are unnecessary as points after Td (conversion) are made only by passing or running and there are no field goals kicked.
- C. A conversion line will be marked 3 yards from the goal line and at an equal distance from each sideline.

RULE 3: EQUIPMENT

S1: GAME BALL

Each league will use the football approved and provided from Florida Elite game officials.

S2: FLAGS

- A. Each player must wear a belt with two (2) **velcro** flags designated as “standard” by the league.
- B. The flags will be attached to a belt and extend or hang from each side of the player’s body.

- C. Flags will be minimum 14 inches long and a minimum of 2 inches wide.
- D. The belt must be tight to prevent being turned around during a de-flagging.
- E. **The securing of flags to the body, waist or belt, other than provided by S-2-B, is illegal.**
- F. Jerseys cannot be worn over flags.
- G. If a ball carrier flag is inadvertently lost during a play, he is eligible until contacted by a defender.
- H. Flags are to be of contrasting colors, different from game uniform. Definitions of uniform shall be game pants and/or jersey. (Example, if your flag shorts are Red, than your team wouldn't be allowed to wear and use Red flags for your players).

NOTE: The flags will be attached to a belt made for that purpose. Such a belt has equal resistance at the point of attachment of flags, thereby ensuring an equal effort necessary to de-flag a player.

ONLY VELCRO FLAG PERMITTED.

S3: GAME UNIFORMS

- A. All team members must wear the same color jersey.
- B. All jerseys will be numbered on back.
- C. Pocket-less gym shorts are to be worn.
- D. Jerseys will be tucked in at all times.
- E. Non-detachable and rubber-cleated shoes are the preferred shoe. Sneakers are acceptable, but aren't recommended for play.

S4: EYE GLASSES

Eye glasses, when worn, shall be of athletically-approved construction with non-shattering glass (safety glass).

S5: MOUTHGUARDS

Mouth guards are required. No keeper strap are necessary.

S6: HELMETS

All participants must wear approved protective head gear during game play.

RULE 4: PROHIBITED EQUIPMENT

S1: Metal spiked cleats.

S2: Hard metal or any other hard substance on a player's clothing or person.

S3: Anything that conceals the flags.

S4: Slick or sticky substances such as grease or glue.

S5: Any equipment, in the opinion of the referee that will endanger or confuse players.

RULE 5: REFEREES

S1: There will be at least two (2) referees.

S2: The league may assign more than two referees for a game.

S3: There shall be at least three (3) referees for a sanctioned playoff or championship game.

RULE 6: THE RULES OF THE GAME

S1: SUBSTITUTIONS

The free substitution rule is always in effect and a player may enter the game any time the ball is dead.

S2: TEAM CAPTAINS

- A. Each team will have at least one captain on the field at all times during the game.
- B. The captain will address the referees only on matters of interpretation and to obtain information.

S3: TEAM COACHES:

- A. All Chartered League Members are responsible to ensure that all coaches are familiar with and understand these and all other applicable rules of the conference.
- B. One coach from each team shall be allowed on the playing field at all times. They will be a minimum of five (5) yards behind the closest player and cannot move inside a five (5) yard box. The coaches must make EVERY attempt to remain five (5) yards from the closest player from either team.
- C. Coaches **MAY NOT escort players down the field** while ball is in play. Coaches, who are on the field, **CAN NOT shout football instructions** to the players after the ball is in play.
- D. There must be five (5) players on the line, both offensively and defensively, when the ball is hiked. Defensive players must line up 2 (2) yards from the line of scrimmage
- E. A team will have 30 seconds to put the ball in play after the ready signal. The first snap signals the beginning of the game.
- F. Two offensive touchdowns per player per game maximum. Each player can score unlimited extra points.

SPECIAL RULES

GOAL LINE RULE

The ball shall never be placed inside the 3 yard line. If a player's flag is pulled inside the 3 yard line, the ball will be moved back to the 3 yard line for safety purposes.

Example: The play starts on the 5 yard line; flag gets pulled at the 1 yard line. The ball is placed on the 3 yard line for 2nd down.

S4: TIME

There will be:

- A. Four 10-minute running clock quarters and a standard clock for the last two (2) minutes for the 1st and 2nd half. **Game start on snap of ball.**
- B. Three (3) time-outs per half. (No carry over). When time out is called, **clock stops.**

S5: KICKOFFS

To start the game and after toss, the ball shall be placed on the (30) yard line of the offensive team. There shall be no kick offs.

S6: PUNTING

There will be no punting in the flag division. Should team elect to punt, the referee will walk off 25 yards from line of scrimmage. **(10 second runoff the game clock)**

Note: 25 yard walk off punt can never advance ball beyond the 20 yard line of receiving team.

S7: DOWNS (First and 10 yards to go)

- A. Each team will have four consecutive downs to advance the ball for another first down or to score a touchdown.
- B. Once a team gains enough yards to advance the yard markers, it is a first down and a new series of downs begins.
- C. On fourth down and team elects to go for yards instead of punting, and team fails to move the ball enough for a first down, they will lose possession. The opposing team takes over at the

point where the ball is declared dead and begins its series of first down and ten to go.

- D. The forward part of the ball touching any line will be the determining factor in measuring for a first down.
- E. When the offensive team has less than 10 yards to score, it will be first down and goal to go.
- F. At the conclusion of each down, the referee will place the ball on the hash mark closet to the end of the previous play.

S8: DE-FLAGGING

- A. There shall be no tackling of the ball carrier, passer, or kicker.
- B. The player carrying or having possession of the ball is down when the flag is removed from his waist (de-flagging). The defensive player shall hold the flag above his head and stand still.
- C. The defensive player cannot hold or push the ball carrier to remove his flag. An accidental touch of the body or shoulder while reaching for the flag shall not be considered a violation; however, touching of the head or face shall be considered a violation.
- D. A defensive player may not run over, push, or pull a blocker away from him. He may push him sideways if he gets past him, but he cannot push the blocker down.
- E. A defensive player must go for the passer's flag. He cannot touch the passer's arm.

S9: BLOCKING

- A. A blocker must be on his feet at all times while blocking.
- B. Cross body and roll blocking are not permitted.
- C. A defensive player cannot block or push a ball carrier out-of-bounds.
- D. Butting, elbowing or knee blocking is not permitted.
- E. Blocking a player from behind is not permitted (clipping).
- F. There will be no interlocking blocking.

S10: BALL CARRIER

- A. The ball carrier cannot use his hands or arms to protect his flags. The defensive player must have the opportunity to remove the ball carrier's flags.
- B. The ball carrier cannot lower his head to drive or run into a defensive player.
- C. Stiff-arming by the ball carrier is illegal.
- D. He may run in any direction until the ball is declared dead.

*** UNLIMITED SPINNING IS ALLOWED ON THE FLAG LEVEL**

S11: CENTER (also see S9:A)

- A. The center must snap the ball between his legs.
- B. He must have both feet on the scrimmage line with no part of his body beyond the forward point of the ball.
- C. He may adjust the long part of the ball at right angles to the scrimmage line for one time only.

S12: PASSING

- A. All backfield men are eligible passers.
- B. Passing will be attempted from behind the line of scrimmage only.
- C. A lateral pass is a pass thrown parallel to the line of scrimmage or back toward the passer's own goal line. A lateral pass is not considered a forward pass.
- D. A forward pass is a pass thrown from behind the line of scrimmage toward the defensive team's goal line.

S13: RECEIVING

- A. Only eligible players are eligible to receive forward passes.
- B. Two or more receivers may touch a ball in succession resulting in a completed pass.
- C. If an offensive and defensive player catches a pass simultaneously, the ball is declared dead at the spot of the catch and the passing team is awarded possession.
- D. An offensive player cannot be out-of-bounds and return in-bounds to catch a pass. This will be ruled an incomplete pass.

S14: DEAD BALL

All balls touching the ground are immediately dead. For example, the ball is declared dead at the following times:

- a. When the ball carrier touches the ground with his body, other than hands or feet.
- b. When the ball carrier's flag has been pulled.
- c. Following a touchdown, safety or touchback.
- d. When the ball goes out-of-bounds for any reason.
- e. If the center snap hits the ground before reaching a backfield man.
- f. When the ball hits the ground as a result of a fumble or muffed ball. **THERE ARE NO FUMBLE RECOVERIES ON FLAG LEVEL!**
- g. If a lateral pass touches the ground (ball is declared dead at that point). If a lateral pass goes out-of-bounds, the ball is ruled dead at the point it crosses the boundary line.
- h. If a forward pass strikes the ground or is caught at the same time by an opposing player(s).

RULE 7: SCORING VALUES

Touchdown	6 points
Safety	2 points
<u>Points after touchdown:</u>	
Passing	2 points
Running	1 point
Forfeit (offended team wins by)	1-0

RULE 8: FLAG OVERTIME RULES

S1: If at the end of the regulation the game is tied, below are the overtime rules for the flag division:

Regular season overtime rule:

- A. Each team will get a possession from the 25 yard line (1st & 10 rule applies), if after each team has a possession and if the game is still tied; there will be **ONLY** one more session where both teams **MUST** attempt a **2 point conversion**. Should game still be tied, **it will be recorded as a tie ball game**.

Play-off season overtime rule:

- A. Each team will get a possession from the 25 yard line (1st & 10 rule applies), if after each team has a possession and if the game is still tied; there will be **ONLY** one more session where both teams **MUST** attempt a **2 point conversion**. **This will continue until a Winner is declared**.

NOTE: Each team shall have **only 1 time out per overtime possession**. **No carry overs allowed**. During overtime sessions, should defense get an interception it results a turnover of downs.

RULE 9: INJURED PLAYERS

Once removed from a game because of injury, a player must sit out at least one down and may not re-enter the game without the approval of attending medical personnel.

However, if the injury is head related and shows signs of concussion a player must be cleared only after he or she completes and passes the concussion protocol tests.

RULE 10: PENALTIES

S1: LINE OF SCRIMMAGE

- A. Offside, defensive or offensive.
- B. Illegal snap.
- C. Delay of game.
- D. Illegal motion
- E. Illegal formation

S2: PASSING

- A. Illegal forward pass (loss of down)
- B. Intentional grounding (loss of down)
- C. Defensive pass interference (10 yards and the result of the penalty)
- D. Offensive pass interference (10 yards from line of scrimmage and loss of down)

S3: FLAG WEARING AND DE-FLAGGING

- A. Wearing one flag.
- B. Wearing the flags illegally.
- C. Tackling
- D. Flag guarding
- E. Holding, pushing, or hitting the ball carrier while de-flagging

S4: ILLEGAL HAND-OFF

- A. If the ball is handed forward beyond the scrimmage line and loss of down.
- B. Handing or snapping a ball to a lineman.

S5: ILLEGAL SUBSTITUTIONS

- A. More than nine (9) men of the field.
- B. Substitution(s) while the ball is in play or before it is declared dead.

S6: BLOCKING

- A. Defensive player blocking or pushing the ball carrier out of bounds.
- B. Butting, elbowing or knee blocking.
- C. Leaving feet to block.
- D. Cross body blocking or roll blocking.
- E. Clipping.
- F. Interlock Blocking
- G. Holding a defensive player

S7: BALL CARRIER

- A. Stiff arming
- B. Lowering head to drive or run into defensive player.

S8: UNNECESSARY ROUGHNESS

- A. Offensive and Defensive
- B. Disqualification of guilty player or players if repeated.

S9: UNSPORTSMANLIKE CONDUCT

- A. Fighting - Offenders ejected from game.
- B. Defensive player pulling offensive player's flag to make him ineligible for play.
- C. Insulting and abusive language.
- D. Scoring an additional touchdown beyond the allotment will result in the ball being returned to the original line of scrimmage (loss of the down)
- E. Interference with progress of the game by coaches or any other team personnel.
- F. Team leaving field before game is completed.

***Failure to return-Forfeit. Win for team remaining on the field.**

- G. Failure of home team to control players or fans.

***Forfeit if not controlled.**

***After the second offense of unsportsmanlike conduct or tackling ball carriers the player will be ejected for the remainder of the game.**

RULE 11: PROTESTS

S1: Only protests involving rules' interpretations or the eligibility of a player shall be considered.

NO OFFICIAL CALLS can be protested.

S2: Protests are decided at the local level in accordance with the administrative procedures of the league.



PART VI – TACKLE FOOTBALL RULES

Except as specifically modified for Florida Elite Football, all games are to be played under Florida Elite Rules. It is required that each head coach have their own copy of the current year's rulebook.

I am a youth athlete.
I am brave and strong and talented.
But I'm still just a kid. I am not perfect. I am a
work in progress. I need you to be patient while
I test the limits of my body and work through the
emotions that come with success and failure.
When I make a mistake, I wonder if you'll be
disappointed. When I reach my goals, I look to
see if you are watching. I am a youth athlete.
I love my sport. You call it competition. I call it
playing the game. I want to win and have fun.
I am a youth athlete. I am YOUR youth athlete.
Winning feels great, but your praise feels
infinitely better. Please remember these things,
and I promise to do my best to make you proud.

RULE 1: AGES

SEE GENERAL FOOTBALL RULES SECTION OF THIS DOCUMENT

RULE 2: CERTIFICATION OF PLAYERS

SEE GENERAL FOOTBALL RULES SECTION OF THIS DOCUMENT

RULE 3: ROSTER SIZE

S1-MAXIMUM ROSTER SIZE

There is **NO LIMIT** to amount of players certified onto a team roster.

Note: Florida Elite would recommend teams not exceed more than 40 players to allow all kids play time.

S2-MINIMUM ROSTER SIZE

A minimum of 8 players must be dressed and eligible to play at each game. A team which fails to dress the minimum number of players shall forfeit the game. Any team which forfeits two successive games by reason of an insufficient number of players shall be investigated by the League for a determination as to whether to forfeit the balance of the season.

S3-A minimum of 16 players must be certified to be considered a “team”.

Note: Please note Florida Elite strongly recommends teams maintain 20-25 players.

RULE 4: THE FIELD AND MARKINGS

S1: The home team is responsible for the preparation of the playing field and all required accessories for a game. All fields will be equipped and marked in accordance with Florida Elite standards. Lime and other caustics shall not be used.

S2: The bench area is reserved for players, coaches, and authorized team personnel only. The sidelines areas are reserved for the game officials and chain crew, with the balance of the sidelines kept clear except for the presence of medical and law enforcement personnel, and authorized members of the press. Each League shall be permitted to determine on which side of the field the chain crew shall operate.

RULE 5: GAME BALL

S1: The ball shall be of a good grade of leather or composite material with specifications in the area of **(rubber balls are prohibited)**:

Level	Wilson
FLAG	K2
FRESHMAN	K2
SOPHOMORE	TDJ
JUNIORS	TDJ
SENIORS	TDY

Wilson brand footballs are the Official Florida Elite Standard Game Footballs. No other brand, make and/or model may be used in a sanction Florida Elite game.

S2: The use of stick-um on the football or the application and use of such on any player’s hands is **not** allowed.

RULE 6: PLAYER DESIGNATIONS

S1: Each player shall wear a number between 00 and 99 inclusive. No duplicate numbers shall be permitted on the field at the same time.

***Florida Elite does not follow NFHS rules for numbers; therefore any number between 00 and 99 can be worn for any position.**

S2: During a game in which a PA system is used, the number of any player committing a foul shall not be publicly announced.

RULE 7: REQUIRED EQUIPMENT

The following items shall be worn by players in all divisions beginning with physical contact in practice sessions:

- A. **Helmet:** Only helmets bearing the approved “Warning Label” in a visible position on the outside of the helmet. This “Warning Label” is the same label that is furnished by all helmet manufacturers and quality reconditioners. (Note: Regulations regarding chin straps and face guards are to be followed per the National Federation or NCAA regulations, whichever is applicable.)
- B. **Shoulder Pads**
- C. **Pants:** One Piece or Shell
- D. **Hip Pads:** One Piece or Shell
- E. **Tail Pads:** One Piece or Shell
- F. **Thigh Pads:** One Piece or Shell
- G. **Knee Pads**
- H. **Jerseys**
- I. **Mouth guard:** All mouth guards must have a keeper strap, and be attached to helmet face mask at all times.
- J. **Shoes:** In all divisions of play: sneakers, molded rubber cleats (soccer style), or detachable rubber or plastic (football style) cleats are permitted. No metal cleats are permitted. Cleats may not exceed a 1/2” in length.
- K. **Eyeglasses:** When worn, shall be of athletically-approved construction with non-shattering glass (safety glass) or contact lenses.
- L. Any additional protective equipment worn by players shall be allowed with league approval.
- M. Jewelry of any type shall be prohibited, except religious or medical medallions, which must be covered by the player’s uniform.
- N. The wearing of headgear containing knots, including beads and/or decorative hair ornaments is prohibited.
- O. **Visors** are allowed, regardless of tinting, but must fall within the below:
 - a. Athletically-approved
 - b. Non-shattering material
 - c. **ONLY attached with zip ties to allow for quick removal without removing helmet, should medical attention be needed for participant.**

Failure to have any of the above required equipment during a game, shall subject the participant to be removed until such time as the required equipment has been repaired, replaced, added or removed. The use of any altered equipment shall result in player disqualification if in a game.

RULE 8: BLOCKING AND TACKLING RESTRICTIONS

ABSOLUTELY NO CHOP BLOCKING!!!(OFFENSIVE OR DEFENSIVE) REGARDLESS OF LOCATION ON THE FIELD

In addition to other specific prohibitions in the rulebook, no butt blocking, chop blocking, face tackling or spearing techniques are permitted in Florida Elite. If such techniques or any others not in compliance with Florida Elite are taught and implemented by Florida Elite coaches, said coaches shall face disciplinary actions, based on the league findings.

RULE 9: LENGTH OF PERIODS

SEE GENERAL FOOTBALL RULES SECTION OF THIS DOCUMENT

RULE 10: INTERMISSION LENGTH

Half time will be 10 minutes.

RULE 11: TIME CLOCK

The referee shall decide where the clock will be kept if the field is not equipped with a scoreboard timing device. In any event, the referee has final authority to have the clock kept on the field if, in his judgment the home management's clock operator is not qualified.

RULE 12: TIME-OUTS

A team shall be permitted no more than three (3) timeouts in any given half of competition.

RULE 13: PLAYERS

S1: Injured player: Once removed from a game because of injury, a player must sit out at least one down and may not re-enter the game without the approval of attending medical personnel.

However, if the injury is head related and shows signs of concussion a player must be cleared only after he or she completes and passes the concussion protocol tests.

RULE 14: REGARDING INELIGIBLE PLAYERS

S1: We have unequivocal definitions of an ineligible player, from which there are no appeals. Further, these violations shall result in forfeiture of all games in which the ineligible player was a member of the team.

There are no exceptions, other than Frostproof League that Presidents voted on special circumstances.

- A. Falsification of any player certification/registration documentation.
- B. Participation in high school tackle football program or any other non-affiliated football program and Florida Elite Football in the same season.
- C. A player may practice with a high school team up until the first school game, but not participate and/or be rostered with that high school team once that first regular high school season game or the start of Florida Elite's first regular season game has been played, whichever comes first.
- D. Players can practice with the high school team and the Florida Elite team simultaneously.

- E. In the case of any other situation resulting in a player being declared ineligible, the result shall be removal of the player from the program, with no penalty against the team.

Note: Players shall be able to participate in middle school football and Florida Elite during the same season.

RULE 15: SCORING VALUES

Touchdown	6 points
Point after TD by pass (Freshman division only)	2 points
Point after TD by run or pass	1 point
Point after TD by kick	2 points
Safety	2 points
Field goal	3 points
Forfeit (offended team wins by)	1-0

RULE 16: SCORES

S1-Running Clock

Anytime a team goes up by 28 points or more, the following can or will occur:

- A. Prior to the 4th quarter, the losing team coach **can ask** the referee for a running clock.
- B. 4th Quarter - The official clock will become a running clock and once started can only be stopped for injury of a player or at the discretion of a referee. Winning team can call any remaining time outs they have, but clock will continue to run.
- C. **If the point differencedrops below 28, at that time the clock will revert and be operated in normal fashion.**

RULE 17: SIDELINE PERSONNEL

In addition to the coaching staff, a team may have additional support personnel positioned within a team box during the game. The total number of team support personnel, including coaches, in a team box shall not exceed 7.

Also, anyone on chain crew shall not be allowed to talk to players on field during game.

Preventing this from affecting game will be mandated by referees.

- A. **First offense will receive a **sideline warning** for home team.**
- B. **Second and thereafter offense will be deemed **unsportsmanlike conduct penalty and cost home team 15 yard penalty.****

RULE 18: RADIOS AND COMMUNICATION DEVICES

Radios, headsets and walkie talkies are devices that are allowed during game situations to relay information to the coaching staff on the sidelines from the press box. Cell phones are prohibited.

RULE 19: SCOUTING

Scouting football teams is permitted in the form of video tape, film and written reports. Scouting is only permitted during a game situation. Pre-season games/scrimmages may be scouted.

Scouting any type of practice is strictly prohibited.

RULE 20: NO TAXI SQUADS

No team is permitted to run a “taxi” or “reserve” squad. (i.e. two squads ate the same level)

RULE 21: PRACTICE

In addition to the requirements for practice, the following also apply:

S1-PRE-SEASON

In all Leagues, the first week of practice shall be devoted entirely and exclusively to conditioning, not wearing pads; however, helmets shall be permitted. Leagues may add more time beyond this required first week for the conditioning period.

S2-WARM WEATHER PRECAUTIONS

Teams must guard against serious heat problems, which in extreme high school and college cases have occasionally resulted in death. The training regimen of any team practicing under high heat and/or humidity conditions must:

- A. Limit or eliminate laps entirely. Do not assign laps for disciplinary reasons.
- B. Schedule practices for early evening, after sun is low in sky.
- C. Give players all the water they want to drink, when they want it. Do not substitute soft drinks for water.
- D. Each coach must keep an eye on all players and his fellow coaches for the slightest sign of heat exhaustion or fatigue.
- E. A ten minute break is mandatory in the middle of each practice, not to be counted against practice time.

S3-MANDATORY BREAKS

A mandatory 10 minute break after each hour of practice shall be required. Break time is not counted against the hours per week or per day allowed practice time.

Water breaks should be given as needed and/or when requested by participants

S4-CONTROLLED INTER-SQUAD SCRIMMAGE

After the first week of practice in pads (contact) has occurred (which cannot be any earlier than the second full week of practice-the first week being conditioning), teams are permitted to engage in joint practice sessions with other teams in what are called controlled inter-squad scrimmages.

In a controlled inter-squad scrimmage, there is prior agreement between coaching staffs that:

- A. Coaches will be permitted on the field.
- B. Long time-outs are taken between plays so that coaching staffs can instruct and critique their players.
- C. Officials can be present during scrimmages.
- D. Game score is not kept; scoring is not the primary goal.
- E. No official time is kept other than to assure the practice maximum is not violated. A mandatory ten minute break is taken at the end of one hour, said break not to be counted against the allowed practice time.
- F. No player or team is permitted at any time to engage in a controlled scrimmage or any form of contact drills involving a player, players, or team from a different age division of play.

S5-CONTACT

- A. No full-speed head-on blocking or tackling drills in which the players line up more than 3 yards apart are permitted. (You may have two linemen in stances immediately across the line of scrimmage from each other. You may have full-speed drills where the players approach each other at an angle, but not straight ahead into each other.) Intentional head-to-head contact is forbidden.

- B. Coaches must limit the amount of contact at each practice to a maximum of 1/3 of practice time (per day or per week). In this context, “contact” means any drill or scrimmage in which players go full-speed with contact. (Includes but not limited to: one-on-one blocking, one-on-one tackling drills, down line vs. down line, and scrimmages.

RULE 22: SCHEDULES

S1-SCHEDULED GAMES

- A. Florida Elite may schedule a maximum of 10 regular season games.
- B. Florida Elite may schedule a maximum of 4 play-off games.

Pre-season and Post-season games are at the discretion of the individual organizations. These games are not counted towards the “scheduled games”.

S2-COMMON REQUIREMENTS - ALLSCHEDULING

The following requirements apply to all scheduled games within Florida Elite:

- A. A period of at least four (4) full days (96 consecutive hours) will elapse between the end of any game for a given team and the beginning of the next regularly scheduled game. A League shall be permitted to waive the four (4) full days (96 consecutive hours) to 2 1/2 days (60 consecutive hours) ONLY to permit the conclusion of the regularly scheduled season.
- B. The League schedule officially begins with the first regular season game. All eligible teams must be certified prior to the first regular season game.

RULE 23: PRE-SEASON & POST-SEASON GAMES

S1: Teams from all divisions are permitted to participate in pre-season & post season games.

RULE 24: CONTACT WITH OFFICIALS

If a player or adult should strike (hit) a game official, the offender shall be subject to suspension and/or being permanently banned from Florida Elite activities. Florida Elite may reserve the right to take legal actions against the accused individual.

RULE 25: Tie Breaker System (Freshman – Senior Divisions)

A tie game at the end of regulation play shall use Florida Elite Conference tie-breaker system is as follows:

S1: Regular season: Place the ball at the 25 yard line (1st & 10 rule applies) and each team gets one possession. If defense gets interception or recovers a fumble it results a turnover of downs.

- A. Should game still be tied, **it will be recorded as a tie ball game for Out of District games.**
- B. Should game be a **District game, then follow S2 Rule below until a winner is declared.**

S2: Post season: Place the ball on the 25 (1st & 10 rule applies) yard line and play until one team out scores the opponent.

- A. On Freshman levels after the first possession, both teams **MUST** attempt to **pass or kick the ball on point after attempts the remainder of the possessions.** This system repeats until a winner is declared.
- B. On Sophomore, Junior and Senior levels after the first possession, both teams **MUST** attempt to **kick point after the remainder of the possessions.** This system repeats until a winner is declared.

NOTE: Each team shall have only **1 time out per overtime possession.** No carry overs allowed.

PART VII – PLAYOFF SEATING

RULE 1: PLAYOFF SEATS

S1: At the end of Regular season, the top three (3) seated teams advance to playoffs.

- A. Seat 1 shall be declared Division Winner, earn a bye week, and automatically advances to Round 2 of the playoffs.
- B. Seats 2 and 3 shall advance to play each other in the Wild Card Round 1 game of the playoffs.

RULE 2: TIEBREAKER

S1: Should there be a 2-way tie with the same Division record, then Head to Head will be used to determine who advances to playoffs.

S2: Should there be a 3-way tie with the same Division record, then the following will be used to determine who advances.

- A. Head to Head.
- B. Points allowed amongst the other 2 teams that are within the tiebreaker consideration.
- C. Overall Points allowed within Division games.
- D. Coin Toss

PART VIII – FRESHMAN RULES

Normal play shall require eleven (11) players on the field. A game is played between two teams consisting of eleven (11) players each. Each team roster can have an unlimited amount of players, and a minimum of eight (8) players. A forfeit will result when the minimum is not met. Should the opposing team decide to play the game instead of taking the forfeit win, the game results shall be recorded and stand as a regular played game. When a team has the minimum amount of players, which is eight (8); they must still line up in legal formations (which require seven (7) players on the line)! Also the opposing teams DOES NOT have to reduce down to the minimum amount of players on the field.

Playing Rules

S1: A coin is to be tossed and the winner may elect to kick, receive, choose ends or defer choice to the second half.

S2: To start the game and after toss, the ball shall be kicked off from the forty-five (45) yard line of the offensive team. The defensive team will line up on the opposite forty-five (45) yard line.

S3: The game shall consist of four (4) 10 minute quarters of standard clock.

S4: Each team has two (3) time outs per half.

S5: Scoring will be six (6) points for a touchdown, two (2) points for a safety. Extra points will be scored as one (1) point for running, two (2) points for passing. The ball is to be spotted on the three (3) yard line.

S6: All local organizations are charged with the responsibility to ensure that all coaches are familiar with and understand these and all other applicable rules.

S7: No coaches shall be allowed on the field except for timeouts and injured player.

S8: Players can line up over center or in B gap. No double A gap.

S9: There will be a maximum of six (6) men on the defensive line. **The linebackers or corner backs must be a minimum of two (2) yards off the line of scrimmage and are not allowed to blitz or stunt. Cornerbacks on an Island may press but if in the box they must be 2 yards back; equal to linebackers.**

S10: During a kick-off, the receiving team does not have to gain POSSESSION of the ball before a dead ball can occur; but should they try to possess the ball and player makes a football move of 2 steps or more with the ball and loses possession of the football; then it is now a live ball and will be treated as a fumble, in which either team can recover and gain possession. Please see examples below:

- 1. Receiver tries to scoop up the ball but drops it or pushes it forward; the ball will be ruled dead and receiving team will still have possession.**
- 2. Short 12 yard kick occurs and one (1) of the receiving team front line players picks the ball up and makes a few steps with the ball (making it a football move) and loses possession by dropping ball or by being hit, this is a fumble and now a live ball.**

S11: If a punt is elected, the team will be granted 25 yards with the exception that no punt shall exceed the ten (10) yard line of the opposing team. **Please See Note 2 Below**

S12: Interceptions are allowed and the intercepting team can advance the ball after the interception has been made.

Note 1: Inside last two min of 4th quarter inside kicks are allowed and are live.

Note 2: On the freshman level the punting team must attempt to punt, regardless of the outcome of the punt, there will a 25 yard walk-off and a 10 second run off on the game clock. This is used as a teaching tool for our future. THE FUTURE IS NOW!!!!

PART IX – SOPHOMORE RULES

The playing rules for the Sophomore Division are the same as the rules for the Junior and Senior Divisions with the exception of Extra point blocked rule listed below.

NOTE: All KICKS are LIVE.

S1: The playing ball size that's listed on chart within our rulebook.

S2: We play 10 minute quarters.

S3: We award 2 points for an extra point kick and only 1 point for an extra point run or pass.

S4: On all shotgun and long snaps with centers head down, defense is not allowed to line up directly over the center.

PART X – JUNIOR AND SENIOR RULES

The playing rules for the Junior and Senior Divisions are FLORIDA ELITE rules.

S1: The playing ball size that's listed on chart within our rulebook.

S2: We play 10 minute quarters

S3: We award 2 points for an extra point kick and only 1 point for an extra point run or pass.

NOTE: If extra point is blocked, intercepted or fumbled; it's live and can be returned for 2pts.

S4: On long snaps with centers head down, defense is not allowed to line up directly over the center.

PART XI – FLORIDA ELITE GENERAL SAFETY GUIDELINES

S1: In order to uphold the goals of Florida Elite and ensure that all participants have the benefit of a safe and fun learning environment, all parents, guardians and other adults and attendees of Florida Elite events, including but not limited to practices, competitions, and banquets, must behave accordingly in a respectful, courteous and sportsmanlike manner at all times.

S2: Any adult who is using alcohol, tobacco or non-prescription drugs and/or appears intoxicated at a Florida Elite event, and/or who is flagrantly rude, attempts to intimidate, verbally abuse, heckles, taunts, ridicules, boos, throws objects and/or uses vulgarity or profane language/gestures with an official, coach, volunteer, staff member, participant or other event attendee, will be removed from the Florida Elite event. The member organization may issue a written warning to the individual regarding the misbehavior and the adult's children may also be removed from the event. Any adult, who commits one or more of the above stated offenses a second time, will be banned from any and all Florida Elite events for a minimum period of one year from the date of the second offense, and their children may also be removed from the program(s) for that time period.

S3: Any adult who physically or verbally assaults an official, coach, volunteer, staff member or participant or threatens grave bodily harm may be banned from any and all Florida Elite events at a minimum for one year from the date of the offense, and their children may also be removed from any and all Florida Elite programs for that same period of time. After the ban has expired, if the individual commits another offense of the adult code of conduct, the individual will be permanently banned from any and all Florida Elite events and the individual's children may also be permanently removed from any and all Florida Elite programs.

All Florida Elite volunteers and participants will abide by a Code of Conduct which includes the following provisions. If any of these rules are broken, Florida Elite shall have the authority to impose a penalty including permanent removal from the program. Members shall:

S1: Not smoke and/or use smokeless tobacco on the field.

S2: Not criticize players/spirit participants in front of spectators, but reserve constructive criticism for later, in private, or in the presence of team members if others might benefit.

S3: Accept decisions of the game officials and judges on the field and in competitions as being fair and called to the best ability of said officials.

S4: Not criticize an opposing team, its players, spirit participants, Coaches or fans by word of mouth or by gesture.

S5: Emphasize that good athletes strive to be good students and that both are physically and mentally alert.

S6: Strive to make every football and spirit activity serve as a training ground for life, and a basis for good mental and physical health.

S7: Emphasize that winning is the result of good teamwork.

S8: Not engage in excessive sideline coaching and shall not leave the bench area to shout instructions from the sidelines.

S9: Together with team officials, be jointly responsible for the conduct and control of team fans and spectators. Any fan who becomes a nuisance and out of control will be asked to leave or will be removed by authorities.

S10: Not use abusive or profane language at any time.

S11: Not “pile it on;” not encourages their team to get a commanding lead and raise the score as high as it can. In these instances, every effort shall be made to let all players play.

S12: Not receive any payment, in cash or kind, for services as a coach in Florida Elite Football/Cheerleading. This includes any coach, expert, consultant or choreographer, regardless of his/her roster status.

S13: Not recommend or distribute any medication, controlled or over the counter, except as specifically prescribed by participant’s physician.

S14: Not permit an ineligible player or spirit participant to Participate in a game.

S15: Not deliberately incite unsportsmanlike conduct.

S16: Not possess or drink alcoholic beverages and/or use illegal Substance on either the game or practice fields.

S17: Remove from a game or practice any participant when even slightly in doubt about his/her health, whether or not as a result of injury, until competent medical advice is available.

S18: Be responsible for and control their fans at all times.

S19: Uphold all rules and regulations regarding Florida Elite Football and Cheerleading.

S20: Refrain from engaging in any action within or outside Florida Elite which reflects negatively upon, or causes embarrassment to, the Florida Elite program.

PART XI – FLORIDA ELITE SOCIAL MEDIA POLICY

Florida Elite (“FEFC”) recognizes the importance of the internet in shaping the public’s perception of our conference. Florida Elite also recognizes the importance of our organizations, in leading and setting the tone of social media interactions in a manner that advances FEFC’s mission and goals. FEFC’s Social Media Policy applies to all parties which elect to be a part of our social media platform. This policy applies to all social media content posted by any of our social media members, regardless of their position within the organization

The Code of Conduct for posting inappropriate comments/photos on (but not limited to): Facebook, Twitter, Instagram, YouTube, online blogs, online forums either powered by Florida Elite Football & Cheer or with reference to Florida Elite Football and Cheer.

Members must refrain from any:

- **Usage of obsessive profanity,**
- **Personal attacks on individuals, organizations, race, religion or ethnic heritage,**
- **Unauthorized posting of personal information (names, address, phone number, email, etc. of other users)**
- **Material that contains vulgar, obscene, bullying or indecent language or images,**
- **Material which could be considered slander, abusive, or threatening to others,**
- **Statements that are bigoted, hateful or racially offensive,**
- **Material that advocates illegal activity or discusses illegal activities,**
- **Posting of any of the following items: guns, drugs, or sexual activity**

Please note: *Florida Elite Football & Cheerleading reserves the right to interpret all postings as administration deems fit.*

Violations of the Social Media Policy

The FEFC Board of Directors shall have authority to monitor and enforce this Social Media Policy. The FEFC Board of Directors, or any individual appointed by the Board of directors, shall have the authority to remove any inappropriate or offensive comments from any social media outlets powered by Florida Elite. Violators of any portion of the Social Media Policy will have their rights suspended and/or revoke from any FEFC social media platforms; and could result in additional penalties to include suspensions from all Florida Elite Events. The disciplinary actions are at the discretion of FEFC, with the best interest of Florida Elite Football & Cheerleading Brand.

“THE FUTURE IS NOW!!!”

SPORTSMANSHIP

noun |spōrts-mən-SHIP|

A person who displays good sportsmanship always plays fair and by the rules. They make an effort to treat opponents, coaches, teammates and referees with respect. Sportsmanship is the golden rule of sports: You should always treat others how you wish to be treated.

FLORIDA ELITE FOOTBALL AND CHEERLEADING

“The Future Is Now!!”

