

2024 FAIRFIELD COUNTY FOOTBALL LEAGUE POLICY AND PROCEDURES

I. ORGANIZATION

The League will include teams from the towns of Bridgeport, Darien, Fairfield, New Canaan, Norwalk, Ridgefield, Stamford, Trumbull, Westport, and Wilton. The Member Organizations are Bridgeport, represented as Wakeman BGC Cowboys Tackle Football; Darien, represented as Darien Junior Football League; Fairfield, represented as Fairfield Youth Football; New Canaan, represented as New Canaan Youth Football, Inc.; Norwalk represented as Norwalk Junior Football; Ridgefield, represented as Ridgefield Youth Football; Stamford represented as Stamford Spartans Youth Football; Trumbull, represented as Trumbull Youth Football & Cheer; Westport, represented as Westport PAL; and Wilton, represented as Wilton Youth Football & Cheer. Fairfield County Football League (FCFL) encourages all children to play the game of football and does not permit its participating organizations to cut any player.

II. OBJECTIVES

The objectives of the FCFL are:

- A. To provide an opportunity to play football during the fall months to youth from Bridgeport, Darien, Fairfield, New Canaan, Norwalk, Ridgefield, Stamford, Trumbull, Westport and Wilton without regard to race, creed, color, national origin or gender;
- B. To promote passion for the game of football and encourage mutual respect between players, coaches and parents of all towns and to implant the ideals of good sportsmanship, honesty, loyalty, and citizenship;
- C. To assure appropriate supervision by individuals who are dedicated to youth and their best interests;
- D. To provide a safe, organized learning experience while teaching the fundamentals of football; and
- E. To discourage use of alcohol, tobacco, drugs, and other abusive substances.

III. RESPONSIBILITIES

A. Member Organization

1. "Open Registration" Period
 - a. The "Open Registration" period shall be opened on April 1.
 - b. The "Open Registration" period shall be closed on July 31st.
2. To appoint three of its Board Members to reside on the FCFL Board of Directors and to attend and participate in all FCFL Board Meetings. Members must attend a minimum of 75 % of the FCFL board meetings during the course of the year. Any member that does not attend 75% of the meetings will lose voting privileges and the position will be considered vacant; An FCFL member may designate a member organization's board member in good standing to attend an FCFL meeting or committee as his proxy, with temporary voting privileges. The Secretary shall track board member attendance and in January will notify the board of any board member who have failed to attend 75% of the meetings.

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The Board shall have the power at any time to change the membership of any committee, to fill vacancies, to designate alternate members to replace any absent or disqualified member or to dissolve any committee.

3. Approved joining organizations become member organizations with voting privileges 12 months after they are approved to join the league. Prior to that time, they should have at least one and no more than 3 representatives present to observe FCFL board meetings.
4. To ensure that all participating players, parents, and coaches understand fully and sign a FCFL Code of Conduct Form. These forms must be held for a minimum of one year;
5. To enforce FCFL Rules, Policy and Procedures, Objectives, and Codes of Conduct;
6. To ensure that all coaches are provided a basic first aid class. All head coaches must be certified by each member organization in basic first aid and CPR;
7. To pay all FCFL fees when due;
8. Member organizations must have a policy and conduct background checks for all coaches and volunteers and must have successfully completed USA Football Heads-Up Tackle Certification and Concussion Training; and
9. All coaches must also complete a one-hour seminar for proper tackle instruction with a professional (or high school) coach.
10. Shall establish a policy and procedure when splitting teams evenly and in balance with regard to talent and experience.

B. Home Team

1. The Home Teams, having the first game of the day, will provide two (2) assistants to league officials for field preparation, including placing yard lines and goal markers.
2. The Home Team will provide a visible working time clock on each field for games. This clock will be coordinated with the officials on the field.
3. After each game, the Visiting Team will ensure that their sidelines are clean. The Home Team will ensure that their sidelines are clean as well as assist in storing equipment.
4. Home Teams will provide a three-person sidelines/first down crew. Where possible, the first down crew shall be stationed on the home team's sideline.
5. Home Teams must provide a field commissioner to oversee every game. The Field Commissioner prior to any game should introduce himself to both coaches and is responsible for the oversight of the weigh-ins and will mediate any on field rules or policy questions.
6. Home Teams must provide the same accommodations to the Visiting Team that they have available for themselves. Home Teams that cannot provide the same accommodations to the Visiting Team are prohibited from using them.

C. Coaches

1. Head Coaches are responsible for helping to enforce FCFL Codes of Conduct for Coaches, Parents, and Participants (Exhibits A, B, and C, respectively), and are responsible for fan control and deportment;
2. Must know and follow FCFL Policy and Procedures, Rules and Regulations, and FCFL Coaches Code of Conduct (Exhibit A);
3. Must have on-hand FCFL Policy and Procedures, along with appropriate grade level rules;

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4. Head Coaches shall attend all coaching clinics and conferences required by the FCFL;
5. All Coaching Concussion training needs to be completed by the first practice of the upcoming season;
6. All Coaches should be instructed by the member organizations to limit contact in practice;
7. After the start of the regular season, full contact including scrimmages is limited to 1 hour per week;
8. Each coach which is defined as any person participating in supervising/instructing practice or on the field or sidelines during games will be required to pass USA Football module on tackling, blocking fundamentals as well as at least 1 hour of teaching on the same by a FCIAC head or assistant coach who signs off on the training. The president of each member organization will be required to provide a list of all coaches with their requirements checked so that each coach can be approved by the FCFL. This includes:
 - a. Concussion training certification
 - b. Tackling and Blocking training certificate
 - c. FCIAC coach signature confirming at least 1 hr. training on proper blocking and tackling technique
 - d. Background check passed

D. Referees

3rd-5th grade games should be played with 3 referees. 6th-8th grade games should be played with 4 referees. The game can begin with no fewer than 2 referees.

1. Knowing FCFL Rules;
2. Enforcing rules;
3. Keeping time;
4. Down supervision;
5. Game play; and
6. Crowd control.

IV. EQUIPMENT

- A. Only certified and properly reconditioned helmets may be worn;
- B. All players must have a colored mouth guard that must be worn while the ball is in play. (Violations will be flagged and will incur a 5-yard penalty);
- C. Sneakers, rubber/plastic cleated shoes or turf shoes must be worn;
- D. A jersey must cover the shoulder pads;
- E. All excess equipment must meet scholastic guidelines; and
- F. Ball Size:
 - A. Under Armour, Nike and Wilson balls are all approved for use in the size indicated as follows:
 - a. Grades: 3rd & 4th = Pee-Wee
 - b. Grades: 5th & 6th = Junior
 - c. Grades: 7th & 8th = Youth

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V. PLAYER WEIGHT, AGE POLICY and ELIGIBILITY

- A. FCFL Weight Limits by Grade Level and Maximum Age by Feb 1 (except as noted in 8th grade). Playing at “unlimited” positions (may play any position) must weigh-in at no more than the designated weight of their grade level.

Grade	Unlimited	Maximum Age by Feb. 1st
Bantam 3 rd	95	8
Bantam 4 th	105	9
Junior 5 th	115	10
Junior 6 th	130	11
Senior 7 th	145	12
Senior 8 th	160	14 Max age to play by August 1 st

NOTE: Weight includes all equipment except helmet and shoulder pads. A player must play in the equipment he wears at the weigh-in with the only additions being helmet and shoulder pads.

- B. A player who weighs over the “unlimited” weight for their grade level, must play an interior line “limited” position. “Limited” positions include only OT/OG/C/DT/DG.

VI. Offensive Formation Restrictions, Unlimited position players and age eligible players:

- A. All offensive formations must include Left OT/Left OG/C/Right OG/Right OT in a balanced line and these players, even if unlimited players are never eligible Receivers, even if they are the last man on the line (uncovered). Only in grades 6, 7 and 8 may the TE or SE unbalance the line. “Limited” players may NOT play DE or be more than 2 players away from the tackle.
- B. Limited players are never eligible to be receivers or ball carriers regardless of where they line up, but may kick the ball on kickoffs, punts, PAT’s and field goals. Defensive limited players can only advance the ball if recipient of unintentional fumble recovery or interception. *Play should be stopped in any case where there is a lateral to a limited player. Each “limited” player must have a distinctive mark on the front of his helmet in the form of an orange circle not less than 1-inch in diameter, which shall be verified at weigh-in.
- C. Eligible Receivers are as per FCIAC rules, except that an eligible receiver on the LOS must always be at least 3 players away from the Center.
- D. Weight includes all equipment except helmet and shoulder pads.
- E. A player must be at or below the maximum age limit to play in the specified division. For example, a child who turns 12 in November will not be eligible to play in the Bantam 4 division even if he is in grade 4.

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- F. No player will be allowed to play up one or more grades and play as an Unlimited Player—that is, once a player plays up, that player will automatically be constituted a Limited Player and not play a skill position.
- G. Players on a member organization roster must reside in that town. Only the following exceptions are permitted:
 - 1. Players may play in a town other than their town of residence, if their town of residence does not have a team in that grade in the FCFL. This requires FCFL board majority approval.
 - 2. Players who have received explicit FCFL approval in July of the current season.
- H. Violations of the above eligibility rules will result in automatic forfeit of all games played in which the violation occurred which may also include other penalties that may be imposed.

VII. PRACTICES

- A. Prior to the start of the season, the FCFL Board shall establish the date on which preseason practices may begin;
- B. Prior to Labor Day, team practice may not exceed ten (10) hours per calendar week or more than two and one half (2 1/2) hours per day. A week is defined as seven (7) consecutive days; and
- C. After the jamboree or Labor Day, whichever comes first, team practice may not exceed six (6) hours per calendar week or more than two (2) hours per day;
- D. Practice is defined as any event for the football players of a particular grade that provides football instruction, training, athletic participation, conditioning, team meal, captain's practices, "walk throughs" or film review. Pre-game warmups will NOT constitute a practice so long as the pre-game warm-up occurs within 1.5 hours prior to the scheduled game kick-off. Travel time to and from practices or games will also not count towards practice time;
- E. Before the first football practice and after the end of the season as defined by the Championship game, teams regardless of how they are defined, will be allowed to practice or organize up to two hours per week as long as these events are non-contact and do not involve full equipment. Youth coaches will be allowed to provide instruction for these practices or clinics.
- F. For purposes of E above, any professional coach or high school coach that exclusively runs a clinic, camp or practice, will not count towards the 2 hour per week maximum,
- G. Any event constituting a Practice must be posted on either Town or FCFL Website VII.
- H. For grades 3-8, scrimmages (defined as contact with more than a total of 10 thud counts as contact) with full contact are limited to a max of 60 minutes/week. This does not restrict full 1 on 1 or 2 on 2 or 3 on 3 contact drills, which should be done under controlled and supervised conditions.

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VIII. TEAM

A. Team Splitting

1. All teams regardless of size of team or grade are required to play every player on the roster for a minimum number of plays (7th & 8th Grade = 10 plays, 6th = 12 plays, 5th, 4th & Modified = 14 plays).
2. For the Bantam (3rd and 4th grade) and Junior (5th and 6th grade) divisions, teams must be split when registration reaches 32. Therefore, the maximum team size is 31.
3. For the Senior (7th and 8th grade) division, teams must be split when registration reaches 36. Therefore, the maximum team size is 35. However, under special situations and circumstances, each respective town has the option to appeal to the FCFL to increase the mandatory split prior to the first game of the season. All other rules and policies will apply including the minimum play rule.
4. For The 3rd grade through 6th Grade divisions, when registration reaches 57, three teams must be formed. When registration reaches 80, four teams must be formed.
5. For The 7th and 8 Grade divisions, teams may split at 60 players but when registration reaches 71, three teams must be formed. When registration reaches 80, four teams must be formed.
6. There are no taxi squads, injured reserve or other categories that would allow a team to make additions to or deletions from their roster from week to week during the season.
7. Towns with multiple teams in a division will split teams so no one team will have any advantage in talent or experience. Each team must have the same number of new players within one. In addition, towns are required to reshuffle their rosters on an annual basis such on any one team a minimum of 25.0% (please note this is a required minimum, 24.9% is not sufficient) must be assigned to a different team than they were on the previous year. Each member of the team must have at least 25% different teammates not including new players then the previous year. By the Tuesday prior to the start of the regular season, the FCFL representatives sitting on the Policy committee will gather all their respective town's rosters to ensure that each team at each grade levels meets the new player distribution and minimum 25% shuffling requirement. The policy committee will then certify each team as complied. Any coaches who fail to comply will be first requested to comply by the Policy committee and given 48 hours to meet this requirement. If the requirements are not satisfied within 48 hours, the coach will be suspended for 5 games. A second request to satisfy the requirement will be given and if not complied within an additional 48 hours, a season long suspension of the coach or coaches involved will be instituted.
 - a. If multiple players stay back in a grade, they will be considered returning players and must be split equally between the team from the town in the division.
 - b. The FCFL Policy / Rules Committee will review all teams after the 4th week for balance. If the committee is does not feel the teams are balanced then action may be taken. At the end of the season, the Policy/Rules committee will review all

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grades/ teams for balance. If towns with multiple teams are found not to be balanced (after a review and inquiry) then that town will be forced to shuffle 50%

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of the roster in the next season and possible sanctions including but not limited to a financial fine to the town, discipline to the coach

7. The FCFL board has the authority to request that a town rebalances teams and then may or may not approve this intra-season rebalancing. In the event, the rebalancing is not approved; the FCFL board has authority to rebalance the teams.
8. Each Member Organization must submit to the FCFL Web Coordinator, a final player roster including roster numbers for each team per division by the Wednesday before the first scheduled regular season game. Absolutely no additions, deletions, or changes of any kind will be permitted if this would require changing the number of teams for a town at a specific grade after this date unless the FCFL Board of Directors makes an exception.
9. Deadline for Player Registration:
 - a. The “Open Registration” period shall end on July 31st “no child should be left out” meaning all players meeting the registration deadline date will participate. However, should a head coach strongly feel that a player has a safety issue, it should be discussed with the member organization’s President and the player’s parents as to whether the player should continue to play. Aside from an identified and bona fide safety issue, no football registrant should be discouraged from playing tackle football.
 - b. After the “Open Registration” period has closed, a child registering for tackle football on or after August 1st will require approval from the FCFL if this requires changing the number of teams for a town at a specific grade. This will be handled by the FCFL in a case-by-case manner.

IX. JAMBOREE

FCFL Jamboree will be held one week prior to the start of the regular season. Each town is required to have all their teams play. The format of the jamboree will be 15 running minutes on offense for each team. All FCFL Rules including weigh-in will apply except for the following:

1. No punting or kicking; and
2. No turnovers.

X. GAME DAY

A. Weigh-in Procedures:

1. The Head Coach must ensure that each player on his team meets the grade and weight requirements. The Head Coach must verify that for each player on his team, there is on file with the Member Organization
2. A parent/guardian release form and a physical examination certificate certifying a medical doctor’s approval to play football. The physical examination should be within the last year.

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B. Pre-Game weigh-ins are mandatory and should be conducted as follows:

1. Each team player must be officially weighed in the presence of both teams' coaching representative no later than 15 minutes prior to kick-off. The final FCFL approved roster listing each player's name, jersey number, game weight and whether "limited" or "unlimited" must be exchanged between teams. Such roster must also be available with permanent roster numbers to include a thumbnail picture of each player on the League's website.
2. Players must wear game uniform and equipment, excluding helmet and shoulder pads but including hip pads, thigh and knee pads. Players must then play in the equipment in which they were weighed. (Example: Should a player elect to be weighed wearing sneakers, or no undershirt, or no additional pads for ribs, neck, or arms, he must play with or without that same equipment). A colored mouth guard is mandatory during game play.
3. All limited players will show an orange circle sticker that is clearly visible place on the front of their helmet at the time they are weighed in.
4. Only one official weigh-in per player. Unofficial weigh-ins are allowed prior to the official weigh-ins to be supervised only by that player's coach.
5. Each hosting organization is responsible to provide a scale, calibrate using a standard-size free weight (minimum 20 lbs.) in the presence of the opposing team.
6. The purpose of the weigh-in is to confirm each player's status as "limited" or "unlimited". The exact weight of each player need not be recorded.

C. Player Roster and Play Count Form:

Each Head Coach will supply one player roster and one play count sheet to the opposing team's Head Coach. Play count sheets will be arranged in numerical order with substitutes highlighted. Game rosters will be arranged as outlined.

D. Head Coaches/Referee Meeting:

Prior to the start of each game, both Head Coaches and Referees must review any unique rules affecting the grade level for that game. In addition all coaches must shake hands before the game and discuss any particular concerns and foster open communication between coaches in advance of any issues or conflicts that may arise during the game.

E. Field Passes:

All coaches, chain workers, play counters, and team photographer must have a field pass in order to be on the sidelines, track or any area inside the fence of the playing area. All others must be in the stands. The Home team will be responsible for issuing the field passes to both Home and Away teams.

F. Filming Games:

No one, including coaches, parents or anyone else, shall be permitted on the playing field, including inside the end zones, during the conduct of any game for the purpose of filming the

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game. Persons filming such games must remain outside the boundaries of the field of play, including end zones.

G. Communication Devices:

During the conduct of any FCFL game, all coaches are prohibited from using any wired or wireless communications devices, either directly or indirectly, to communicate with anyone who is observing the game. The relay of any information by the prohibited means to someone other than a coach, who then passes such information on to a coach involved in the game, is specifically included within the scope of this policy.

H. Score Differential:

- A- Head Coaches in the 7th Grade and 8th Grade Division whose team wins by more than 32 points must submit a letter to the FCFL justifying the score. On the first offense in a season, the offending head coach's may be subject to disciplinary action. The second offense in any season subjects the head coach to a mandatory suspension from coaching duties for the remainder of the year, and not less than 5 games (i.e., the suspension can carry over to the next year). Any coach that takes over the head coaching duties after a head coach is suspended for the year, will be suspended for the remainder of the year if his team wins a game by more than 32 points.
- B- Head Coaches in MTF through the 6th Grade Division whose team wins by more than 28 points must submit a letter to the FCFL justifying the score. On the first offense in a season, the offending head coach's may be subject to disciplinary action. The second offense in any season subjects the head coach to a mandatory suspension from coaching duties for the remainder of the year, and not less than 5 games (i.e., the suspension can carry over to the next year). Any coach that takes over the head coaching duties after a head coach is suspended for the year, will be suspended for the remainder of the year if his team wins a game by more than 28 points.

I. Rainouts:

In cases of inclement weather, the Field Commissioner shall, in consultation with coaches and referees, decide not less than two (2) hours prior to the first scheduled game of the day whether the game should be postponed or rescheduled. If the first game of the day is canceled, all games that day will be canceled. Games that are rained out or canceled need to be rescheduled by no later than Wednesday of that same week. Should a rainout not be rescheduled by Wednesday, both teams will be awarded a loss. In the event that a team does not show for the rescheduled game, that team will receive a forfeit.

J. Play Counters:

It will be mandatory that each team has at least two play counters and that all play counters from both teams are together outside of the coach's box on the 20 yard line of the home team sidelines in the first half and the visitor sideline in the second half of the game. After each quarter, the play counters will have one official play count tally.

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1. Consequences for teams that fail to meet minimum play requirements will result in an automatically instituted head coach suspension of not less than 1 game. This can be reviewed, and a longer suspension can be assessed on a case-by-case basis. Please reference the FCFL Constitution: Article 10, Penalties and Sanctions. If Play Counters are not together, and there are grievances, both HCs will be responsible and subject to review of FCFL Constitution: Article 10, Penalties and Sanctions.

K. Game Ejections:

1. Any game ejection of a player, parent or coach will result in his/her immediate removal from the game, sideline and if an adult removal from school property. The offending person must also serve a minimum of one game additional suspension.
2. A second ejection within one season will result in a season long suspension for any coach or adult. A second ejection for a player will result in a minimum 3 game suspension.
3. A third ejection of a player will result in suspension for the remainder of the season. Any suspensions that result in a suspension for the season must result in at least missing 5 games. In the event the season ends before the 5th game of the suspension, the offending person remains on suspension until 5 complete games have been missed. Any coach or parent who is suspended for the season will automatically come under review by the FCFL board.

L. Unsportsmanlike Penalty:

For all grades: If an unsportsmanlike penalty is assessed, the player will be immediately removed for a minimum of one play. Two unsportsmanlike conduct penalties by the same player in the same contest will result in immediate ejection, suspension of the following game and a review of the player by the town. Unsportsmanlike conduct penalties are to be tracked and reported to the FCFL website by the referees.

M. Reporting of Scores:

When reporting scores for the current season. Head coaches **MUST** record all personal fouls on game day. Identify team, player number, and the foul(s) called. This policy was added for safety purposes and as a means to collect data that may identify trends and/or habitual offenders. The "Penalty Reporting Form" can be found under the left menu on the FCFL website called "Online Forms." It is the responsibility of both the Head Coaches to report Player Penalties by using the online form.

XI. SCHEDULING

In completing the schedule every year, the following are the exact considerations that will be given:

- A. Any head coach that head coaches two or more teams will be given a schedule without conflicts between his teams.
- B. Please note this does not include assistant coaches or coordinators, etc.

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- C. High School Coaches who head coach FCFL teams will not be scheduled for games during their High School games +90 minutes of each side of the HS games.
- D. Religious requests – A town has the option of requesting either Saturday or Sunday preference for a single team per grade for the season or (not both) for all teams for up to 2 weekends a year. The day preference will be honored for at least 7 regular season games on the preferred day. Any town that makes such a request will no longer be guaranteed 3 home games for any team in that grade, since often it is the non-preference team's schedule, which has less home games. ***All Saturday or Sunday preference requests and game modifications are subject to field availability.***
- E. Home Games – Every team from a town that does not make a Saturday/Sunday preference request and provides at least 3 time slots on both Saturday and Sunday for 7 of 8 weeks during the regular season will be guaranteed to have a minimum of 4 of 8 or 3 of 7 home games.
- F. No team will have more than 6 regularly scheduled home games.
- G. Field availability – Every town will give complete field availability by August 20th. A town may make a preference as to what site it prefers to fill up first if they have two sites.
- H. Two (2) game scheduling rule – games will be scheduled to attempt to ensure that there are at least back-to-back games scheduled in successive time slots to facilitate the referees' schedule.
- I. Early morning games – games will not be scheduled before 8:00AM. The 8:00PM time slot will be the last spot filled.
- J. The Board members in charge of scheduling shall only accept requests from that town's member of the Scheduling Committee. Member towns should inform and then evaluate internally each request before passing on a request. All requests forwarded should be consistent with the above considerations.
- K. Any town that loses field availability after the Thursday before the regular season starts will no longer be guaranteed the minimum number of home games.
- L. Schedule change requests made after the Thursday before the regular season starts must abide by the following procedure:
 - 1. The requesting coach advises his town's Scheduling Committee member via email;
 - 2. That Scheduling Committee member gives the coach via email permission to seek the change;
 - 3. The requesting coach may then request the changes from the opposing coaches affected;
 - 4. If the opposing coaches approve, they must inform their town's Scheduling Committee member and receive his approval via email.
 - 5. Once these steps are completed, the trail of approval emails must be sent to the Chairman of the Scheduling Committee for final approval and, if given, the official schedule will be changed and promulgated via the FCFL website.
 - 6. Any change will eliminate the 3 home game minimum requirement for the requesting team.
- M. Towns will use a consistent team naming convention for each team in every grade level: 1st team in a grade that team is always "A" color/name, 2nd team is always B color/name, etc.

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- N. No team in the 6th, 7th or 8th grade shall be permitted to play 2 games within 72 hours.
No team in the 3rd, 4th or 5th shall be permitted to play 2 games within 48 hours.
- O. 14. Seeding for playoffs:
 - 1. Win-loss percentage (ties count as half a win and half a loss)
 - 2. Head to Head Result
 - 3. Record vs common opponents
 - 4. Coin Toss
- P. Two (2) divisions for each grade group so that any towns with 2 teams will have one team in the NFC and one team in the AFC. In cases where there are 3 teams per town, 2 would have to be in the same divisions. This should be done annually and randomly so that teams are not consistently in the same divisions.
- Q. During the playoffs each division's 1st round games would be scheduled so there would be 4 teams remaining per division for the 2nd round. At the end the 2 division winners would play each other, except in same co-town championships.

XII. INJURIES - MEDICAL COVERAGE

- A. Host organizations must ensure that EMT or Emergency Medical Service personnel are present at their fields during every game. EMT, Emergency Medical Service personnel or Trainer must be dedicated to service the field on which the FCFL event is taking place ONLY. The EMT, Emergency Medical Service personnel or Trainer must have radio access to ambulance service.
- B. Coaches are to cooperate fully with EMT, Emergency Medical Service personnel or Trainer, recognizing that any injury should be considered potentially serious. The Head Coach (or his duly qualified designee) shall immediately attend to a downed player, solicit the opinion of the referees with regard to the circumstances related to the injury, and signal to the attendant EMT if assistance is required. As soon as the EMT, Emergency Medical Service personnel or Trainer arrives, the EMT, Emergency Medical Service personnel or Trainer will be responsible for the disposition of the injured player.
- C. An injured player must sit out a minimum of one (1) play.
- D. Injured players will be permitted to return to the game based on a decision made by a medical doctor, if present, or examining EMT, Emergency Medical Service personnel or Trainer.
- E. EMT, Emergency Medical Service personnel or Trainer must be dedicated to service the field on which the FCFL event is taking place ONLY

XIII. GRIEVANCES AND PROTESTS

- A. ***Intra-Member Organizational grievances*** will be governed by its member organizational elected Board of Directors. The elected Board will put in place procedures on how to investigate and resolve these grievances including but not limited to forwarding to FCFL for final resolution. Resolutions must be made in a timely manner.
- B. ***Inter-Member Organization grievances*** will be governed by the FCFL Board of Directors and reported immediately to its President. The FCFL President will then direct the Rules Committee or Policy Committee to investigate the incident (i.e. interviewing parties involved and reviewing all statements) and submit their findings and

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recommendation in a timely manner to the FCFL Board of Directors for a final decision. Notice shall be given to all involved parties at which time they may request a hearing before the FCFL Board or designated Committee thereof. All FCFL Board of Director decisions shall be final.

- C. ***Game Protests*** – Only protests concerning misinterpretation and violation of the rules of football or policy of the FCFL will be considered. A protest must be made and announced to the opposing coach, and either the referees or field commissioner prior to the end of the game for it to be considered. Protests involving the judgment of an official will not be considered. Legitimate protests must be submitted in writing or e-mail to the chairman of the Rules Committee and his FCFL representatives by midnight of the day of the game being protested. The Rules Chairman will immediately forward the written protest via e-mail to the opposing head coach, and his FCFL representatives who may file a response within 12 hours to the Chairman. Both the protest and the response will be forwarded via e-mail to the involved head coaches and the rules committee. No later than 36 hours after midnight of the day of the game, the Protest Committee must meet.

Protest Committee Hearing format: The protesting head coach will first submit an additional written brief followed by a maximum 10-minute verbal explanation of his protest. The Opposing head coach will then submit a written brief and then will be allowed a maximum of a 10-minute response. The committee will then be allowed to ask questions to both head coaches. After which the opposing coach will be allowed to make a 5-minute summary, to be followed by a 5-minute summary by the protesting coach. The coaches will then be excused and will leave the premises. The committee will deliberate immediately after the coaches are excused and render judgment as ruled by the majority. The involved town's committee members do not have to recuse themselves. If a committee member coaches or has a son/daughter who is on one of the involved teams, he must get a replacement from the FCFL board from his town who is not involved with an involved team. The Committee's majority ruling will be final and binding and will be e-mailed to the involved head coaches, their town presidents and the entire FCFL board by midnight of the hearing. The Ruling Committee has the power to order a full or partial replay of a game, forfeit of a game or rule against the protest.

XIV. PENALTIES

May include forfeiture of game; suspension of member organization, team or individuals (player, coach or parent), and expulsion from the team and/or the League

XV. POLICY AND RULES CHANGES

- A. All Rules and policy documents are to be reviewed annually by the FCFL committees. All Rule or Policy changes voted on by the FCFL board if approved will be immediately implemented.
- B. Exceptions to rule or policy:
1. A team may request an exception to a rule or policy;
 2. The exception will only be allowed if 75% of the member towns approve such an exception.

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XVI. SCHEDULING AND POLICY GUIDELINES

- A. Intra-town games are allowed.
- B. When intraweek games occur, no team will be required to play without a minimum of two calendar days rest. In the event that more than one game is being played in a calendar week, teams will be allowed an additional four hours of practice time to prepare for the additional game.
- C. There will be two separate conferences per grade as to remove the possibility of intra-town playoff games. Teams will be seeded within their conference by record. No town will have two teams in a conference unless they are fielding three or more teams per grade.

XVII. POINT OF EMPHASIS AND POLICY REGARDING NECK, HELMET AND HEAD CONTACT. KEEP THE HEAD OUT OF FOOTBALL

- A. ***Illegal helmet contact:*** Any intentional or unintentional contact including blocking and tackling by an offensive or defensive player to any part of an opponent's head or neck is prohibited and should result in a 15 yard penalty. Two such penalties in one game will result in automatic removal of the offending player for the remainder of the game and the next game.
- B. ***Illegal use of helmet:*** Any intentional or unintentional contact including blocking, tackling or rushing by an offensive or defensive player using any part of his helmet as the initiation point of contacting an opponent is prohibited and should result in a 15 yard penalty. Two such penalties in one game will result in automatic removal of the offending player for the remainder of the game and the next game.
- C. ***Referee point of emphasis:*** The FCFL board emphasizes that there should be a penalty called any time the head or neck is contacted by any player. The player regardless of offensive or defensive who initiates the contact should be penalized. If a determination can't be made who initiated the illegal head and neck contact, then both players should be penalized. The referees should at the time of the penalty track in writing the number and name of the player(s) penalized. If a player gets two such penalties they should immediately be removed and again reported on the FCFL website. Referees should not hesitate to penalize or eject a player who violates these rules. It is considered critical in the teaching of proper technique to both the player and the coaches. It is expected that initially there may be a lack of understanding of the strictness of the calls, but by consistently calling the penalty players and coaches will learn that there is no tolerance to any contact to the head and neck area, nor any contact using any part of the helmet to initiate the contact. The FCFL board would rather the referee err on the side of calling a borderline penalty, than not calling the penalty. Even contact that is deemed unintentional should be penalized.

Note: This Policy and Procedure document is prepared and provided as a convenience to all members of the FCFL association. While we have tried to make it as complete and accurate as possible, please understand that all information contained within this document is subject to errors, omissions, and/or revisions. FCFL reserves the right, at any time, to make the appropriate

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revisions deemed necessary by its governing body in order to continue with a successful program. Further, the FCFL reserves the right to "remove" a parent from the field of play, stadium and spectator viewing area -- practice or game -- in the event that it is determined by the coaches and/or officials that the parent has materially violated the above guidelines.