

T.S.Y.F.L.



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SECTION I:

Board Members, Rules Committee, and League Commissioners.

1. The League Board Members will consist of a Corporate President, League President, Vice President, Secretary, and Treasurer. This will be called the Board of Directors, and it is their responsibility to enforce the league's rules as written in the TSYFL Rulebook. Each will serve a three-year term and can be reinstated if Leagues agree. Must be a unanimous vote to replace. Unethical circumstances can allow the TSYFL Board President the ability to remove a TSYFL Board Member immediately and the TSYFL Board can remove the Board President immediately under unethical circumstances. Unethical Circumstances consist of stealing, cheating, or breaking TSYFL Rules.
2. The League Commissioners will handle any issues that may arise before, during, or after regular season games, playoffs, and Super Bowl until they can be addressed by the Rules Committee and the Board. In addition, it is the Commissioners responsibility to ensure that the integrity of the league and its product is maintained and that all enforcements are fair, equitable, and consistent in respect to each community of the league.
3. Each community will appoint a Commissioner or Commissioners to represent their TSYFL in all league matters. The Commissioners have the responsibility for ensuring the adherence of these rules within their organizations and community and must be present at all games.
4. Rules committee will consist of four individuals that are appointed from four different TSYFL leagues and will serve a three consecutive year term on the committee. Rule committee members will not be League Commissioners. The rules committee will be responsible for hearing any new rule change request and turn the committees request over to the Board for final decision. All violations of TSYFL rules will be examined by the Rules Committee and turn the Committees request over to

the Board for final decision. All Rules Committee decisions concerning a violation of a rule will be based off the TSYFL Rule Book. If the Rules Committee turns in a unanimous decision the Board will adhere to the Rule Committees decision. TSYFL rule change requests will be due by December 31st of the current season. The Rules Committee will review all new rule change requests and determine which rule changes may or may not be implemented. If a rule change is sent to the Board with a unanimous decision to change or add a rule the Board will adhere to the Rule Committees decision. These rule changes will be announced to all TSYFL leagues in the February meeting each year under new business. NOTE: Split one age group Split all age groups rule will not come up for change. This rule is put in place so that all age groups will be present at the same location each Saturday. Section VI Number 22 will apply.

SECTION II:

Sign-ups, practices, equipment

1. Sign-up dates will be at the discretion of each community.
2. Official practice start date for helmet and shoulder pads will start July 12th, 2025. Official practice start date for full pads will be July 19th, 2025. This date will be updated each year prior to jamboree. Unlimited number of practices prior to Jamboree is permitted, after Jamboree practices are 2 hours for a maximum of 2 nights a week. Coaches may add a non-contact film night if they choose. (Any team caught violating this rule by practicing in pads or helmet before starting date in the rule book will have the head coach suspended for the first three games of the season. A second offense will keep a league from hosting Jamboree, Playoffs, or Super Bowl for that season).
3. All players must be equipped with NOCSAE labeled football helmet. Mouthpiece, shoulder pads, fully padded football pants, cleats or non-cleated athletic shoes, and a football jersey with the players assigned number on the front and back of the jersey are also required. A player's football pants must cover their knees or the

player will be removed from the game. Face Shields are permitted but must be clear. A dark face shield may be permitted with a Dr. note and the League Presidents approval. Back plates are permitted with the jersey or under shirt covering the back plate. If the back plate is not covered the player will be asked to remove the plate.

4. Jersey must be uniformly numbered with numbers no smaller than 4-inches on the front and back in a color arrangement that is easily readable. Players cannot play in unnumbered jerseys. Jersey numbers are 0-99 inclusive.
5. Shoes must be of the molded variety with soft rubber or nylon cleats, no metal tipped cleats may be worn and removable cleats made of soft rubber or nylon are acceptable. Any illegal cleats will be removed from the player immediately.
6. Game ball size in the A and AA divisions will be a peewee size rubber or leather football. The game size ball in AAA must be a junior size rubber or leather.
7. The league requires that each team have a first aid kit, water, and ice available at practices and game days.

SECTION III:

Eligibility of Players

1. A- Division players are ages 5, 6, & 7 years old
2. AA- Division players are ages 8 & 9 years old
3. AAA- Division players are ages 10 & 11years old
4. Each player's age on July 1st of the current season will determine a player's age for that season. (How old you are on July 1st of present season)
5. Rostered Tri-Star Youth Football League players must be present on the sideline for all regular season league games to qualify them for end of the season playoffs and Superbowl. Exceptions:

Sickness, Injury, Family Emergency, or disciplinary actions taken by the parents or commissioner.

SECTION IV:

Weight limits and field position of players

1. No player in the league can be reclassified regardless of the amount of weight he/she loses after the Jamboree weigh in.
2. To play in the backfield or end position the following weight limits are enforced:

A- No more than 75 pounds.

AA- No more than 95 pounds

AAA- No more than 115 pounds

3. Due to safety reasons, if a player in the A- division weighs over 140 pounds, they are required to move up to the AA- division. If a player in the AA division weighs over 180 pounds, they are required to move up to the AAA- division.
4. Players weighing more than the weight limits listed above (rule 2) will be required to play as monster men and will be classified as interior lineman.
5. Monster men must wear one stripe on their helmet that runs from the front to back of the helmet and cannot be covered by anything. The stripe must be distinguishable from the primary color of the helmet.
6. Monster men have the following restrictions:
 - a) The maximum number of monster men on the field at a time is 5 players per team. (10-yard penalty if more than 5 on the field after snap)
 - b) All monster men must be on the line of scrimmage and lined down when the ball is snapped. (10-yard penalty. On kick-offs

this rule does not apply) Dead ball foul to many monster men on the field before snap. (5-yard penalty)

- c) No monster men may advance his own team's fumble. When recovered, the ball becomes dead at the spot.
 - d) Offensive monster men may advance a free kick if he possesses it before it has gone 15 yards. After 15 yards, the ball is dead at the spot of possession.
 - e) Defensive monster men may advance the other team's fumble anywhere on the field. They may advance a blocked kick or pass from behind the line of scrimmage only. They may not be used in the defensive secondary. (Penalty: 10 yards)
 - f) A monster man may be used as a punter but cannot advance the ball by run or pass. (Note: If a monster man tries to advance the ball without punting, the ball is dead at the spot.)
 - g) Monster men on defense can line up no further than one yard from the outside shoulder of the offensive tackle. If an offensive end is in place the monster man can line up no further out than heads up with the offensive end. (Penalty: 10 yards)
7. Linebackers and/or defensive backs who come to the line of scrimmage between the defensive tackles in the A and AA Divisions must line down in a three-point or four-point stance. (Penalty: 10 yards if they do not line down by the snap) This rule does not apply in the AAA division. AAA linebackers and defensive backs who come to the line of scrimmage do not have to line down.

SECTION V:

Roster and Player Activation

1. Official weigh-in, classification, and team rosters will be determined at Jamboree. All TSYFL teams must participate in the jamboree.

2. At jamboree weigh-in, a player must have the following: Birth Certificate or applicable court documents, recent picture showing jersey number, and players name in roster book. If these documents are not available, any documents meaning to be a replacement must be authorized prior to jamboree weigh-in by League President. If playing jerseys are not available, anything reasonable can be substituted for jerseys if playing numbers are on it.
3. Classification as to age will be made at jamboree weigh-in according to the birth certificate. Verification of picture, weight, and date of birth is the responsibility of the TSYFL Board members at the weigh in station. The league will provide 2 copies per age group of official forms to be used at weigh in. These forms are to be filled out and turned in at weigh in to TSYFL Board Member. Classification as determined by TSYFL Board will be final. The credentials books must be kept by the Commissioners and or Coaches and credentials books must be present at all games. (A Coach that does not have his/her credentials book at gametime or any time during his/her game will be suspended the next game. A second offense will result in a forfeit).
4. All players must be present at weigh-in and listed on the team's official roster. To be weighed in each player must wear the following: Socks, Football pants with pads, and T-shirt or jersey. A coach or Commissioner may hold up the player's jersey if the player is wearing a T-shirt. Each player will be assigned their uniform number, and this will remain their number for the entire season. If the assigned number is not worn during a game, they become ineligible unless the opposing Commissioner agrees to let the player play with different number in Jamboree only.
5. The weigh-in instructions will be published as part of jamboree rules in advance of Jamboree. If proper documents are not provided, the player will not be approved for roster purposes at that time.

6. The roster of each team will be made from the official weigh in sheets and given to the TSYFL League President.
7. Any player unable to attend jamboree with TSYFL Board approval must be weighed in at the TSYFL League President's discretion prior to first official league game.
8. No player is to be added to any roster after jamboree unless the community needs to add players due to having less than 15 players or rule 7 above. This will be based on the TSYFL Boards discretion.
9. Players may not be solicited from other communities in the league. (If caught with substantial evidence of soliciting players the team or league will lose its playoff privileges for the season. If the league removes the person, players solicited, or person's guilty of soliciting players the Board can reinstate the team or league back into the season playoffs. All games played with ineligible or illegal players will be forfeited)
10. NO TSYFL can play an illegal or ineligible player. (Playing illegal or ineligible players will cause a team or league to lose their playoff privileges for the season. If the league removes the person, illegal or ineligible players, and person's guilty of allowing players to play, the Board can reinstate the team or league back into the season playoffs. All games played with ineligible or illegal players will be forfeited)
11. If a team fails to have 11 players at game time, the affected team may pull up enough players from the division below them to give them 15 players. These players will play under the new weight requirements. This rule is for regular season only. TSYFL rostered players can only play for the division you are rostered in for playoffs and super bowl.
12. No player who has an injury that requires the protection of a cast or splint will be allowed to play in a game unless proper padding is used. See TSSAA rule.

SECTION VI:

Game day, field requirements, and specific rules

1. Location of games and game times are listed on the official schedule and can only be changed by agreement of both involved commissioners and TSYFL League President. If an agreement cannot be reached, the home team forfeits their right to host the game, and the game is moved to the visitor's home field to be played at the regularly scheduled time. If visitors elect not to host the game, it goes back to the home team, and they set the time and place game is to be played.
2. All games are played on Saturday with starting times of 9:00am, 10:30am, and 12:00pm. Requested night game times are 4:00pm, 5:30pm, and 7:00pm. Some game times may vary due to host site having more than three scheduled home games on the same day. (Check Your Schedule or Call Your Commissioner)
3. Home team Commissioners will cancel games that cannot be played because of weather conditions. A 4-hour notice needs to be given, if at all possible. Games cancelled because of weather will be played the following day on the same field starting at 2:00pm, unless otherwise agreed to by opposing Commissioners and League President.
4. When games are cancelled due to weather, the following guidelines will be followed:
 - a) If games are cancelled due to weather, the assignor of officials must be called 2 hours before the scheduled game time.
 - b) If officials arrive at game site and games are cancelled, no notice to officials, they are to be paid \$25.00 per official.
 - c) If the first game starts then is cancelled, officials are to be paid, \$50.00 per official, start second game then cancel, officials are to be paid \$100.00, start third game then cancel, officials are to be paid \$150.00

5. The field will be 80 yards in length not including the end zones, fields can be standard high school width and no goal post are required as league does not allow field goals or extra point by kick attempts.
6. Home team host responsible for chain crew and will be kept on home side of the field.
7. It is recommended that the playing of the national anthem along with a prayer be done prior to the first game each week.
8. Homecoming is optional but cannot delay start of any games.
9. Each team must have a Commissioner and or Commissioners present at every game. Each Commissioner will be responsible for their fans, coaches, and players during home and away games and will be responsible to settle problems immediately, if at all possible, with no delay to the game. Coaches and parents must address all complaints or concerns to their Commissioner and he/she alone will decide whether to address concerns to the TSYFL Board. If a league commissioner coaches a team there must be a non-coach commissioner present to handle any situation that comes up on and off the field. (if a non-coach commissioner is not present during the commissioner's game the commissioner coach will be suspended the next game)
10. All leagues are required to carry liability insurance (1-million-dollar policy) with USA Football and TSYFL added to the policy as additional insured.

Only 5 coaches over the age of 18 may be on the sidelines along with 2 team managers who will be under the age of 18 (This rule only applies to official TSYFL games). If a TSYFL Commissioner is coaching a game that league must provide another TSYFL Commissioner on site for any situation that may come up on or off the field.

All quarters will be 8 minutes in length. Clock will be ran using NFHS timing rules with a 10-minute break at the half. The 40

second timing rule from high school will be in effect for all divisions.

Division Rules:

- a) In A- Division, an unbalanced line may not be used. Hurry up offense may not be used until the last 2 minutes of the fourth quarter. In the A-Division the offense must huddle until the last two minutes of the fourth quarter. A huddle is defined as three players and a coach in a huddle. If game is over due to points rule but game is continued there will be no hurry up offense the remainder of the game.
- b) All punts will have ball moved 30 yards in A and AA-division or if applicable, half the distance of the field instead of punting. In AAA- they must punt and punt is live. No lining up over Center on punts.
- c) In A- division 2 coaches are permitted on the field per team. They are to assume a position of 5 yards behind their deepest player prior to the snap. all coaching must stop when offense is under center or cadence starts. Coaches are to assume a position of 5 yards behind the deepest player. Coaches on field are to stop coaching, remain quiet, not use their position on the field to influence the play, show out, or question officials. (Penalty: 10-yard)
- d) In AA- division, they may have 1 coach on the field per team. As offense breaks huddle, all coaching must stop when offense is under center or cadence starts. Coaches are to assume a position of 5 yards behind the deepest player. Coaches on field are to stop coaching, remain quiet, not use their position on the field to influence the play, show out, or question officials. (Penalty: 10-yard)
- e) In AAA-division no coaches on field. In AAA- they must punt and punt is live. No lining up over Center on punts.
- f) AAA- Division if punter is a monster man and drops the ball the ball is dead.

- g) Teams in A, AA, & AAA division must get play off in 40 seconds from the end of the previous play and ball is spotted. (five-yard penalty)
 - h) Scoring will be as followed in all divisions: touchdown 6pts, Safety 2pts, and extra points from the 2-yard line 1pt and from the 5-yard line 2pts. A pass from the 2- or 5-yard line into the endzone is 2 pts.
 - i) Every player in each division must be allowed to play in each game at least 4 plays in any order, unless that player is being held out for disciplinary reasons, or gets injured during the game. (Note: Violation of this rule will be a 1 game suspension for the Head Coach) In the A-division five-year-olds are not held to this rule. The league will have a list of their five-year-olds names and numbers in the credentials book that is required to be on site of every game.
11. Tie breaker rule. Ball will be placed on the 5-yard line with each team having 4 opportunities to score unless a turn over occurs. Each team will have the opportunity to go for 1 point or 2 after scoring a touchdown.
 12. All game problems will be handled by the officials. Problems concerning the officials will be addressed by Commissioners to the League President.
 13. The official game will be ended when a team leads by 30 or more points at half time or later. The score at the time is the official score. If both coaches agree the game can be finished using a running clock with one exception the team that won cannot call any time-outs, all other rules apply. (Please use this time to play your second string as much as possible). (Remember the game is officially over).
 14. A player who is ejected from a game for fighting will receive a 1 game suspension that will be served the following game either that year or the next year. A player ejected the second time for fighting will receive a 1-year suspension starting from the day of the second ejection. Any player that

puts their hands on a referee out of frustration will be immediately removed from the game and receive a 1-year suspension from TSYFL. A player caught cussing or using racial slurs will be immediately ejected from the game and will receive a one game suspension. Second offense will be suspension for a year starting on date of second offense.

15. A coach who receives a non-contact ejection will receive a 1 game suspension that will be served the following game: either that year or the next year. The coach is not permitted to be in the stadium during his suspended game. If a coach receives a referee contact ejection that coach will be suspended immediately from the TSYFL for 1 year, starting on the ejection date.
16. Any individual that crosses the playing field fence or comes on the playing field during a TSYFL official game will be subject to a 1-year suspension from TSYFL. The TSYFL rules committee will evaluate each situation and present a verdict to the TSYFL Board for approval. All unanimous Rule Committee decisions will be adhered to by the TSYFL Board.
17. League teams are composed of 3 divisions: A, AA, AAA. All communities play an 8-game schedule. Playoffs and Superbowl will follow regular season play. A league must enter Tri Star Youth Football League with all three age groups. If a community fails to have the required number of teams in each age group after their first year in TSYFL, they will be placed on probation for one year. If a community fails to fill all age groups for two consecutive seasons, they will possibly be removed from the league. The Board and Rules Committee will evaluate the issue and make a final decision.
18. If a community has enough players to split a team into two teams or more, they must split every age group equally. If a community splits all age groups they will be required to pay additional league fees for every split.

19. All games will be played on Saturday with game times being: 9:00am, 10:30am, 12:00pm. All leagues may request an optional game time. This request will be a Board approval.
20. Four officials will be used in all games. Officials will be provided by the host team.
21. All kick offs will be from the 30-yard line unless changed by penalty.
22. Filming of games is permitted in all league play. Access to the press box will be determined by home commissioner.
23. If playing on high school fields, the team box will be between 30-yard line, if on a Jr pro field between the 20-yard line. On a high school field, the marked field goal line will be the 10-yard line.
24. Unless stipulated as an exception above, all other rules shall be enforced by the NFHS high school rule book. The TSSAA is a member of this association.
25. Rule change request will be turned in after the Super Bowl and before January 1st for review by the TSYFL Rules Committee. All Board approved changes will be brought up at the February meeting under new business.
26. All home game sights will be required to provide a uniformed officer (at least one) for every home game, jamboree, playoffs, and Superbowl. (Failure to provide a uniformed officer the first time will be a verbal warning, second offense the league will lose host site for Jamboree, Playoffs, or Super Bowl. Third offense the league will be removed from the league. Jamboree, Playoffs, and Super Bowl will not start without uniformed officer onsite. (This rule is strictly for the safety of everyone in the park and should be taken seriously).

SECTION VII:

Player Safety Focus

On January 1, 2014, Senate Bill 822 was made effective in Tennessee. Here is the main focus of that law:

- a) All TSYFL Commissioners and coaches are to be annually required to complete a head injury education course. And are to be provided in credential book @ Jamboree.
- b) This education must be completed annually and a copy of the current season certificate be on file with the community Commissioner.
- c) Prior to the beginning of practice all coaches, parents, and players must review and sign a concussion and head injury information sheet.
- d) Any youth athlete who shows signs, symptoms and behaviors consistent with a concussion shall be immediately removed from activity or competition and must be evaluated by a licensed medical professional with concussion training.
- e) Any youth player who has been removed from practice or play who has suffered or suspected to have suffered a concussion, shall not return to practice or competition until the youth has been evaluated by a health care provider for a full or graduated return to play.
- f) All the above signed documents and certifications are to be maintained for a period of 3 years.
- g) Proper equipment fitting, heat and hydration, proper tackling techniques, proper blocking techniques and sudden cardiac arrest are very important in trying to keep them safe as possible.
- h) All communities are responsible for running background checks and determining if a coach/volunteer can participate in your league. The TSYFL Board is not responsible for running league background checks.
- i) Heat Index Policy:
 - a) Heat Index of 100-104 no helmet or pads
 - b) Heat Index of 105 and above, no practice

- j) Rule change request will be turned in after the Super Bowl and before January 1st for review by the TSYFL Rules Committee. If the Rules Committee turns in a unanimous decision for a rule change the Board will adhere to the Rules Committees decision. If there is not a unanimous decision the Board will have final say on the requested rule change. approved changes will be brought up at the February meeting under new business.
- k) Each coach will be required to take the State required concussion training and place your certificate in your credentials book to be reviewed at jamboree by the TSYFL Board. (Any coach not certified will not be permitted to coach).

Section VIII

League Members, Play-off Sites, Super Bowl Site and Game Times

1. TSYFL Members:

Cheatham County
East Robertson
Jo Byrns
Pleasant View
Portland
South Cheatham
Springfield
White House

Jamboree, Playoff, and Superbowl locations: 2025

Cheatham County- Jamboree
East Robertson-Playoff Site
Jo Byrns-Playoff Site
Pleasant View-Playoff Site
Portland-Playoff Site
South Cheatham-Super Bowl
Springfield-
White House-

Jamboree, Playoffs, and Superbowl will move in alphabetical order each year. If a league decides to not host the Board will discuss and decide the new location. (ALL LOCATIONS WILL BE PLAYED AT A TSYFL SITE)

For playoff seedings, ties breakers will be as follows:

Overall Record

Head-to-Head

Points Allowed

Coin Toss

2. All Jamboree Games, Playoff Games, and Superbowl Games will be played according to Tri Star Youth Football League Rules.
3. Gate Fees:
 - Jamboree: \$5 ages 6 and up
 - Regular season: \$5 ages 6 and up
 - Playoffs: \$10 ages 6 and up
 - Superbowl: \$10 ages 6 and up
4. Game Times for Jamboree, Playoffs, and Super Bowl will be determined yearly.
5. The top eight TSYFL teams at the end of the regular season will make the playoffs. Top four teams in the Gold bracket and next four teams in the Silver bracket. 1vs4 & 2vs3 in both brackets. If needed to determine playoff seedings the tie breaker rule from VII #1 will be used.