

TRI-STAR YOUTH FOOTBALL LEAGUE

OFFICIAL RULE BOOK

Season Year: 2026

TABLE OF CONTENTS

Section I — Board Members, Rules Committee, and League Commissioners

Section II — Sign-Ups, Practices, and Equipment

Section III — Eligibility of Players

Section IV — Weight Limits and Field Position of Players

Section V — Roster and Player Activation

Section VI — Game Day, Field Specifications, and Game Rules

Section VII — Division-Specific Rules

Section VIII — Player Safety Requirements

Section IX — League Members, Playoffs, Super Bowl, and Fees

SECTION I

Board Members, Rules Committee, and League Commissioners

1. The League Board Members will consist of a Corporate President, Football Operations President, Football Operations Vice President, Secretary, Treasurer, and Sergeant at Arms. This group shall be known as the **Board of Directors** and is responsible for enforcing the league's rules as written in the TSYFL Rulebook.

Unethical circumstances allow the TSYFL Board President to remove a TSYFL Board Member immediately. Likewise, the TSYFL Board may remove the Board President immediately under unethical circumstances. Unethical circumstances include stealing, cheating, or breaking TSYFL rules. Only TSYFL Board of Directors, by a majority vote, shall have the authority to add or remove members of the Board of Directors.

League Commissioners shall handle issues that arise before, during, or after regular season games, playoffs, and the Super Bowl until such issues can be addressed by the Board and Rules Committee if applicable. Commissioners are responsible for maintaining the integrity of the league and ensuring that enforcement of rules is fair, equitable, and consistent across all communities.

2. Each community shall appoint a Commissioner or Commissioners to represent their TSYFL organization during game-day league matters. Commissioners are responsible for enforcing league rules within their organization and must be present at all games.
3. The Rules Committee shall consist of four individuals appointed from four different TSYFL leagues and shall serve a three-year consecutive term.
 - Members must be active league coaches or board members only
 - A Rules Committee member may not serve as a commissioner

The Rules Committee shall review all rule change requests and violations protested. Decisions shall be based on the TSYFL Rule Book or NFHS Rules when not covered.

If the Rules Committee reaches a unanimous decision, the Board shall adhere to that decision. Rule-changing requests must be submitted by **December 31** and will be reviewed and announced at the February meeting.

League Fees are due at the June meeting each year. If you fail to have a league after the June meeting, you will not be refunded your league fees, and your league fees will not be credited to the following season.

NOTE: The “Split One Age Group / Split All Age Groups” rule is not eligible for change.

SECTION II

Sign-Ups, Practices, and Equipment

1. Sign-up dates are determined by each community.
2. Official practice starts:
 - Helmets and shoulder pads: First Monday of July
 - Full pads: Third Monday of July

Practice is unlimited before weigh-ins. After weigh-ins, practices are limited to two hours, two nights per week, with an optional non-contact night w/o pads or helmet.

Penalty:

- First offense: Head coach suspended first two games
- Second offense: League barred from hosting Jamboree, Playoffs, or Super Bowl

3. Required equipment includes:

- NOCSAE-approved helmet
- Mouthpiece
- Shoulder pads
- Fully padded football pants
- Cleats or non-cleated athletic shoes
- Jersey with visible number front and back

Tinted Visors are not permitted (glasses, goggles, and clear visors are permitted). Back plates and knees must be covered.

- 4. Jerseys must have numbers 0–99, minimum 4 inches, clearly readable.
- 5. Shoes must have soft rubber or nylon cleats. No metal cleats permitted.
- 6. Game balls:
 - A & AA Divisions: Peewee size
 - AAA Division: Junior size
- 7. Teams must have first aid kits, water, and ice available at practice and games.

SECTION III

Eligibility of Players

- 1. A Division: Ages 5–7
 - 2. AA Division: Ages 8–9
 - 3. AAA Division: Ages 10–11
 - 4. Player age is determined by age on **July 1** of the current season.
 - 5. Players must be present on sidelines for regular season games to qualify for playoffs and Super Bowl, except for approved absences by the Board of Directors.
-

SECTION IV

Weight Limits and Field Position of Players

1. No reclassification after weigh-in regardless of weight loss.
 2. Backfield and end position weight limits:
 - A: 85 lbs.
 - AA: 105 lbs.
 - AAA: 125 lbs.
 3. Mandatory division move-up:
 - A Division over 140 lbs. → AA
 - AA Division over 180 lbs. → AAA
 4. Players exceeding limits shall be classified as **Monster Men** (interior linemen).
 5. Monster Men must wear a visible helmet stripe that is distinguishable from the primary color of the helmet.
 6. Monster Man restrictions include:
 - Max five on field (5-yard penalty if more than 5 on field after snap).
 - Must line down in three-point or four-point stance online of scrimmage. (5-yard penalty. Rules do not apply to kickoffs)
 - Cannot advance fumbles, interceptions, or free kicks.
 - Exception: Defensive Monster Men may advance fumbles or interceptions obtained behind the line of scrimmage only.
 - Cannot play linebacker or secondary. (5-yard penalty)
 - Can punt but may not advance by run or pass.
 - Can be no further than outside shoulder of offensive tackle and no further than heads up with the offensive end.
 7. Linebacker/Defensive Backs: Must line down in a three-point or four point-stance between the tackles in A & AA Divisions only. (5-yard penalty if not lined down at the snap)
-

SECTION V

Roster and Player Activation

1. Official rosters are determined on weigh-in day. All teams must participate in jamboree.
2. Required at weigh-in: Two books, one for coaches & one for the board
 - Birth certificate or court documents
 - Player photo with jersey number
 - Roster sheet
 - Coaches, League President, and commissioners' information
 - Medical Release Form

3. Credential books must be present at all games. (First offense head coach suspension next game, second offense head coach suspension and forfeit of game)
 4. Players are required to be weighed in with socks, football pants with pads, T-shirt or jersey with number on it.
 5. Players must wear assigned weigh-in numbers all season. (Exception: destroyed jersey, lost jersey. Both commissioners must agree to allow the player to play with another jersey)
 6. No players added after weigh-in unless roster is below 15 players. Deadline to add players to official roster that is under fifteen players will be by the third regular season game. Any players added after weigh-in must be Board approved
 7. Soliciting players from other communities is prohibited. (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 illegal players to play, the Board can reinstate the team or league back into the season playoffs. All games played with illegal players will be forfeited).
 8. Failure to have eleven players at game time in the AA and AAA Division may pull up from the division below up to a fifteen-team roster for game time. This rule only applies for regular season games and is not permitted for Playoffs and Super Bowl. A team may start with eleven players and can finish with as little as 9 players if the team wants to continue to play.
 9. Injury restrictions follow NFHS rules.
-

SECTION VI

Game Day, Field Specifications, and Specific Rules

1. Location of games and game times are listed on the TSYFL website.
2. Schedule changes require approval by both Commissioners, League President and Board President of Football Operations.
3. Games are played on Saturdays with designated start times 9:00, 10:30, and 12:00. Requested night games must be made and approved before weigh-in date. Night games will be played at 4:00, 5:30, and 7:00. (Weather conditions may change days and times)
4. Three hours' notice to the opposing team and the referee scheduler is required for canceled games.
5. Canceled games should be made up for the first available Sunday. Game times for Sunday's are 2:00, 3:30, and 5:00.
6. If games are canceled while games are in progress, referees will be paid in full for that game and any game before cancellation.

7. If officials arrive at game site and games have been canceled but scheduler was not notified the referees will receive one game paid.
8. Any player unable to attend weigh-in with TSYFL Board approval can be weighed prior to the first regular season game or Jamboree. The Board President of Football Operations will determine the time and location for the weigh-in.
9. No player is to be added to the official team roster after weigh-in unless the team has less than fifteen players on the official team roster. The dead period for adding players to a roster with less than fifteen players will be by the third regular season game.
10. Fields: 80 yards long (excluding end zones) No goal post required.
11. National Anthem and prayer are recommended prior to the first game.
12. Homecoming is optional but cannot delay start of any game.
13. Chain crew provided by home team.
14. Commissioners must be present and responsible for conduct and removal of all fans. Commissioners may not coach and commission at the same time. If a non-coach commissioner is not present during the game the head coach will be suspended the next game.
15. Only five football coaches, one commissioner, and two team managers under the age of eighteen are permitted on the sidelines during a jamboree or regular scheduled games. (First offense warning, second offense head coach suspended next game this season or next, third offense removal of head coach for the remainder of the season and forfeit your league from hosting playoff or Super Bowl present year or next).
16. Liability insurance required (\$1,000,000 minimum).
17. Quarter length: 10 minutes; halftime 8 minutes, forty second snap clock.
18. The clock will start and stop in accordance with NFHS rules or as amended by this rule book. The following are the exceptions: When there is an incomplete pass, the ball carrier runs out of bounds, or when there is a change of possession the clock will be stopped. When the ball is set ready for play by the head official, the clock will start back. The preceding exception will not apply during the last four minutes of the second and fourth quarters of play.
19. The referee and the clock operator shall not hurry the ready-for play signal, as the game pace shall be maintained. This applies to incomplete passes, out of bounds plays, and change of possessions. The referee must allow sufficient time for a team to regroup after these specific plays before starting game clock.
20. Overtime rule: Ball placed on the 10-yard line with each team having the opportunity to go for one or two points after scoring a TD. After two attempts from the 10-yard line and the game is still tied the ball will be placed on the 5-yard line. After one attempt from the 5-yard line and the game is still tied all attempts after a TD from the 5-yard line will be followed by a two-point conversion.
21. All game problems will be handled by the officials. Problems concerning officials will be addressed by commissioners to the President of Football Operations and from the President of Football Operations to the TSYFL Board.
22. Mercy rule: 30-point lead ends game at half time and beyond. If both coaches agree the game can continue using a running clock except during injury or time out. The winning team may not call timeout. (Please use this time to play all your subs. Remember the game is officially over)
23. All kick offs will be from the 30-yard line unless changed by penalty.

24. No filming from the field or inside the fence.
25. If playing on a high school field the team box will be between the 30-yard line, if on a Jr. Pro field between the 20-yard lines.
26. Unless stipulated as an exception above, all other rules shall be enforced by the NFHS High School Rule Book.
27. League teams are composed of three divisions: A, AA, AAA All communities play an eight-game schedule. Playoffs and Super Bowl will follow regular season play. A league must enter Tri-Star Youth Football League with all three age groups. If an existing community fails to have all three age groups, they will be placed on probation for one year. Failure to fill all three age groups for two consecutive seasons will possibly be removal from the Tri-Star Youth Football League. The TSYFL Board will make final decision.

Player Conduct

- **Fighting:**
 - First ejection for fighting = **immediate ejection and 1-game suspension** (served in the next game, either this season or next).
 - Second ejection for fighting = **immediate ejection and 1-year suspension** starting the day of the second ejection.
- **Touching a Referee:**
 - Any physical contact with a referee out of frustration = **immediate ejection and 1-year suspension**.
- **Cussing or Racial Slurs:**
 - First offense = **immediate ejection and 1-game suspension**.
 - Second offense = **immediate ejection and 1-year suspension** starting the date of the second offense.

Coach Conduct

- **Non-contact ejection:**
 - First offense = **immediate ejection and 1-game suspension**, served in the next game (this season or next).
 - Second offense = **immediate ejection and immediate 1-year suspension** starting the date of the ejection.
- **Referee contact ejection:**
 - Any physical contact with a referee = **immediate ejection and immediate 1-year suspension** starting the date of the ejection.

Field Access Rule

- Anyone who **crosses the field fence or enters the playing field** during an official TSYFL game may receive an **immediate ejection and 1-year suspension**.
- The **TSYFL Board** will review each case and issue a final decision.

28. Uniformed officers required per field at all home sites. Two uniformed officers are required for Super Bowl. Failure to provide a uniformed officer at every site will be a fine of \$500 per vacant site and loss of host privileges for Jamboree, Playoffs, or Super Bowl for that season. No game will start without a uniformed officer on site for games
-

SECTION VII

Division Rules

- **A Division**
- No unbalanced line.
- Modified punts thirty yards or if applicable
- (2) coaches on field allowed five yards behind the deepest player prior to the snap.
- All coaching must stop when offense is under center or cadence starts.
- Coaches on the field are to stop coaching, remain quit, not use their position on the field to influence the play, show out, or questions officials. (penalty five yards)
- No hurry up offense until the last two minutes of the fourth quarter
- 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
- No hurry up after mercy rule is in effect.
- Defense cannot line up over the center
- Scoring in all divisions: Touchdown 6 points, Safety 2 points, An extra point from the 2-yard line 1 point, An extra point from the five-yard line 2 points.
- All divisions, NO visors, glasses and goggles are permitted (concussion and safety issue)
- All divisions' knees and backplates must be covered (safety first)
- Every player must play in jamboree, and regular season game at least four plays in any order, unless the player is being held out for disciplinary reasons, mercy rule, injury, or ejection. (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 the participation rule
- Playoffs and Super Bowl every player will be required to play at least two plays in any order, unless that player is being held out for disciplinary reasons, mercy rule, injury, or ejection
- Pee Wee size football rubber or leather
- 40-second play clock applies to all divisions
- **AA Division**
- (1) coach on field
- No live punts
- Modified punts thirty yards or if applicable
- Kickoffs are in place
- All coaching must stop when offense is under center or cadence starts.
- Coaches on the field are to stop coaching, remain quiet, not use their position on the field to influence the play, show out, or questions officials. (penalty five yards)
- Scoring in all divisions: Touchdown 6 points, Safety 2 points, An extra point from the 2-yard line 1 point, An extra point from the five-yard line 2 points.

- All divisions, NO visors, glasses and goggles are permitted (concussion and safety issue)
- All divisions' knees and backplates must be covered (safety first)
- Every player must play in jamboree, and regular season game at least four plays in any order, unless the player is being held out for disciplinary reasons, mercy rule, injury, or ejection. (Note: Violation of this rule will be a 1 game suspension for the head coach)
- Playoffs and Super Bowl every player will be required to play at least two plays in any order, unless that player is being held out for disciplinary reasons, mercy rule, injury, or ejection
- Pee Wee size football rubber or leather
- 40-second play clock applies to all divisions
- **AAA Division**
- No coaches on field
- live punts required
- No lining up over center on punts (five-yard penalty automatic first down)
- Monster man punter cannot pass or advance the ball
- Scoring in all divisions: Touchdown 6 points, Safety 2 points, An extra point from the 2-yard line 1 point, An extra point from the five-yard line 2 points.
- All divisions, NO visors, glasses and goggles are permitted (concussion and safety issue)
- All divisions' knees and backplates must be covered (safety first)
- Every player must play in jamboree, and regular season game at least four plays in any order, unless the player is being held out for disciplinary reasons, mercy rule, injury, or ejection. (Note: Violation of this rule will be a 1 game suspension for the head coach)
- Playoffs and Super Bowl every player will be required to play at least two plays in any order, unless that player is being held out for disciplinary reasons, mercy rule, injury, or ejection
- Junior size football rubber or leather
- 40-second play clock applies to all divisions

SECTION VIII

Player Safety Focus

TSYFL follows Tennessee Senate Bill 822:

- Annual concussion education required and certificate placed in credential books
- Immediate removal of suspected concussion
- Medical clearance required for return
- All communities and referee schedulers are responsible for their organization and referee background checks to determine if a referee or coach/volunteer can participate in the TSYFL. The TSYFL Board is not responsible for running organization or referee background checks.
- Heat Index Policy follows TSSAA

SECTION IX

League Members, Playoffs, Super Bowl, and Game Times

TSYFL Members:

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

Gate Fees:

- Jamboree & Regular Season: \$7
- Playoffs & Super Bowl: \$10

Playoff Seeding:

1. Overall Record
 2. Head-to-Head
 3. Points Allowed
 4. Coin Toss
-