

SOUTH CENTRAL YOUTH FOOTBALL LEAGUE BY-LAWS 2025

<https://scwyfl.com/> UPDATED: 6-25-25

1. WIAA rules apply unless identified below (including WIAA practice and ejection rules – player sits the next game if ejected).
2. The season shall begin no earlier than **Monday, August 4, 2025**.
3. There shall be at the most (1) interscholastic game per week. The WIAA maximum of seven (7) **alliance scheduled games are allowed. Any additional scrimmages outside of the alliance schedule will not take precedence.** At least 3 WIAA certified officials of age 18 are required for a game to be played.
4. A team may practice each day of week until the first game (**Saturday, August 23, 2025**). After the first game, practices may not exceed three (3) times a week plus a game, for the remainder of the season.
5. Each quarter shall be nine (9) minutes unless facilities dictate otherwise. The clock will run with normal WIAA rules. Officials will enforce play clock as normal. Coaches and officials can mutually meet to shorten the quarters if needed. **Chains are on the home team sideline.**
6. All games that end in a tie shall remain tied. (No Overtime)
7. Special Teams (Kick-off/Punts)
8. Kickoffs: No kickoff returns. Kickoffs are from the 40 yard line. Only the kicker should be on the field. Receiving team will start no deeper than their own 20 or farther than the 50 yard line. If a ball is caught in the air ten (10) yards will be awarded to the receiving team up to the 50 yard line. If a kickoff goes out of bounds, the receiving team has the choice of receiving at that spot or at the 35 yard line. Balls downed between the 20 and 50 yard lines will be played from that spot. No possession after a kickoff can start inside the opponents' territory or inside the 20 yard line. A change of possession resulting from a turnover, punt or change of downs can start inside the 20. **Following a safety, kickoff placement and alignment will follow WIAA rules.**
- Punts: No punt returns. **Offensive team will immediately announce to the official their intent to punt.** The official announces to the defense that a punt is to be kicked. If the punt is caught five (5) yards will be awarded to the punt receiving team. A ball downed is played from that spot. The ball should be long snapped from the center to the punter with no penalty if the ball hits the ground. The punter must kick the ball immediately upon receipt of the ball. Possessions can begin anywhere on the field – no 20 or 50 yard line rules. **Clock runs per normal rules, once declared.**
9. Extra points may be attempted and are untimed downs. Field goals may be attempted and are untimed if it is 4th down but timed if 1st, 2nd or 3rd down. All extra points rushed or passed are counted as one (1) point and are attempted from the three (3) yard line. Any conversion kicked is counted as two (2) points and the kick should be snapped from the three (3) yard line and is not live. All extra points and field goals must be long snapped. An errant long snap (a snap that the holder cannot field without moving to a new position on the field – up and down/pivot is okay) is a dead ball and the kick will be ruled no good. Holder must start with knee on ground. No rush from defense on any kicks. No return of missed field goals. Offense must declare if they are kicking immediately.
10. Program Directors' discretion about moving seventh graders up to eighth grade teams. Eighth graders less than 100 pounds may be moved down to the seventh grade team at Program Directors' discretion (no difference makers). Each program must weigh-in their kids once only – Program Directors are responsible for their program weigh-in.
11. Offensively, any eighth grader who weighs over **150** pounds cannot play in the backfield or at end (including tight end) - he must play in a DOWN LINE position. Any seventh grader that weighs over **140** pounds must play in a DOWN LINE position. A DOWN LINE position means no backs or ends- including tight ends. Turnovers are dead if a DOWN LINE position player recovers the ball. An unbalanced offensive line is allowed.
12. Defensively, any eighth grader who weighs over **175** pounds and any seventh grader who weighs over **165** pounds must play in a DEFENSIVE LINE position. A DEFENSIVE LINE position means on the line of scrimmage, no wider than the outside shoulder of the **3rd tight player on a side of the offensive line (T/TE/H)**. Interior linemen, who are on or inside the offensive tackles, must be in a 3 or 4-point stance while edge players, **who are outside the offensive tackles**, can be in a 2-point stance. If there is no **TE/H**, defense cannot line up in TE/H box and must either shift inside or

move to linebacker position. **Position clarifications can be found at <https://scwyfl.com/>.** Defensive linemen cannot advance the ball.

13. **Defensively, there will be no blitzing.** All linebackers must align at the minimum of four (4) yards deep (at depth of umpire) with no movement toward the LOS until the snap of the ball. This means not sending any linebackers, or edge players (OLB/C). If the quarterback drops straight back the linebackers must drop into coverage. Defensive linemen must be on the line of scrimmage. Maximum of 6 on the line of scrimmage including goal line situations. **Count of 6 does not include defensive backs covering split ends.** Cornerbacks can play press coverage but cannot blitz. Officials should penalize 5 yards and replay the down.

14. No coaches on the field at either grade level.

15. It is important to keep the scores down (attempt to keep it within **24 points**). The purpose of the league is to allow players to play, learn the fundamentals of the game and enjoy the sport of football. This may mean changing the regular position of players, schemes, etc. If a team is ahead by **24** or more points they can only run the ball. Defense must still cover receivers. * If coaches and officials need to talk at halftime, they should adhere to the above thoughts. Officials should coordinate this discussion.

16. If a school is not able to divide their seventh/eighth grade teams into two separate but equal teams, then every attempt should be made to two platoon. This means start 11 people on offense and a different 11 on defense. Our goal is to give EVERYONE a chance to play the game. Players should not play in more than 1 game **per night or week**, unless it is absolutely necessary to play the second game. If it is required to play a game, the player cannot start the second game, must play different positions in the games, not be a difference maker and not play more than the equivalent of one full game. Coaches must communicate any potential player doubling up to their opponent via Sunday emails. ***The League recommendation- Teams should make every effort to split to 2 teams at or above 32 players.***

17. Our goal is to develop equally balanced teams. Some movement between teams (week to week—not same week) may be necessary due to injuries, discipline problems, scholastic ineligibility, skill balancing, etc.

18. Emails between upcoming opponents must be exchanged at least one week in advance of the game. **Program Directors must be cc'd on all emails.** The home team should send an email providing their base defensive and offensive schemes, and jersey colors along with confirming the game time and location. The visiting team should reply to that email providing their base schemes and jersey colors along with confirming the game time and location. This email exchange must be completed SUNDAY before 9PM at least one week in advance. (See email sheet for who to specifically email from each program.). If email contact is not made as required, the visiting team should contact the home team Program Director. **An email template can be found at <https://scwyfl.com/>.**

19. All coaches must be certified (program discretion on what certification to use).

20. Home team must furnish ice and have an emergency plan including a cell phone at the games.

◆ After the season, directors and varsity head coaches will attend a working meeting to evaluate the concluded season and possible adjustments for the following season. **The League is currently taking members and will start at 7 teams max.**

◆ Special Emphasis – Make sure officials are aware of our rules before games (bring copies of the rules and roster weights). Coaches and officials must meet pre-game to discuss the rules and work cooperatively if there is a problem with interpretation. Ensure the special teams, field goal/extra point holder, score, **DE lineup**, and blitz rules including umpire depth for linebackers are discussed.