



A.D. RULES FOR THE S.T.Y.F.A 2009 SEASON

1. There will be two AD's assigned to a game. One for each side of the field. Each AD must work the opposing team. You cannot AD your own teams/chapter except for the first game of the day (see rule 14). Both AD's need to stay throughout the duration of the game. The AD must be introduced to the teams and be identified as the "Game ADs".
2. AD's are responsible for the 12 play rule during the game they are working. The coaches will provide the AD's with an official STYFA AD sheet. The STYFA AD sheet will need to be filled out (player names) by a chapter coach before being given to the AD's. The AD's will also monitor the sidelines. There will be no cussing, smoking, or mistreatment of players. You may only answer questions from the coaches as to how many plays a player has received. At the end of the game, if a player didn't get in all of his plays, the chapter will be fined \$100.00 per violation and the head coach will be suspended for the next game.
3. STYFA weight limits will be monitored on a game by game basis. 30 to 45 minutes prior to the scheduled start of each game, the two teams will line up to check in their players according to the rosters and STYFA certified paperwork and begin weighing in. A coach from each team is responsible for verifying the paperwork and that the players meet the weight requirements. The weigh-in and check-in will have a designated board member from the home field present throughout the process to act as a mediator should there be any disputes.
4. The weigh in will take place somewhere in the open and on a level surface using a scale provided by the home team. STYFA recommends a medical scale but this is not mandatory. The scale will need to be calibrated and shown to be accurate prior to beginning the weigh in process. STYFA would recommend something with a known weight such as a 10 pound dumbbell to be used to calibrate the scale. Once both coaches agree that the scale is calibrated and accurate, the weigh-in process can begin. At anytime throughout the weigh-ins, either coach can request that the scale be checked for accuracy again.

5. For the first 2 scheduled weeks of games, all players are limited to the exact weight limit posted for each division. The players can remove their helmets, shoulder pads, jersey and cleats for the weigh-in. The player must wear their football pants and pants pads at all times. There will be a 1 pound tolerance allowed for the weight of the pants and pants pads worn during weigh-ins. Beginning with the 3rd scheduled week of games, there will be a tolerance of 10 pounds added to the weight limit for each division to allow for “natural growth”.

Week 1 and Week 2 Limits

Freshmen – 101 lbs.
Sophomores – 121 lbs.
Juniors – 141 lbs.
Seniors – 161 lbs

Week 3 to Super Bowl Limits

Freshmen – 111 lbs.
Sophomores – 131 lbs.
Juniors – 151 lbs.
Seniors – 171 lbs.

All players in STYFA must meet the original division weight limit at least one time to be eligible to play in a game. The players that have met the original STYFA weight limit either on game 1 or game 2 will receive the 10 pound tolerance effective on game 3. The player that has not met the STYFA weight limit on game 1 or game 2 will not be allowed the 10 pound tolerance until the original STYFA weight limit is met, regardless of which week of games are being played. **In order to be eligible for the 10 lb tolerance, the original weight limit must first be met.**

6. Players who do not make weight will not be eligible to play in that day’s scheduled game. The ineligible player can remain on the sideline of their team but must remove their shoulder pads and helmet during the game.
7. Players that arrive after 15 minutes prior to kickoff will not be eligible to weigh-in or play in the first half. The late arriving player will be weighed in at halftime allowing the player to be able to play in the second half as long as he makes weight. Both coaches/chapters must witness the halftime weigh-in of any late players. The 12 play rule will not apply to that player, however he must get at least 6 plays.
8. The home field is responsible for reporting all players who were determined to be ineligible to play due to weight or paperwork violations. Each home chapter will receive a Weigh-In roster for each team playing at their site from the STYFA Registrar. The home team designated observer will record the players who make weight and those who do not make weight or were not present during weigh-ins. This roster will be returned to the STYFA Registrar NLT noon Monday following the game. The STYFA Registrar will then submit a list of players who did not make the division weight or failed to weigh-in to the chapter Presidents by Wednesday 9:00 PM. This list will be posted on the STYFA website the same day. Players must be cleared from this list to be eligible to play. The report should contain the name of the player, team, division, and jersey number

9. During the freshmen games the AD will monitor the offensive and defensive coaches on the field. The offensive and defensive teams must huddle. The coaches are not to give any verbal or hand communications to the players once they break the huddle. If this happens the coach gets a verbal warning for the first violation. The second violation will result in the coach being ejected from the game and he must leave the sidelines and field. If this happens in the 4th quarter, no warning is given. The coach is ejected from the game. If a coach is ejected from a game for this violation he is also suspended from the next scheduled game.
10. No phones or walkie-talkies on the field during the game. If a coach is carrying a phone for work they must leave the field to use it (on the other side of the track if there is one).
11. During a game, each team is allowed up to 5 adults (coaches) on the sidelines. There can only be one Chapter member on the field during the game.
12. If a problem does arise, the home chapter board member should be notified immediately.
13. The head coach/GM of the previous game will provide the AD for the following game. The home team chapter will provide AD's for the first game of the day. You will be provided with a schedule to determine the AD's for the games.
14. The penalty for the chapter and head coach/GM for not providing an AD when scheduled will be as follows: 1st offense written/verbal warning from STYFA. 2ND offense the chapter is fined \$100 and the head coach/GM is suspended for one week and one game. 3rd offense the chapter is fined \$150 and the head coach/GM is suspended for the rest of the season.
15. Any chapter that is fined will have two weeks from the time they are fined to pay the fine. If payment isn't made within those two weeks, that chapter will forfeit all scheduled games until the fine is paid.
16. You are not allowed to work any game that your child is playing in.
17. You as an AD are to be honest. There will be no FAVORITISM what so ever.

Thank you for your help, and remember this league is only as good as its volunteers. Let's work hard to keep this a safe and fun place to play and enjoy youth football.

