

FLORIDA ELITE FOOTBALL
OFFICIAL RULEBOOK
2023



TABLE OF CONTENTS

SECTION I – INTRODUCTION

SECTION II – CONTACT INFORMATION

- A. MAILING ADDRESS
- B. EMAIL ADDRESS

SECTION III – ABOUT

- A. CONFERENCE REMARKS
- B. ADMINISTRATIVE BYLAWS MANUAL
- C. MISSION STATEMENT
- D. GOALS AND PHILOSOPHY OF THE FLORIDA ELITE PROGRAM

SECTION IV – STRUCTURE

- A. LEAGUE
- B. ASSOCIATION
- C. ADMINISTRATORS
- D. TEAM
- E. DIVISION
- F. LEVEL

SECTION V – REGULATIONS

- A. ASSOCIATION REPORTING REQUIREMENTS
- B. BOUNDARIES
- C. MANDATORY BACKGROUND CHECKS
- D. REGISTRATION
- E. CERTIFICATION
- F. AWARDS
- G. CHARGING ADMISSION
- H. COOLER TAGS

SECTION VI – SAFETY GUIDELINES AND CODE OF CONDUCT

- A. SAFETY GUIDELINES
- B. CODE OF CONDUCT
- C. SECURITY

SECTION VII – ENFORCEMENT POLICY

- A. POWERS
- B. HEARINGS & APPEALS
- C. PROTESTS
- D. MINIMUM MANDATED PENALTIES
- E. SOCIAL MEDIA POLICY

SECTION VIII – GENERAL FOOTBALL RULES

- A. ASSOCIATION REQUIREMENTS
- B. COACHES REQUIREMENTS
- C. PARTICIPANT AGE REQUIREMENTS
- D. FORMATION OF TEAMS AND SQUADS
- E. ROSTER SIZE
- F. CUTS
- G. DROP AND ADDS
- H. ALLSTARS
- I. PRE AND POST SEASON
- J. PRACTICE
- K. WARM WEATHER CONDITIONS
- L. CONTACT
- M. REQUIRED EQUIPMENT
- N. CAMPS
- O. CONTROLLED INTERSQUAD SCRIMMAGE
- P. SCOUTING
- Q. SCHEDULING
- R. PLAYOFF SEATING

SECTION IX – GAME DETAILS

- A. DIGITAL BOOK CHECK PROCEDURES
- B. PLAYING FIELDS
- C. MANDATORY WATER BREAKS
- D. GAME BALL
- E. LENGTH OF PERIODS
- F. BLOCKING AND TACKLING RESTRICTIONS
- G. TURNING BALL RESTRICTION
- H. INTERMISSION LENGTH
- I. PLAY/TIME CLOCK
- J. TIMEOUTS

- K. SCORING VALUES
- L. RUNNING CLOCK
- M. OVERTIME SYSTEM
- N. INJURED PLAYERS
- O. MEDICAL & CONCUSSION
- P. CONCUSSION RETURN TO PLAY GUIDELINES
- Q. INCLEMENT WEATHER

SECTION X – SPECIFIC TACKLE FOOTBALL RULES

- A. ROOKIES
- B. FRESHMEN
- C. SOPHOMORES, JUNIORS, AND SENIORS

SECTION I – INTRODUCTION

Except as specifically modified for Florida Elite Football, all games are to be played under Florida Elite rules. The rules contained herein ARE REQUIRED to be enforced by Florida Elite and the Associations. Failure to do so will result in penalties and/or fines as defined herein, in the Florida Elite Administrative Bylaws Manual and in any other Florida Elite Rules.

NO RULES WILL BE ADDED AFTER SEPTEMBER 1st UNLESS REQUIRED FOR SAFETY REASON(S).

For all purposes, the Florida Elite playing season shall be defined as August 1st through December 31st or the last game/competition, whichever comes first. All associations, administrative personnel, coaches, players, and cheer participants are subject to disciplinary action for violations of Florida Elite rules and regulations occurring at any time during a stated playing season.

SECTION II – CONTACT INFORMATION

A. MAILING ADDRESS - Florida Elite Headquarters – 33261 Sand Creed Drive, Wesley Chapel, FL 33543

B. EMAIL ADDRESS - www.floridaelitefootball.com

SECTION III – ABOUT

A. CONFERENCE REMARKS - Florida Elite is dedicated to the children who participate in Florida Elite and to their safety and enjoyment. The rules for Florida Elite activity of any type as published in this book are to be followed scrupulously. Failure to enforce these rules can result in legal action, dismissal and/or loss of membership. Each family and each adult volunteer in the program must be covered by excess medical and liability insurance of some type. Although participation in Florida Elite is statistically safe, such insurance should include coverage for “participant risk.” All Programs must have minimum insurance limits of \$100,000 Medical, \$1,000,000 General Liability, and \$1,000,000 Sexual Abuse/Molestation to participate. All Florida Elite Football activities are open to both boys and girls, including “mixed” teams. However, for the sake of convenience, these rules refer to participants as if of the male gender only.

B. ADMINISTRATIVE BYLAWS MANUAL - The Florida Elite Administrative Bylaws Manual, hereinafter referred to as the “administrative manual,” is designed to keep the League and Associations current on all administrative matters, as well as to facilitate the daily operational management of those local associations. This rulebook and the administrative manual ARE NOT THE PERSONAL PROPERTY OF THE VOLUNTEER, but belong to the association, both are to be returned along with all other association’s property, to the association when the volunteer’s service is completed.

- C. MISSION STATEMENT** - Our mission at Florida Elite is to become “ELITE”, by improving the academic, social and athletic success rate of student-athletes in all our programs. Florida Elite requires all organizations to instill a solid foundation for all STUDENT-ATHLETES through SCHOLARSHIP, LEADERSHIP, ACCOUNTABILITY, INTEGRITY AND TEAMWORK. Florida Elite aims to enrich the lives of all youth by educating them in cultural diversity, character development, community involvement and self-worth.
- D. GOALS AND PHILOSOPHY OF THE FLORIDA ELITE PROGRAM** - Florida Elite is a program operated for the benefit of its youth participants. Since 2014 the program’s philosophy has been academics and athletics go hand-in-hand. At every level, Florida Elite seeks to develop well-rounded young men and women who learn not only the fundamentals of football, cheerleading and dance, but also the importance of education, in an atmosphere conducive to developing sound mind, body, and character - and having an enjoyable time along the way! The objectives of Florida Elite are to inspire youth, regardless of race, creed, religion, or national origin, to practice the ideals of sportsmanship, scholarship, and physical fitness. Florida Elite strives to make the game fun for all boys and girls. The program stresses learning lessons of value far beyond the playing or spirit days of the boys and girls involved, such as: self- discipline, teamwork, determination, friendship, leadership, and good sportsmanship. With such goals in mind, and by providing an opportunity to participate in an organized, supervised environment with emphasis on maximum safety and participation, Florida Elite offers young men and women a unique and memorable opportunity to excel.

SECTION IV - STRUCTURE

- A. LEAGUE** - The term “League” is a legal term to define a type of Federation and/or Conference within this document. Within this document “league” will be a reference to Florida Elite Football & Cheerleading, Inc. League shall be utilized and referenced herein place of Federation and/or Conference.
- B. ASSOCIATION** - Associations are organizations that sponsor and administer one or more teams. Associations are characterized by specific geographical coverage. In cities, they often adopt commonly understood neighborhood names. In the suburbs, they usually take the town name. In rural areas, an association name may embrace an entire county (or a substantial part of it). An association’s recruiting area is approved by its League and is normally consistent with its geographical name. An association consists of a minimum of five (5) teams playing within a designated age bracket determined by the League. Associations are chartered by the league (i.e., Florida Elite Football & Cheerleading, Inc.) and are responsible to maintain and manage their independent associations. Florida Elite Executive Board members shall have the right to attend any Association function with or without notice.
- C. ADMINISTRATORS** - All league & association administrators must be at least 21 years of age.
- D. TEAM** - A team is the universal, basic unit of an association. At a minimum, a team consists of a group of participants organized under the direction of a coaching staff in each age division.
- E. DIVISION** - Division has several meanings, the most common of which refers to one of the five (5) age classifications: Rookies, Freshmen, Sophomores, Juniors, and Seniors. The basic ages for each division of play are listed within this rulebook.

- F. LEVEL** - Associations will be placed into two levels of competition, hereafter known as Division 1 (D1) or Division 2 (D2) by the League each year.

SECTION V - REGULATIONS

- A. ASSOCIATION REPORTING REQUIREMENTS** – Each year, each association is required to provide proof of the following:

- Proof of Annual Report Filing with the Department of State - whose records must reflect an “Active” status for the Association,
- Proof of Insurance,
- Proof of Tax Filing with the Internal Revenue Service (IRS), and
- Timely submission of proof of law enforcement for each home game (i.e., Security Information Sheet)

- B. BOUNDARIES** - Florida Elite is a competitive league. Like all competitive leagues, recruitment of student-athletes is allowed. There are NO BOUNDARIES in recruitment; however, we must respect the programs in our league.

C. MANDATORY BACKGROUND CHECKS

- As a condition of service to a Florida Elite league, all coaches, board of directors’ members and any other persons or volunteer workers who have repetitive access to or contact with players and/or spirit participants, must complete and submit an official “Florida Elite Volunteer Application” to their local Florida Elite Association. Annual background checks must be completed prior to the applicant assuming his/ her duties for the current season and should be submitted to the League President prior to the start of the current season. Refusal to submit a fully completed “Florida Elite Volunteer Application” annually must result in the immediate dismissal of the individual or denial of participation for the applicant.
- Each association shall require and be responsible for enforcing all league and association personnel to annually submit to the League President a fully completed official “Florida Elite Volunteer Application,” prior to the applicant assuming his/her duties for the current season. The Volunteer Application must include signed permission from the applicant allowing the League or Association to perform the necessary background check. The official “Florida Elite Volunteer Application” shall only be modified in order to comply with local, state, provincial or national laws. Each League shall also require and be responsible for enforcing that an Officer of each member Association complete and submit an official Florida Elite “Association Confirmation of Compliance with Background Checks” affidavit annually. All volunteer applications and Association affidavits must be maintained by the League for a minimum of 1 year.

- Unless accompanied by a reference letter from the association’s President, no association shall permit any person to participate in any manner whose background check reveals a conviction for, or guilty plea to, any crime involving or against a minor. In addition, other charges and convictions may be an indication of an unfit volunteer, and therefore an association may prohibit any individual from participating as a volunteer if the association deems the individual unfit to work with minors, as long as the association applies the same criteria uniformly for all individuals seeking to volunteer.
- All associations must conduct a nationwide search that contains the applicable government sex offender registry data such as the Lexis Nexis online National Criminal database search, or a government agency sponsored state search of criminal records. Additionally, if a League utilizes only a state sex offender registry check, that association must also perform a national database or a Federal background check search. If a local association becomes aware of information, by any means whatsoever, that an individual, including, but not limited to, volunteers, players and hired workers, has been convicted of or pled guilty to any crime involving or against a minor, the association must immediately contact the applicable government agency to confirm the accuracy of the information. Upon confirmation of a conviction for, or guilty plea to, a crime against or involving a minor, the association must prohibit the individual from participating in any manner, unless accompanied by a reference letter.
- Florida Elite has no direct operational control over the selection of volunteers, each association shall be required to indemnify and hold harmless Florida Elite against all legal actions based upon allegations arising from a failure to enforce all or part of this regulation. Failure to comply with all or part of this regulation may result in the suspension or revocation of the association.

D. REGISTRATION - A candidate cannot begin practice with a team until he/she has officially registered. Registration consists of completing and submitting all the following items in this section in addition to any/all local required forms. The sign-up fee, if any, may be collected at this time. All candidates must furnish the following to be registered and before starting practice:

- **PARENTAL CONSENT** - The Participant Contract and Parental Waiver/Medical Release form needs to be completed by either parent or the legal guardian, stating that the child has his or her permission to compete.
- **MEDICAL EXAMINATION** - A signed and/or stamped form from a Licensed State Medical Practitioner dated on/after January 1st of the current year/season; (i.e. Medical doctor, Registered Physician Assistant, Registered Nurse Practitioner, etc.) that the candidate is physically fit and there are no observable conditions which would prevent playing football or cheer. Note: If a regular school medical examination was performed on/after January 1 of the current year, and the results are releasable to parents, a copy of such a report may be used in lieu of a new examination. **SPECIAL NOTE:** A person with a loss of limb may participate provided that the individual has a signed statement of approval from an examining physician and that the use of the artificial limb is no more dangerous to players than the corresponding human limb and does not place an opponent at a disadvantage.

- **PROOF OF AGE** - An original birth certificate on file bearing the seal of the issuing office of the state of birth is the best guarantee of reliability of claimed date of birth and is form of proof most recommended. Passports are also reliable. Military ID and/or State ID cards are acceptable. Florida Elite does not mandate retaining the originals once participants have completed certification process.
- **INFECTIOUS DISEASE WAIVER** - Infectious Disease Waiver (Volunteer and Participants): All participants in Florida Elite Football and Cheer Organization must sign waiver that they understand the risks.

E. CERTIFICATION - Certification is that process whereby the team or association will file with the league, which it is a member.

- A roster is certified once the association and league have approved the roster through Florida Elite’s certification process. A certified roster is one that the League has accepted the information at a pre-season session with its teams, based upon information submitted, and the teams are restricted to these participants for the remainder of the season (except for allowed “drops” and “adds”).
- After the certification process is complete all rosters will be uploaded to the league’s database, so all associations can have access to obtain.
- Once certified for a division, a participant shall not be permitted to recertify to another division of play during the current season under any circumstances.
- Ages shall be verified by birth certificate and/or acceptable documents, as specified in Article 4.
- The league will require a new picture of a football player every season.
- It is the responsibility of the association board members to conduct weekly book checks and verify online books are accurate. An association board member is not permitted to check-in his/her program teams.
- Each association shall assign participants to the appropriate age division, which is determined by age.

F. AWARDS - Each association within Florida Elite is encouraged to reward their participants for on and off the field accomplishments. Florida Elite will conduct an annual award ceremony, in which several individuals will be recognized in several distinct categories.

- Awards for individual performances displayed on the helmets are acceptable (i.e., stars, hatchets, footballs, etc.).

G. CHARGING ADMISSION - Admission fees of \$10/adult and \$5/child (5-17yrs old) may be charged to attendees for entry into regular season games, however such admission fees shall not be borne by any active rostered individual who is partaking in the event, including all pertinent Florida Elite badge holders and Referees; all of whom shall be admitted free of charge with proper credentials. *PLAY-OFF PRICES ARE SUBJECT TO CHANGE

H. COOLER TAGS

- Each team will be allowed (2) water/beverage coolers and (1) refreshment cooler, all of which **MUST** have the appropriate cooler tags. Each cooler will need to have the assigned cooler tag attached to the cooler prior to entry.
- The (2) water /beverage coolers are the dedicated sideline coolers (round in shape). These coolers are for hydration during the game for the athletes. These coolers should **ONLY** contain water, Gatorade, Powerade, etc.
- The (1) refreshment cooler shall only contain following items:
 1. Fruit
 2. Fruit cups
 3. Squeeze yogurt
 4. Individual Gatorade, Powerade, etc.

Note: All items in the refreshment cooler are to be consumed at halftime by participants.

*All coolers can contain ice.

- No chips, sandwiches, crackers, cookies, candy, cakes, cupcakes, or anything **NOT LISTED ABOVE**, shall enter the gate in a cooler.
- All items in the cooler should serve the purpose of rehydrating and replenishing nutrients to the participant.

SECTION VI - SAFETY GUIDELINES AND CODE OF CONDUCT

A. SAFETY GUIDELINES

- In order to uphold the goals of Florida Elite and ensure that all participants have the benefit of a safe and fun learning environment, all parents, guardians and other adults and attendees of Florida Elite events, including but not limited to practices, competitions, and banquets, must behave accordingly and in a respectful, courteous and sportsmanlike manner at all times. This will be

enforced by league officials as well as security personnel at said events.

- Any adult who is using alcohol, tobacco, or non-prescription drugs and/or appears intoxicated at a Florida Elite event, and/or who is flagrantly rude, attempts to intimidate, verbally abuse, heckles, taunts, ridicules, boos, throws objects and/or uses vulgarity or profane language/gestures with an official, coach, volunteer, staff member, participant, or other event attendee, will be removed from the Florida Elite event. The member association may issue a written warning to the individual regarding the misbehavior and the adult's children may also be removed from the event. Any adult, who commits one or more of the above stated offenses a second time, will be banned from all Florida Elite events for a minimum period of one year from the date of the second offense, and their children may also be removed from the program(s) for that period.
- Any adult who physically or verbally assaults an official, coach, volunteer, staff member or participant or threatens grave bodily harm may be banned from all Florida Elite events at a minimum for one year from the date of the offense, and their children may also be removed from any and all Florida Elite programs for that same period of time. After the ban has expired, if the individual commits another offense of the adult code of conduct, the individual will be permanently banned from all Florida Elite events and the individual's children may also be permanently removed from all Florida Elite programs.
- Weapons are prohibited by all participants, parents, guardians, other adults, and attendees of Florida Elite events, including but not limited to league practices and games, competitions, and banquets. Anyone found in violation of this rule will be permanently banned from all Florida Elite events, including but not limited to association practices and games, competitions, and banquets. Furthermore, violators will be prosecuted by law enforcement, to the fullest extent possible.
- **COVID-19:**

Infectious Disease Waiver (Volunteer and Participants): All participants in Florida Elite Football and Cheer Organization must sign waiver that they understand the risks. In the event Covid – 19 protocol is implemented, please adhere to the following guidelines:

1. Social Distancing

- A. All Presidents should establish 6ft social distancing practice based upon the common area of your game & practice location. Remember this will not always apply to players while engaging in practice or play time.
- B. Gate & Concession Committee need to make sure distancing markers are establish for fans that are standing in line at the gate or concession.
- C. Game and practice time is going to be challenging, however coaching staff needs to establish Limits and time for contact practice.
- D. Team Moms needs to establish guidelines and boundaries for the side lines.

- E. Coaches must remain inside the coach's box and allow a clear path for the chain crew and referees.
 - F. Coaches need to enforce the amount of people on the sidelines
 - G. Coin toss will be done with one captain and one coach from each team.
 - H. Due to the COVID 19 pandemic, there will be no hand shaking between teams, after the coin toss or at the conclusion of the game.
2. Personal Protective Equipment
- A. Coaches, Team Moms, Board Members, volunteer staff, vendors, children, parents and anyone in attendance at a Florida Elite sanctioned event are required to wear a mask, covering the mouth and nose, while in attendance.
 - B. Gate committee should have hand sanitizer, gloves, and masks while operating the gate.
 - C. Concession committee should have hand sanitizer, gloves, and masks while handling food and serving food.
 - D. Periodically clean and sanitize common surface areas over the course of the day.
 - E. Players are not required to wear face masks while playing, but after play they should have their masks on.
3. Temperature Check
- A. Players, staff, and coaches will have their temperature taken before practice and before game day. All who attend a Florida Elite sanctioned event are required to have their temperature taken, as well. Anyone with a reading of 100.4 Fahrenheit or higher will be sent home immediately and will be asked to self- quarantine for 14 days. All players should be off their feet 30 minutes prior to check in to ensure an accurate temperature reading. Each organization is responsible for purchasing a thermometer.
4. Healthy Practices:
- A. Cleaning and disinfecting equipment Florida Elite Football and Cheer suggests collecting equipment after each game and practice to sanitize equipment, helmets, shoulder pads.
 - B. Water Bottles - NO SHARING

5. Self-quarantine

- A. Players, coaches, parents, or spectators with any symptoms should not attend any training sessions or competitions. If it has been determined there is positive case, it should be reported to the organization immediately and Florida Elite. President of the organization should notify their respective organization testing could be necessary. HIPPA Laws will be enforced.

6. Coronavirus Warning Signage

- A. Post conspicuous signage at sports facility warning of coronavirus risks and what steps can be taken to reduce such risks. Here is some sample language that should be reviewed by local legal counsel.

7. Coronavirus Risk Warning

- A. It is suggested that seniors or others with compromised immune systems not participate in or attend this event due to risk of infection.
- B. Do not enter if you are exhibiting any signs of illness such as sneezing, coughing, sniffles, have fever, or does not feel well.
- C. If you are repeatedly sneezing or coughing, you may be asked to immediately leave the premises.
- D. All players, staff, and spectators should practice responsible social distancing by remaining at least 6 ft apart whenever possible.
- E. All players, staff, and spectators should wear PPE such as face masks whenever applicable.
- F. Wash your hands and/or use hand sanitizer upon entrance, during the event, before and after you eat, and as you leave. Hand washing and hand sanitizer stations are provided.
- G. Avoid touching your face including your eyes, nose, and mouth.
- H. Public restrooms should limit occupancy to one person at a time.

Please visit your county health department for signage to post at your entry gate.

B. CODE OF CONDUCT

All Florida Elite volunteers and participants will abide by a Code of Conduct which includes the following provisions. If any of these rules are broken, Florida Elite shall have the authority to impose a penalty including permanent removal from the program. Members shall:

- Not smoke and/or use smokeless tobacco on the field.
- Not criticize players/spirit participants in front of spectators, but reserve constructive criticism for later, in private, or in the presence of team members if others might benefit.
- Accept decisions of the game officials and judges on the field and in competitions as being fair and called to the best ability of said officials.
- Not criticize an opposing team, its players, spirit participants, Coaches or fans by word of mouth or by gesture.
- Emphasize that good athletes strive to be good students and that both are physically and mentally alert.
- Strive to make every football and spirit activity serve as a training ground for life, and a basis for good mental and physical health.
- Emphasize that winning is the result of good teamwork.
- Not engage in excessive sideline coaching and shall not leave the bench area to shout instructions from the sidelines.
- Together with team officials, be jointly responsible for the conduct and control of team fans and spectators. Any fan who becomes a nuisance and out of control will be asked to leave or will be removed by authorities.
- Not use abusive or profane language at any time.
- Not “pile it on;” not encourages their team to get a commanding lead and raise the score as high as it can. In these instances, every effort shall be made to let all players play.
- Not receive any payment, in cash or kind, for services as a coach in Florida Elite Football/Cheerleading. This includes any coach, expert, consultant, or choreographer, regardless of his/her roster status.
- Not recommend or distribute any medication, controlled or over the counter, except as specifically prescribed by participant’s physician.
- Not permit an ineligible player or spirit participant to Participate in a game.
- Not deliberately incite unsportsmanlike conduct.
- Not possess or drink alcoholic beverages and/or use illegal Substance on either the game or practice fields.

- Remove from a game or practice any participant when even slightly in doubt about his/her health, until competent medical advice is available.
 - Be responsible for and always control their fans.
 - Uphold all rules and regulations regarding Florida Elite Football and Cheerleading.
 - Refrain from engaging in any action within or outside Florida Elite which reflects negatively upon, or causes embarrassment to, the Florida Elite program.
- C. **SECURITY** – All associations scheduled to host a Florida Elite sanctioned event are required to hire “armed” law enforcement and/or security guards. The minimum requirements and resulting penalties for not meeting the requirements are as follows:
- Minimum Requirement – Two (2) law enforcement deputies and one (1) security guard.
 - Both the law enforcement deputies and security guard(s) must be in legal possession of a firearm and employed by legitimate, verifiable entities.
 - Based on Florida Elite’s rules, one (1) law enforcement deputy equals two (2) security guards.
 - The “2023 Security Information Sheet” must be completed and submitted, at least 48 hours prior to the scheduled event; Failure to do so will result in Florida Elite taking control of the security hiring process for any future events and the association being required to cover all costs incurred by Florida Elite - Payment due within 48hrs after receiving invoice. Additionally, an association will be fined \$1,000 and placed on probation for the balance of the 2023 season. A violation during the probationary period will result in additional penalties - severity and duration, to be determined at Florida Elite’s discretion.
 - Upon completion of the “2023 Security Information Sheet,” please email the completed form to compliance@floridaelitefootball.com.

SECTION VII – ENFORCEMENT POLICY

A. POWERS

- The association league has, among its powers, the obligation and authority to enforce the rules.
- Associations will follow all Florida Elite Rules as printed in this book or their Charter membership shall be in jeopardy.

B. HEARINGS AND APPEALS – All Florida Elite associations will be called upon from time to time to do the following: Resolve disputes between member organizations and individuals, take action to enforce rules and regulations, and discipline both adult and juvenile members. NOTE: FLORIDA ELITE APPEALS will be handled by the Executive Board, Appeal Board and parties involved.

SPECIAL NOTE: Appeals must be filed and submitted within 24 hours of being notified of the violation/infraction.

C. PROTESTS

- Only protests involving the eligibility of a player participant shall be considered.
- Protests are decided in accordance with the administrative procedures of the League.
- Teams and associations have the responsibility to communicate protests as soon as they are known to exist.
- A \$250 monetary fee will be associated with any protest.

D. MINIMUM MANDATED PENALTIES – Minimums are established to assure the punishment of listed offenses will occur in a uniform fashion. More severe penalties may be levied where circumstances warrant or for repeated offenses.

- **ADULT OFFENSES** – All fines are the responsibility of the association.
 1. **EJECTION FROM GAME** - Minimum two-week suspension (maybe more, depending on the infraction) from practice and games.
 2. **ENDANGERMENT OF JUVENILES:** Up to a 1-year Suspension AND \$500 FINE. (FINE DUE WITHIN 72 HOURS)
 3. **TEACHING PROHIBITED OFFENSIVE & DEFENSIVE TECHNIQUES:** Up to a 1-year Suspension AND \$500 FINE. (FINE DUE WITHIN 72 HOURS)
 4. **FIGHTING:** Up to a 1-year suspension AND \$1,000 FINE. (FINE DUE WITHIN 72 HOURS)
 5. **CHEATING:** Up to a 1-year suspension AND \$1,000 FINE. (FINE DUE WITHIN 72 HOURS)
NOTE: POTENTIAL LOSS OF HOME GAMES UNTIL FINE IS PAID IN FULL
 6. **THREATS:** Up to a 1-year suspension.
 7. **GAMBLING ON GAME OUTCOME:** Up to a 1-year suspension AND \$1,000 FINE. (FINE DUE WITHIN 72 HOURS)
 8. **LACK OF COOPERATION/OBSTRUCTION:** Suspension until compliance is achieved AND \$1,000 FINE. (FINE DUE WITHIN 72 HOURS) **NOTE: POTENTIAL LOSS OF HOME GAMES UNTIL FINE IS PAID IN FULL AND COMPLIANCE IS ACHIEVED.**

9. **FALSIFICATION OF OFFICIAL DOCUMENTATION:** Up to a 1-year suspension. This would include, but not be limited to parental consent, medical examination, proof of age, proof of scholastic eligibility, or background screening forms. **HEAD COACH and ANY ASSOCIATED COACH TIED TO OFFENSE WILL RECEIVE SUSPENSION AND \$1,000 FINE. (FINE DUE WITHIN 72 HOURS)**
10. **USAGE OF ELECTRONIC DEVICES IN HELMETS/EARPIECES:** Radios, headsets and walkie talkies are devices that are allowed during game situations to relay information to the coaching staff on the sidelines from the press box. Cell phones are prohibited. It is illegal to use 1-way or 2-way devices inside a helmet or using an earpiece to communicate and/or coach players: Forfeit of game, up to 1-year suspension AND \$1,000 FINE. (FINE DUE WITHIN 72 HOURS). Note: Use of megaphones or similar amplifying devices are not allowed within 9 yards of the sidelines and back of the endzone.
11. **VERBAL ATTACK AND/OR THREATS TOWARDS GAME OFFICIALS:** Up to a 1-year suspension AND \$1,000 FINE. (FINE DUE WITHIN 72 HOURS)
12. **PHYSICAL CONTACT WITH OFFICIALS:** Automatic suspension for the remainder of the season, to include playoffs and super bowl.
13. **QUITTING:** Automatic 1-week suspension from practice, including game during the week of suspension, AND \$500 FINE. (FINE DUE WITHIN 72 HOURS)

Upon suspension of any penalty provided herein, an accused shall be placed on probation, among the general conditions of which shall be that the accused be and remain of good behavior and that he/she strictly abide by all rules and regulations of Florida Elite.

- **JUVENILE OFFENSES** - Fighting, intimidation, or disrespect for authority shall be cause for ejection from a game/competition. Any player/spirit participant ejected from any game/competition for cause shall be ineligible for participation in their next game/competition. A second ejection during the same season shall be cause for removal from the team for the balance of that season. *Subject to Florida Elite Executive Board, association, and league officials.

NOTE: Also, and in accordance with the “Mandatory Background Check” requirement, any volunteer or participant charged with criminal activity and/or required by law to possess/wear a monitoring device during the season, may be removed to ensure the safety of other participants.

- **TEAM AND ASSOCIATION OFFENSES**

1. **FAILURE TO KEEP FAITH WITH JUVENILES & PARENTS** is defined as any deliberate practice or failure of a team or association which placed the health, welfare and safety of juveniles in jeopardy, or exploits or treats them in such a manner that the juvenile becomes a “tool” of the team.

- A. To file this charge, the violation must result from team or association policy, and not be an aberration of one individual. This implies that the practices are carried out by order of, or

with the knowledge of the offence, and no steps are taken to end it.

B. MINIMUM PENALTY: Probation of the association coupled with suspension of its president and all others who participated in the practice. Upon a second offense, suspensions of the organization until all officers are removed.

2. FIGHTING/RIOTING/INCITEMENT TO RIOT: Forfeiture of the season for team and/or association.

E. SOCIAL MEDIA POLICY

Florida Elite (“FEFC”) recognizes the importance of the internet in shaping the public’s perception of our conference. Florida Elite also recognizes the importance of our organizations, in leading and setting the tone of social media interactions in a manner that advances FEFC’s mission and goals. FEFC’s Social Media Policy applies to all parties which elect to be a part of our social media platform. This policy applies to all social media content posted by any of our social media members, regardless of their position within the association. The Code of Conduct for posting inappropriate comments/photos on (but not limited to): Facebook, Twitter, Instagram, YouTube, online blogs, online forums either powered by Florida Elite Football & Cheer or with reference to Florida Elite Football and Cheer. Members must refrain from any:

- Usage of obsessive profanity,
- Personal attacks on individuals, organizations, race, religion, or ethnic heritage,
- Unauthorized posting of personal information (names, address, phone number, email, etc. of other users)
- Material that contains vulgar, obscene, bullying, or indecent language or images,
- Material which could be considered slander, abusive, or threatening to others,
- Statements that are bigoted, hateful or racially offensive,
- Material that advocates illegal activity or discusses illegal activities,
- Posting of any of the following items: guns, drugs, or sexual activity

Note: Florida Elite Football & Cheerleading reserves the right to interpret all postings as administration deems fit.

Violations of the Social Media Policy

The FEFC Board of Directors shall have authority to monitor and enforce this Social Media Policy. The FEFC Board of Directors, or any individual appointed by the Board of directors, shall have the authority to remove any inappropriate or offensive comments from any social media outlets powered by Florida Elite. Violators of any portion of the Social Media Policy will have their rights suspended

and/or revoke from any FEFC social media platforms; and could result in additional penalties to include suspensions from all Florida Elite Events. The disciplinary actions are at the discretion of FEFC, with the best interest of Florida Elite Football & Cheerleading Brand.

SECTION VIII – GENERAL FOOTBALL RULES

- A. ASSOCIATION REQUIREMENTS** - Associations are responsible to verify accuracy of all scores/ results prior to start of next week’s game. If an error is found in reporting, associations are responsible to correct and notify the league, to ensure the advancement of the proper team. Additionally, those associations hosting home games are required to provide each game official with a complimentary meal (i.e. meat, side, and drink). Furthermore, the hosting association must provide the game officials with repeat and complimentary hydration options (ex. water/Gatorade) throughout the day.
- B. COACHES REQUIREMENTS** - A Head Coach will direct and determine the assignments of the Assistant Coaches, and together the coaching staff is in complete charge of the team whenever it is together on the practice or playing field, traveling as a group to and from practice sessions and games, or together for any team function, such as a banquet. It is required that each head coach have their own copy of the current year’s rulebook. All Coaches are to be selected by methods approved by association rules and/or by-laws and Florida Elite rules (mandatory background check, complete and pass online training etc.). As it relates to Florida Elite certified badge holders, a coach is automatically terminated at the close of each season and must start the registration process anew, each year.
- The Head Coach, whom can only be rostered as the Head Coach on 1 roster, and the Football Commissioner must be 21 years or older in order to supervise at all practices, games and functions. However, an Assistant Coach must be at least 18 years of age and a Coach-Trainee must be at least 16 years of age, maximum 17 years of age, and if under the age of 18 must include a parent consent form to be approved and receive a badge. Additionally, a maximum of two water boys/girls, ages 5 to 14 are allowed on the sideline for each team.
 - A football team may have any combination of certified coaches and team parent(s), not to exceed 9 total. The two water boys/girls are excluded from the “not to exceed amount” Note: A football team will be charged with a 15-yard unsportsmanlike conduct penalty for violating this rule. Nonetheless, there are times when a league representative/administrator will need to come to sidelines. In this case, one (1) is allowed access to sidelines to handle matters (sideline issues/injuries, etc.) for a short period of time to handle issues, not to coach at all!
 - In the absence of a specialized, trained person affiliated with the team in the medical area (physician, paramedic, specialty trained volunteer, Certified Athletic Trainer), one of the coaches must be the holder of a current Red Cross Certificate in Community CPR and First Aid, or the P.R.E.P.A.R.E. Course by the National Center for Sport Safety (www.sportssafety.org) or its equivalent.
- C. PARTICIPANT AGE REQUIREMENTS** - The player’s age on July 1st of the current year shall be the player’s age for the coming season.

ROOKIE	5-6 years old
FRESHMEN	7-8 years old
SOPHOMORES	9-10 years old
JUNIORS	11-12 years old
SENIORS	13-14 years old

Note: Official league age starts at five (5) years old. Four and under will be deemed mascots and cannot participate in league play.

D. FORMATION OF TEAMS AND SQUADS - Tryouts of any kind are not required. Tryouts are defined as any means used to ascertain the level whereby a participant is placed on a team, including assessments, evaluations, or any other method used to participate in Florida Elite.

E. ROSTER SIZE - There is **NO LIMIT** to the number of players certified onto a team roster.

- **MAXIMUM ROSTER SIZE** - Florida Elite would recommend teams not exceed more than 40 players to allow all kids play time. **There will be a \$10 charge per participant for rosters greater than forty participants to cover additional league costs associated with rings, medallions, etc.**
- **MINIMUM ROSTER SIZE** - A minimum of 8 players must be dressed and eligible to play at each game. A team which fails to dress the minimum number of players shall forfeit the game. Any team which forfeits two successive games by reason of an insufficient number of players shall be investigated by the League for determination as to whether to forfeit the balance of the season. **Forfeiture fee is \$500 per division. (FINE IS DUE WITHIN 72 HOURS). Please note Florida Elite strongly recommends teams maintain 20-25 players.**

F. CUTS

- **MANDATORY CUTS** – Any participant must be cut who:
 1. is found to have signed up because of parental pressure or tells team management he/she does not really want to play.
 2. refuses or cannot furnish the required items-Parental Consent, Medical Examination, Proof of Age, and Infectious Disease Waiver.
 3. is found to have participated on a high school tackle football team during any Florida Elite playing season, which may cause a forfeiture of the season/game(s). However, participation in a school flag football program is allowed.
 4. is a member of any other organized Florida Elite football or non-Florida Elite football team.
 5. is a recurring discipline problem (and then, only with the concurrence of the League).
- **VOLUNTARY CUTS** - A participant shall be considered a voluntary or “self-cut” participant

when he/she simply no longer shows up at practices or games of his/ her own free will. While voluntary cuts are not charged to any team for the purpose of these regulations, a coaching staff may attempt to disguise its cutting pattern by arranging practices in such a way as to discourage participants of lesser ability into quitting on their own. While these practices are not common, they have been known to occur and are considered intentional avoidance of the rules and regulations and are, therefore, punishable as a result of a hearing. The results of this investigation shall be reported to the league and the league shall have final authority as to whether appropriate actions were taken.

G. DROP AND ADDS - A team may add participants to its certified roster up to the hard-cutoff date established by the conference.

H. ALLSTARS - Florida Elite rosters are valid from August 1st to December 31st of the current year and All-star teams or squads are prohibited during this time. Any coach or participant found to play a game(s)/competition with All Star participants from different rosters of regular season teams will forfeit future eligibility for All Florida Elite programs.

I. PRE AND POST SEASON – Teams from all divisions are permitted to participate in pre & post season games. Nevertheless, and in all Associations, the first week of practice shall be devoted entirely and exclusively to conditioning, not wearing pads; however, helmets shall be permitted. Associations may add more time beyond this required first week for the conditioning period.

J. PRACTICE

- All practices must be attended by one person holding a Red Cross Community CPR and First Aid Certificate, or the P.R.E.P.A.R.E. Course by the National Center for Sport Safety (www.sportsafety.org) or their equivalent, if not by an EMT or volunteer physician (such as a parent of one of the participants).
- No team may schedule more than 8 hours of practice per week, or more than 2 ½ hours on any giving practice session. A week is defined as Monday-Sunday.
- Break time is not counted against the eight (8) hours per week or 2-1/2 or 2 hours of allowed practice time. Water breaks should be given as needed and when requested by participants.

K. WARM WEATHER PRECAUTIONS - Teams must guard against serious heat problems, which in extreme high school and college cases have occasionally resulted in death. The training regimen of any team practicing under high heat and/or humidity conditions must:

- Limit or eliminate laps entirely. Do not assign laps for disciplinary reasons.
- Give players all the water they want to drink when they want it. Do not substitute soft drinks for water.
- Schedule practices for early evening, after sun is low in sky.

- Each coach must keep an eye on all players and his fellow coaches for the slightest sign of heat exhaustion or fatigue.
- A ten-minute break is mandatory in the middle of each practice, not to be counted against practice time.
- A mandatory 10-minute break after each hour of practice shall be required. Break time is not counted against the hours per week or per day allowed practice time.
- Water breaks should be given as needed and/or when requested by participants

L. CONTACT

- No full speed head-on blocking or tackling drills in which the players line up more than three yards apart are permitted. (You may have two linemen in stances immediately across the line of scrimmage from each other. You may have full-speed drills where the players approach each other at an angle, but not straight ahead into each other.) Intentional head-to-head contact is forbidden.
- Coaches must limit the amount of contact at each practice to a maximum of 1/3 of practice time (per day or per week). In this context, “contact” means any drill or scrimmage in which players go full speed with contact. (Includes but not limited to one-on-one blocking, one-on-one tackling drills, down line vs. down line, and scrimmages.

M. REQUIRED EQUIPMENT - The following items shall be worn by players in all divisions beginning with physical contact in practice sessions:

- Helmet: Only helmets bearing the approved/certified “Warning Label” in a visible position on the outside of the helmet. This “Warning Label” is the same label that is furnished by all helmet manufacturers and quality reconditioners.
- Regulations regarding chin straps and face guards are to be followed per the National Federation or NCAA regulations, whichever is applicable.
- Mouth guard: All mouth guards must have a keeper strap and be always attached to helmet face mask.
- Shoulder Pads
- The following must be one piece or a shell – pants, hip pads, tail pads, thigh pads, and knee pads.
- Jerseys – Each player shall wear a number between 00 and 99. No duplicate numbers shall be permitted on the field at the same time. *Florida Elite does not follow NFHS rules for numbers; therefore, any number between 00 and 99 can be worn for any position. During a game in which a PA system is used, the number of any player committing a foul shall not be officially announced.

- Shoes: In all divisions of play: sneakers, molded rubber cleats (soccer style), or detachable rubber or plastic (football style) cleats are permitted. No metal cleats are permitted. Cleats may not exceed a 1/2" in length.
- Eyeglasses: When worn, shall be of athletically approved construction with non-shattering glass (safety glass) or contact lenses.
- Any additional protective equipment worn by players shall be allowed with league approval.
- Jewelry of any type shall be prohibited, except religious or medical medallions, which must be covered by the player's uniform.
- The wearing of headgear containing knots, including beads and/or decorative hair ornaments is prohibited.
- Visors are allowed, regardless of tinting, but must fall within the following guidelines: Athletically approved, Non-shattering material, and ONLY attached with zip ties to allow for quick removal without removing helmet, should medical attention be needed for participant.
- Failure to have any of the above required equipment during a game, shall subject the participant to be removed until such time as the required equipment has been repaired, replaced, added or removed. The use of any altered equipment shall result in player disqualification if in a game.

N. CAMPS - No Florida Elite association or personnel associated within shall require or mandate that a Florida Elite football team, in part or in whole, with or without coach(s) to attend a football camp. There shall be no exceptions. However, a Florida Elite football team, in part or in whole MAY attend a camp if they so choose to, providing the following conditions are met:

- Coach or other team affiliated personnel does not make it mandatory.
- Camp provides as part of its services an accident insurance plan for camp participants.

O. CONTROLLED INTERSQUAD SCRIMMAGE - After the first week of practice (8 hours) for conditioning, and after the second week of practice (8 hours) in pads in which contact has occurred, teams may engage in joint practice sessions with other team(s) in what are called controlled inter-squad scrimmages. To avoid any misinterpretation, 16 hours of practice is required before inter-squad scrimmages may occur.

- Any player added after a team has formed and/or after the season has started, must be subject to the same 8 hours of conditioning as mentioned in S3 Section VII -H - 2 of this rule book.
- The following exercises and drills are banned from all practices and pre-game warm-ups: neck bridges (sometimes referred to as neck rolls) and bull in the ring.

P. SCOUTING - Scouting football teams is permitted in the form of video tape, film and written reports. Scouting is only permitted during a game situation. Pre-season games/scrimmages may be scouted. Scouting any type of practice is prohibited.

Q. SCHEDULING

- **GAMES**

1. Florida Elite may schedule a maximum of 10 regular season games.
2. Florida Elite may schedule a maximum of 5 play-off games, which includes Super Bowl and Elite Bowl.

- **COMMON REQUIREMENTS** – The following requirements apply to all scheduled games within Florida Elite:

1. A period of at least four (4) full days (96 consecutive hours) will elapse between the end of any game for a given team and the beginning of the next regularly scheduled game. A League shall be permitted to waive the four (4) full days (96 consecutive hours) to permit the conclusion of the regularly scheduled season.
2. The League schedule officially begins with the Kick-Off Classic. All eligible teams must be certified prior to the first regular season game.

R. PLAYOFF SEATING

- **PLAYOFF SEATS**

Division 1 (D1) - At the end of Regular season, the top three (3) seated teams advance to playoffs.

1. Seats 2 and 3 shall advance to play each other in the Wildcard round, which will be the first game of the playoffs.
2. The winner of the Wildcard round will play the top (1) seated team for the District title.
3. Playoff rounds are as follows: Wildcard, Districts, Conference, and Superbowl.

Division 2 (D2) – At the end of Regular season, the top two (2) seated teams advance to playoffs.

1. Seats 1 and 2 shall advance to play each other for the District title.
2. The winner of the District will move to the next round and play for the Regional Title.
3. Playoff rounds are as follows: Districts, Regionals, Conference, and Superbowl.

- **TIEBREAKER**

1. Should there be a 2-way tie with the same Division record, then Head-to-Head will be used to determine who advances to playoffs.
2. Should there be a 3-way tie with the same Division record, then the following will be used to determine who advances.
 - A. Head-to-Head
 - B. Points allowed amongst the other 2 teams that are within the tiebreaker consideration.
 - C. Overall points allowed within division games.
 - D. Coin toss

SECTION IX – GAME DETAILS

A. DIGITAL BOOK CHECK PROCEDURES - Digital book checks, relating to players, cheerleaders, and allowable sideline personnel, will be done prior to the beginning of all contests, and should be done by the end zone within 5 minutes of game to begin. If a player is late to a contest, that player's coach may call a timeout to certify those players that are late **ONLY IN THE FIRST HALF**. These players can also be checked in at half time as well. **THERE SHALL BE NO late check-ins after the second half of play has begun.**

Note: Exec level league representatives have the option to request an additional online book check after half time if deemed necessary (this can be requested if opposing team has left viewing area of field) but will be charged an official time out to do so, leaving said team with 2 remaining time outs for 2nd half of game play.

B. PLAYING FIELDS - The field shall be rectangular with lines and zones and shall conform to either of standard design mentioned below.

- 100-yard field: This field measures one hundred and twenty yards in length, divided into 5 zones of twenty yards each between two end zones of ten yards each. It is 53 1/3 yards wide.
- A down marker will be used to indicate the number of the down.
- A zone marker will be used to indicate the distance to go for a first down.
- Soft pylons will be placed at the four sections of the end zones. Corner flags with flexible staffs and cones may be used if pylons are unavailable.

- The home team is responsible for the preparation of the playing field and all required accessories for a game. All fields will be equipped and marked in accordance with Florida Elite standards. Lime and other caustics shall not be used.
- The bench area is reserved for players, coaches, and authorized team personnel only. The sidelines areas are reserved for the game officials and chain crew, with the balance of the sidelines kept clear except for the presence of medical and law enforcement personnel, and authorized members of the press. Each association shall be permitted to determine on which side of the field the chain crew shall operate but must be opposite of the home team bench/sideline. **Note: This decision will be made 1st game of the day and be consistent throughout the day. So, wherever the Rookies game chains are held, will be same for entire day.**
- In the absence of a fence or other structure separating the spectators from the playing area (i.e. track), temporary fencing or caution tape must be placed around the field, 9 yards from the sidelines and back of the end zones.

C. MANDATORY WATER BREAKS – The referee must call a one-minute, uncharged timeout at the clock stoppage nearest the half-way point of each quarter. Coaches may meet with their players during this timeout. This rule applies to all Florida Elite games.

D. GAME BALL - The ball shall be of a good grade of leather or composite material with specifications similar to the following (rubber balls are prohibited):

Level	Size
ROOKIE	K2
FRESHMAN	K2
SOPHOMORE	TDJ
JUNIORS	TDJ
SENIORS	TDY

Each team will be required to utilize its own football, taking into consideration the grade, level, and size. In the event the offense scores, the same football that was used to score with will be used for the subsequent kickoff. If the offense doesn't score and there is a change of possession, the new offensive team may use their own football, keeping in line with same standards for grade, level and size of football. The use of stick-um on the football or the application and use of such on any player's hands is **not** allowed.

E. LENGTH OF PERIODS

Maximum length of periods by division(s):

Rookie	8 minutes (4 quarters)
Freshman.....	10 minutes (4 quarters)
Sophomore	10 minutes (4 quarters)
Junior ..	10 minutes (4 quarters)
Senior	10 minutes (4 quarters)

F. BLOCKING AND TACKLING RESTRICTIONS - ABSOLUTELY NO CUT OR CHOP BLOCKING!!!(OFFENSIVE OR DEFENSIVE) REGARDLESS OF LOCATION ON THE FIELD

In addition to other specific prohibitions in the rulebook, no butt blocking, face tackling or spearing techniques are permitted in Florida Elite. If such techniques or any others not in compliance with Florida Elite are taught and implemented by Florida Elite coaches, said coaches shall face disciplinary actions, based on the league findings.

G. TURNING BALL RESTRICTION - The ball cannot be turned sideways on any level prior to snapping of ball.

H. INTERMISSION LENGTH - Half time will be 10 minutes for Rookie thru Senior level.

I. PLAY/TIME CLOCK - PLAY CLOCK: A team will have either 25 or 40 seconds to put the ball in play.

- 25 seconds will be on the play clock and starts on the ready for play signal when:
 - A. Prior to a try follow a score
 - B. To start a period or overtime series
 - C. Following any administration time out or clock stoppage, charged time outs, water breaks, official time outs, penalty enforcement, chance of possession.
- 40 seconds will be on the play clock after a down and starts when the ball is declared dead by a game official:
 - A. In the event of an incomplete pass or any play that takes the ball out of the reach of the game officials the 40 second clock will still start.
 - B. The team with the ball should help expedite getting the ball back into play.
 - C. In the event the officials deems that the ball is out of play and beyond normal reach the 40 second clock will start when the officials get control of the ball.

NOTE: The consistency is maintained by an electronic box that calculates ONLY the 25/40 seconds and cannot be changed or altered in no way. Out of courtesy the game official will give a 10 second warning to the team in possession of the ball; in the event that the officials fail to give a 10 second warning the 25/40 second delay of game penalties is still in affect and will be enforced. **Additionally, game officials will alert both Head Coaches of the start of the 25 second clock.** If the defense is the cause for the delay either by harboring the ball or slow to return to their side of the ball an instant delay of game will be call against the defense and then the 25 second clock starts on the ready.

TIME CLOCK: The referee shall decide where the clock will be kept if the field is not equipped with a scoreboard timing device. In any event, the referee has final authority to have the clock kept on the field if, in his judgment the home management’s clock operator is not qualified.

J. TIMEOUTS - A team shall be permitted no more than three (3) timeouts in any given half of competition.

K. SCORING VALUES

Touchdown	6 points
Point after TD by pass (Rookie and Freshman divisions only) ...	2 points
Point after TD by run or pass	1 point
Point after TD by kick	2 points
Safety	2 points
Field goal	3 points
Forfeit (offended team wins by)	1-0

L. RUNNING CLOCK - Anytime a team goes up by 32 points or more, the following will occur:

- The official clock will become a running clock and once started can only be stopped for injury of a player or at the discretion of a referee.

Should the point difference come within one (1) possession, which is 8 points or less; at that time ONLY, will the clock revert and be operated in normal fashion.

M. OVERTIME SYSTEM - A tie game at the end of regulation play shall use Florida Elite Conference overtime system is as follows:

- Regular season: Place the ball at the 25-yard line (1st & 10 rule applies) and each team gets one possession. If defense gets interception or recovers a fumble it results a turnover of downs.

1. Should game still be tied, it will be recorded as a tie ball game for Out of District games.

Should game be a **District game, then follow the steps below until a winner is declared.**

Post season: Place the ball on the 25 (1st & 10 rule applies) yard line and play until one team out scores the opponent.

1. On Rookie and Freshman levels after the first possession, both teams **MUST** attempt to **pass or kick the ball on point after attempts the remainder of the possessions**. This system repeats until a winner is declared.
2. On Sophomore, Junior, and Senior levels after the first possession, both teams **MUST** attempt to **kick the ball on point after attempts the remainder of the possessions**. This system repeats until a winner is declared.

NOTE: Each team shall have only 1 time out per overtime possession. No carry overs allowed.

N. INJURED PLAYERS - Once removed from a game because of injury, a player must sit out at least one down and may not re- enter the game without the approval of attending medical personnel. However, if the injury is head related and shows signs of concussion a player must be cleared only after he or she completes and passes the concussion protocol tests.

O. MEDICAL & CONCUSSIONS - The home team or hosting association has the responsibility to provide medical coverage at each game or competition. In the absence of a physician and or ambulance on the site, the minimum safety requirement will be the presence of one individual associated with the home team/host association who is currently EMT qualified or is currently certified in Red Cross Community First Aid and Safety, the P.R.E.P.A.R.E. Course by the National Center for Sport Safety (www.sportssafety.org), or their equivalent. Work together with your local EMTs to establish an emergency plan that fits your specific area and needs.

Your emergency plan should include, but not be limited to, the following:

- Introduce or identify trainer/health care provider to visiting a Coach.
- Home team/host association review emergency plan with a Visiting team.
- Designated duties for coaching staff and or athletes.
- “How to call EMS” next to phone.
- Specific directions to your facility for emergency medical service (EMS).
- Emergency numbers.
- Injury report forms.
- Treatment authorization card.
- List of administrators that the coach is required to contact. Practice your emergency plan early in the season and repeat often throughout the season. A similar plan should be in place for teams traveling to away games.

- All teams are recommended to have a staff member carry the entire team's medical release forms and emergency numbers for all players and spirit participants in case in an emergency their parent(s) or guardian must be reached. Having the family physician's number opposite the participant's name is also recommended.

P. CONCUSSION RETURN TO PLAY GUIDELINES - A Participant who is suspected of sustaining a concussion or a head injury in a practice, game or competition shall be removed from practice, play or competition at that time based on evaluation and determination by the Head Coach. However, if an official licensed athletic trainer or other official qualified medical professional is on site and available to render such evaluation, that person shall always have final authority as to removal or return to play of the participant. When an official licensed athletic trainer or other official qualified medical professional is not present, and a parent or guardian of the injured player is serving as head coach, the final authority on removal of a participant shall rest with the league president, association president or the top-ranking assistant head coach; whomever is present and highest in the Florida Elite chain of command. Any Florida Elite participant who has been removed from practice, play or competition due to a head injury or suspected concussion may not return to Florida Elite activities until the participant has been evaluated by a currently licensed medical professional trained in the evaluation and management of concussions and receives written clearance to return to play from that licensed practitioner. In the absence of an official licensed athletic trainer or other official qualified medical professional, at regional Florida Elite events, the Regional director shall be the final authority on removal of a participant for a suspected head injury or concussion. At league events, the Director of Football and/or Football Commissioner or Director of Cheer, depending on the sport in which the participant was engaged, or in their absence the Executive director, shall be the final authority on removal of a participant for a suspected head injury or concussion. Florida Elite demands that all decisions be made in the best interest of the participant and that when any doubt exists as to the health of the participants, they sit out. Please check www.cdc.gov/concussion for Center for Disease Control (CDC) signs and symptoms chart for Concussions.

Q. INCLEMENT WEATHER - The following system will be used when game days are affected by weather delays:

- The following shall happen with NON-DISTRICT games - After two (2) 30-minute weather delays during a game - total 1 hour (60 minutes) delay:
 1. If the game was stopped in the first half, the game will be deemed no contest and when play can return the next level contest will begin.
 2. If the game was stopped in the 2nd half of game, the game score will be recorded as final and when play can return the next level contest will begin.
- The following shall happen with DISTRICT games - After two (2) 30-minute weather delays during a game - total 1 hour (60 minutes) delay:
 1. If the game was stopped in the first half, when play can return, this game will go to a running clock the remainder of the contest to complete game.

2. If the game was stopped in the 2nd half of game, the game score will be recorded as final and when play can return the next level contest will begin.
- Regardless of Non-District or District game – After three (3) consecutive 30-minute weather delays during a game - total 1.5 hours (90 minutes) delay, the games shall be stopped, and the day of events called due to inclement weather and deemed NC (no contest) for all games that never kicked off due to this stoppage.

- **INCLEMENT WEATHER - PAY RATE FOR OFFICIALS**

1. \$60 per game, per official.
2. Normal day equals five games and a total of \$1,200 (4 officials * \$60 per game* 5 games).
3. If the day is called due to inclement weather conditions, the officials are paid for the completed games, current game officiating & ONLY the next scheduled game.

Example 1:

If the day was called during/after the freshman game due to weather delays, the officials would receive \$720 (\$240 for rookies, \$240 for freshman & \$240 for sophomore game, despite the game not being played). The reason the officials receive full pay for the next game is they have sat for the weather delay, which would take them into the start time for the next game.

Example 2:

If the day was called during/after the junior game due to weather delays, the officials would receive \$1,200. The reason the officials receive full pay for the next game is they have sat for the weather delay, which would take them into the start time for the next game.

NOTE: OFFICIALS NO LONGER HAVE THE AUTHORITY TO CALL A GAME OR THE ENTIRE DAY. THIS DECISION WILL BE MADE BY VICE PRESIDENT, DIRECTOR OF FOOTBALL & DIRECTOR OF OFFICIALS.

SECTION X – SPECIFIC TACKLE FOOTBALL RULES

Normal play shall require eleven (11) players on the field. A game is played between two teams consisting of eleven (11) players each. Each team roster can have an unlimited number of players, and a minimum of eight (8) players. A forfeit will result when the minimum is not met. Should the opposing team decide to play the game instead of taking the forfeit win, the game results shall be recorded and stand as a regular played game. When a team has the minimum number of players, which is eight (8); they must line up in **new legal formations (which require five (5) players on the line/no more than four (4) in the backfield)! (Ex. Team A van breaks down and only has 8 players at site at for kickoff. That team can line up with 5 on the line of scrimmage and 3 in backfield, 6 on the line of scrimmage and 2 in backfield, or 7 on the line of scrimmage and 1 in backfield.)** Also, the opposing teams DOES NOT

have to reduce to the minimum number of players on the field.

A. ROOKIES

- A coin is to be tossed and the winner may elect to kick, receive, choose ends or defer choice to the second half.
- To start the game and after toss, the ball shall be placed on the (30) yard line of the offensive team. There shall be no kick offs.
- The game shall consist of four (4) 8-minute quarters of standard clock.
- Each team has three (3) time outs per half.
- Scoring will be six (6) points for a touchdown, two (2) points for a safety. Extra points will be scored as one (1) point for running, two (2) points for passing or kicking. The ball is to be spotted on the three (3) yard line.
- All local associations are charged with the responsibility to ensure that all coaches are familiar with and understand these and all other applicable rules.
 1. One coach from each team shall be always allowed on the playing field. Defensive coach just like the offensive coach may move players around prior to the snap of ball until the game official states COACHES OUT! The Offensive coach must move behind the white cap official/referee prior to snap of ball/defensive coach must move back 5 yards from deepest defensive player at the time the game official states COACHES OUT!

Note: Both coaches must remain minimum five (5) yards from the closest player from either team. Additionally, once the game official states COACHES OUT, no more offensive or defensive instruction or player adjustments can be made by the coaches on the field! Should a coach break any part of this rule, it will be considered and penalized as unsportsmanlike conduct.
 2. Coaches MAY NOT escort players down the field while ball is in play. Coaches, who are on the field, CAN NOT shout football instructions to the players after the ball is in play. **Should a coach break any part of this rule, it will be considered and penalized as unsportsmanlike conduct.**
 3. There will be a maximum of six (6) men on the defensive line. **The linebackers and/or corner backs must be a minimum of two (2) yards off the line of scrimmage and are not allowed to blitz or stunt. Exception: Cornerbacks on an Island may press; but if in the box they must be 2 yards back; equal to linebackers**
 4. NO LINING UP DIRECTLY OVER CENTER OR IN “A” GAPS.

5. The first snap signals the beginning of the game.

- Once the QB/Center exchange (**Exchange classified as QB being DIRECTLY under the Center**) is secured, fumbles are allowed on this level. **When QB is directly under center and snap is muffed, it will be considered a dead ball and moves to next down.**

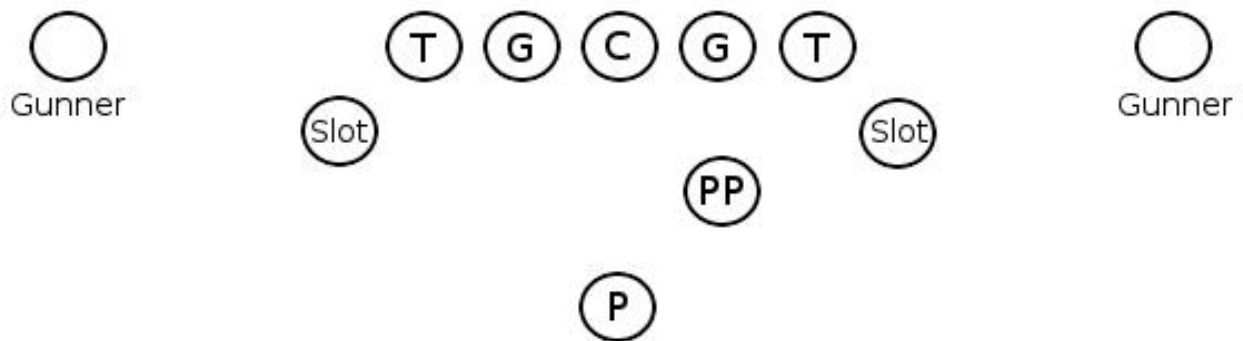
NOTE: If QB is lined up in Shotgun/Pistol the ball will be considered live from the time the center snaps. Therefore, should the QB muff snap, it will be considered a loose ball and live.

- PUNTING - If a punt is elected, the team will be granted 25 yards walk off and a 10 second run off on the game clock; **with the exception that no punt shall exceed the twenty (20) yard line of the opposing team.**
- Interceptions are allowed, and the intercepting team can advance the ball after the interception has been made.

B. FRESHMEN

- A coin is to be tossed and the winner may elect to kick, receive, choose ends or defer choice to the second half.
- To start the game and after toss, the ball shall be kicked off from the forty (40) yard line of the defensive team. The offensive (receiving) team will line up on the fifty (50) yard line. (Unless penalties and/or safety offsets ball placement)
- The game shall consist of four (4) 10-minute quarters of standard clock.
- Each team has three (3) time outs per half.
- Scoring will be six (6) points for a touchdown, two (2) points for a safety. Extra points will be scored as one (1) point for running, two (2) points for passing or kicking. The ball is to be spotted on the three (3) yard line.
- All local associations are charged with the responsibility to ensure that all coaches are familiar with and understand these and all other applicable rules.
- **No coaches shall be allowed on the field except for timeouts and injured player.**
- **Players can line up over center (as long as no shotgun) or in “A” gap. NO double “A” Gap.**
- There will be a maximum of six (6) men on the defensive line. **The linebackers or corner backs must be a minimum of two (2) yards off the line of scrimmage and are not allowed to blitz or stunt. Cornerbacks on an Island may press but if in the box they must be 2 yards back; equal to linebackers.**

- **All kick-offs are live**, and any fumbles or onside kicks recovered **will result in a turnover**.
- There shall be no rush allowed by the opposing team on punts or field goals/kicking point after touchdown attempts in this division. The defensive players can stand or jump and wave hands/arms to try and distract the kicking team.
- All Freshmen **MUST ONLY USE** this formation when electing to punt the ball. As seen on picture below, the formation has 7 players on the line of scrimmage and 4 are in the backfield. (Any deviation of this formation will be deemed illegal formation and penalized as such until the punting team lines up in correct formation.)



NOTE: To help develop kids in proper technique on punts and field goal attempts, ball must be long snapped to punter and holder for kicking of field goal/extra point kick attempts; therefore, there's no fumbles in regards of the snapping of the ball.

- Once punt is elected, the offense can no longer advance the ball, unless it is a legal fumble.
- Should the elected punt not cross the original line of scrimmage; the receiving team will take possession of the ball at the previous spot.
- If a punt is elected once the ball is kicked, it is a live ball and fumbles can occur should the receiving team muff the catch/possession of the ball.
- Interceptions are allowed, and the intercepting team can advance the ball after the interception has been made.

- A team will have **30 seconds** to put the ball in play after the ready signal.

C. SOPHOMORES, JUNIORS, AND SENIORS

The playing rules for Sophomores, Juniors and Seniors are all the same and in the absence of a Florida Elite rule, FHSAA rules ([Florida High School Athletic Association \(fhsaa.com\)](http://fhsaa.com)) will apply.

- A coin is to be tossed and the winner may elect to kick, receive, choose ends or defer choice to the second half.
- To start the game and after toss, the ball shall be kicked off from the forty (40) yard line of the , defensive team. The offensive (receiving) team will line up on the fifty (50) yard line. (Unless penalties and/or safety offsets ball placement)
- The playing ball size that is listed on chart within our rulebook.
- We play 10-minute quarters.
- A team will have **30 seconds** to put the ball in play after the ready signal.
- We award two points for an extra point kick and only one point for an extra point run or pass.

NOTE: If extra point is blocked, intercepted, or fumbled; it is live and can be returned for 2pts.

- On shotgun and/or long snaps, defense is not allowed to line up directly over the center.

FLORIDA ELITE FOOTBALL AND CHEERLEADING
“The Future Is Now!!”

