

EYFL FOOTBALL RULES

INTRODUCTION

Each participant in the Everest Youth Football League ("League") has the opportunity and responsibility not only to strive for the achievement of personal goals, but also to respectfully represent the League throughout the local communities. The rules detailed in this text were designed with the best interest of all participants in mind.

All rules governing the League were established by the Executive Committee. They were put in place with the intent of promoting **safety**, **sportsmanship**, and **fun**. These rules will apply to all persons involved with the League, including coaches, players and parents.

Proposed rule changes must be submitted, in writing, to the Executive Committee, via either the Coaches Committee or the Parents Committee, by January 1st of the year following a completed season. All proposals will be decided upon by the Executive Committee and its decisions will be incorporated into the League's rules, if appropriate. Any changes will be presented at the next year's clinics.

GOALS

The Everest Youth Football League was established with two primary goals in mind. Those goals, in order of priority, are as follows:

1. To develop character in the League's participants.
2. To teach the fundamentals of tackle football, while providing a positive environment in which young persons can experience this unique sport.

Character development will include the establishment and enforcement of rules designed to develop selflessness, commitment, courage, discipline, honesty, humility, respect, responsibility, and teamwork. These values and others will be developed as follows:

1. Each player will receive a manual, containing sections related to the League's rules, the League's playbook, injury management, and prized values promoted by the League.
2. A speaker will discuss a specific value with the players before the start of the organized scrimmage and all games .
3. The players will complete a "**Values Worksheet**", which must be handed in **at the last practice** before the next game. **Penalties for failing to turn in weekly values worksheets are as follows:**

- a. **First Offense:** **Player must sit out the first quarter of the next game.**
 - b. **Second Offense:** **Player must sit out the first half of the next game.**
 - c. **Subsequent Offenses:** **Player must sit out next game.**
4. The players will complete one **“Book Report”** about an influential American, one who did not become popular because of being an athlete. This report will identify and discuss the person's character traits.
 5. The players will be encouraged to do something beneficial for someone else. They can then submit **one “Meritorious Acts”** report during the season containing 3 acts of merit. This report, if reasonable, can contribute to a team's sportsmanship scores.
 6. Coaches and players from opposing teams will meet at mid-field prior to each game to express gratitude for their mental and physical ability to participate in athletics and to ask for protection in the game ahead. This activity will be non-denominational.
 7. Coaches and players will meet at mid-field after each game to extend congratulations.

Proper football fundamentals will be promoted through the following:

- A. **Coaches' Training:**
 1. National Youth Sports Coaches Association Certifications.
 2. D.C. Everest High School football coaches' fundamentals clinic.
- B. **Rules that generate Success Through Fundamentals:**
 1. All teams run the same plays.
 2. Quarterbacks call all the plays.
 3. All teams run the same defense.
 4. No defensive stunts allowed.
 5. No Blitzing allowed.