

FLOWER MOUND YOUTH FOOTBALL ACADEMY



2025 BY-LAWS
(updated 3/3/25)

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Note: Any change from the 2024 Tackle Rules will be highlighted in **GREEN**

**Seated Members:
2025**

Board			
	President	Robbie Waters	512-269-9969
	Vice-President	Shane Pipkin	
	Community Liaison	Mike Bean	
	Secretary	Karen Waters	
	Treasurer	Travis Lalonde	
	Director of Fundraising	Dana Pipkin	
	Director of Logistics	Josh Hamel	
Officers			
	Director of Coaching	Shane Pipkin / Max Bush	
	League Advocate	Randy Smith	
	Marketing Officer	OPEN	
	Communication Officer	OPEN	
	Safety Officer	Mike Bean	
	School District & Community Coordination Officer	Mike Bean	
	Director of Cheerleading	OPEN	
	Game Day Officer	Josh Hamel / Paul & Jillian Vesper	
	Equipment Officer	Josh Hamel	
	Team Mom Officer	Tracie Weaver	
Grade Level Representatives			
	6th Grade	OPEN	
	5th Grade	OPEN	
	4th Grade	OPEN	
	3rd Grade	OPEN	
Executive Committee			
	Ex-Board Members	OPEN	
	Ex-Board Members	OPEN	
	Ex-Board Members	OPEN	

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Coach Interview Committee			
	President	Robbie Waters	
	Vice-President	Shane Pipkin	
	Community Liaison	Mike Bean	
	Director of Coaching	Shane Pipkin / Max Bush	
	Grade Level Representatives	See GLR	
Finance Committee			
	Treasurer	Travis Lalonde	
	Member # 1	OPEN	
	Member # 2	OPEN	
	Bookkeeper	Stephanie Kohutek	
	CPA	Nicole Warren	
Marketing & Communication Committee			
	Marketing Officer	OPEN	
	Communication Officer	OPEN	
	Registration Management (Secretary)	Karen Waters	
	Member # 4	OPEN	
	Member # 5	OPEN	
Rules Committee			
	Director of Coaching	Shane Pipkin / Max Bush	
	Member # 2	Corby Hodgkiss	
	Member # 3	Travis LaLonde	
	Member # 4	Brant Scott	
	Member # 5	Shane Pipkin	
Fundraising Committee			
	Director of Fundraising	Dana Pipkin	
	Member # 2	Mike Bean	
	Member # 3	OPEN	
	Member # 4	OPEN	
	Member # 5	OPEN	

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Safety Committee			
	Director of Safety	Mike Bean	
	Athletic Trainer	Jeff Brown	
	Athletic Trainer	Cody Jenske	
	Team Doctor	Dr. Sai	
	Physical Therapist / Athletic Trainer	Madeline Reyes	
Equipment Committee			
	Director of Logistics	Josh Hamel	
	Member # 2	OPEN	
	Member # 3	OPEN	
	Member # 4	OPEN	
	Member # 5	OPEN	
Cheerleading Committee			
	Director Cheerleading	OPEN	
	Member # 2	OPEN	
	Member # 3	OPEN	
	Member # 4	OPEN	
	Member # 5	OPEN	
Game Day Committee			
	Director of Logistics	Josh Hamel	
	Game Day Officer	Paul Vesper	
	Game Day Officer	Jillian Vesper	
	Member # 4	OPEN	
	Member # 5	OPEN	
Grievance Committee			
	President	Robbie Waters	
	Board Member # 1	Assigned per grievance	
	Board Member # 2	Assigned per grievance	
	Officer or Committee Member # 1	Assigned per grievance	
	Officer or Committee Member # 2	Assigned per grievance	

2024 Flower Mound Youth Football Academy BYLAWS & RULES

ARTICLE I: FMYFA

- Section 1: The name of this organization shall be the Flower Mound Youth Football Academy or FMYFA, or FMYFAcademy.
- Section 2: Said organization is organized exclusively for charitable, religious, educational, and scientific purposes, including, for such purposes, the making of distributions to organizations that qualify as exempt organizations described under Section 501(c)(3) of the Internal Revenue Code, or corresponding section of any future federal tax code.

ARTICLE II: OBJECTIVES

- Section 1: Our mission is to deliver a unified youth recreational football experience for kids zoned to Flower Mound schools.
- Section 2: Embracing positivity and inclusivity, while vertically aligning with the philosophies of our local high schools, we aim to provide a holistic and scaled developmental journey. We're committed to nurturing well-rounded individuals who positively impact and contribute to their communities.

ARTICLE III: GOVERNING BOARD & OFFICERS

Section 1: FMYFA Board

The FMYFA Board shall serve as the governing body of the Flower Mound Youth Football Academy, responsible for transacting all business and enforcing all rules of the Academy. The Board holds the authority to settle all disputes and protests, with all its decisions being final.

Section 2: Board Members

The FMYFA Board shall have voting rights and will consist of elected Board Members as follows:

A. President

The President shall be the chief Board Member responsible for the overall administrative functions of the Academy. The President shall appoint committees as outlined herein and as deemed necessary, assign duties to Board Members and Officers as required, and take prudent and reasonable action in circumstances not covered within the Bylaws. All appointments are subject to confirmation by the FMYFA Board. The President will serve on the Coach Interview Committee and may appoint a representative to serve on their behalf. The President will serve on the Executive Committee. The President may serve a maximum of five (4) consecutive 12-month terms in the same office beginning in January following the Annual Board Meeting. The President shall assign duties to Board Members as deemed necessary.

B. Vice President

The Vice President ("VP") is a Board Member who shall assume the powers of the President in their absence. The VP may appoint Assistants as necessary. The VP shall serve on the Coach Interview Committee and the Executive Committee.

C. Community Liaison

The Community Liaison ("CL") is a Board Member who serves as a vital bridge between the organization and the community it operates within. This role involves building and maintaining strong connections with local community groups, businesses, schools, and other stakeholders. The Community Liaison ensures clear and effective communication between the organization and the community, keeping both parties informed about relevant events, opportunities, and concerns. Additionally, this Board Member represents the interests and needs of the community within the organization and advocates for the organization's mission and programs in the community. They promote community involvement and participation in the organization's activities, events, and initiatives, and gather and provide feedback from the community to help shape and improve programs and services. Overall, the Community Liaison plays a crucial role in fostering a positive relationship between the organization and the community it serves. The CL shall serve on the Coach Interview Committee and the Executive Committee.

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D. Secretary

The Secretary is a Board Member who shall record the minutes of all meetings, attend to all correspondence, and ensure that all voting members receive a copy of these bylaws. The Secretary will keep player information and provide consolidated lists and player registration forms to the coaches. The Secretary is responsible for overseeing the "Registration Committee" and keeping all league forms. The Secretary shall serve as Parliamentarian and may serve on the Coach Interview Committee of FMYFA. The Secretary shall take and record a roll call noting attendees at each meeting. Should the Secretary be unable to attend a meeting, the Secretary shall appoint another FMYFA Board Member to fulfill the duties of taking and recording roll call, minutes, and collecting any other information introduced at the meeting. Such information will be delivered by the appointed substitute to the Secretary within a reasonable time after the meeting, allowing the Secretary to prepare the final draft of the minutes of the past meeting. Should the Secretary be unable to appoint a substitute, the President shall appoint one. The Secretary shall serve on the Coach Interview Committee and the Executive Committee.

E. Treasurer

The Treasurer is a Board Member who shall have the responsibility of managing all funds, disbursing all bills, and maintaining accurate and current records of FMYFA finances. At the end of each year, the Treasurer shall present a financial report for auditing by the Board of Directors. At each FMYFA Board meeting, the Treasurer shall present a financial report.

F. Director of Fundraising

The Developer of Fundraising ("DOF") is a Board Member responsible for developing and executing comprehensive fundraising strategies to support the organization's mission and goals. This role involves identifying potential funding sources, including individual donors, corporate sponsors, grants, and fundraising events. The Developer of Fundraising cultivates and maintains relationships with donors and sponsors, ensuring regular communication and expressing gratitude for their support. They oversee the planning and coordination of fundraising events and campaigns, working closely with volunteers and staff to maximize outreach and engagement. Additionally, the Developer of Fundraising tracks and reports on fundraising progress, analyzing data to refine strategies and improve outcomes. This Board Member also stays informed about fundraising trends and best practices, ensuring the organization's fundraising efforts are innovative and effective. Overall, the Developer of Fundraising plays a crucial role in securing the financial resources necessary to sustain and grow the organization's programs and services. The DOF shall serve on the Coach Interview Committee and the Executive Committee.

G. Director of Logistics

The Director of Logistics ("DOL") is a Board Member responsible for overseeing the organization and logistics of all league events. This includes, but is not limited to, managing equipment, coordinating games and practices, organizing volunteers, and planning special events. The DOL ensures smooth operations and the successful execution of all activities. Additionally, the DOL serves on the Executive Committee of FMYFA.

Section 3 Board Elections & Term Limits

A board member shall serve a two-year term and may be re-elected once, with a maximum total service of four years. If a board seat becomes vacant at any time outside the regular election cycle, the board will vote to fill that position, and the new member will serve the remainder of the term. Exiting board members may begin the process to fill Executive Board seats with a majority vote from the board. To ensure continuity, FMYFA will stagger term limits in its inaugural year of 2024, so not all board members face re-election simultaneously. Only those who have served less than four years are eligible for re-election. The following term limits apply to each board member:

(A) Community Liaison	7 years
(B) Vice-President	6 years
(C) Director of Logistics	5 years
(D) President	4 years
(E) Treasurer	3 years
(F) Director of Fundraising	2 years
(G) Secretary	2 years

Section 4 Academy Officers

Academy Officers ("AO") shall be the managing body of the Flower Mound Youth Football Academy and shall transact all business and enforce all rules for the Academy. It shall have the power to settle all disputes and protests. Decisions made by the LO may only be overridden by a majority vote of the FMYFA Board. AO shall **NOT** have voting rights and will consist of elected officials as follows:

H. Director of Coaching

The Director of Coaching ("DC") has the specific responsibility of overseeing the Coaches and development of coaches for the Academy. The DC along with the President will receive and handle all coach, parent and player issues for the league. The DC shall serve on the Coach Interview Committee and Executive Committee.

I. League Advocate

The League Advocate ("LA") provides essential legal counsel to our youth football league. The LA ensures our operations comply with laws and regulations, drafts and/or reviews legal documents, and advises on risk management. Upholding integrity and fairness, the LA advocates for the league's best interests in all matters, fostering accountability and transparency. The League Advocate may serve on the Coach Interview Committee.

J. Marketing Officer

The Officer of Marketing is tasked with developing and implementing strategic marketing initiatives to enhance the organization's visibility, engagement, and growth. This role encompasses a wide range of responsibilities, including creating and managing marketing campaigns, overseeing social media strategies, and coordinating public relations efforts. The Director of Marketing collaborates with other board members and staff to ensure a cohesive brand message across all communication platforms.

K. Safety Officer

The Officer of Safety is tasked with ensuring the well-being of all participants in FMYFA. Responsibilities include implementing and overseeing safety protocols, conducting regular safety inspections, and providing training on injury prevention and emergency procedures.

L. Communication Officer

The Communication Officer ("CO") is responsible for overseeing and directing all aspects of communication for the Academy. Their duties include social media management, website coordination, information dissemination, and collaboration. These responsibilities ensure effective communication within the organization and with the broader community while aligning with and supporting the organization's strategic goals.

M. School District & Community Coordination Officer

The Officer of School District & Community Coordination ("SDCCO") will assist with league information and ideas/suggestions and help to serve the FMYFA board with community and school district interaction as needed. The OSDCC shall serve on the Coach Interview Committee and the Executive Committee.

N. Cheerleading Officer

The Officer of Cheerleading (ODC) is responsible for coordinating and developing the cheerleading program and team within the Academy. This includes overseeing cheerleader recruitment, training, and performance, ensuring that all activities align with the Academy's mission and values. The ODC may appoint assistants as needed to help facilitate practices, organize events, and support cheerleader development. Additionally, the ODC works closely with coaches and parents to promote a positive environment and foster team spirit, ensuring that the cheerleading program contributes to the overall success of the Academy..

O. Game Day Officer

The Game Day Officer is responsible for ensuring the smooth operation of all activities on game day. This includes coordinating logistics such as setting up and breaking down the venue, managing equipment and supplies, and overseeing the facility to ensure safety and compliance with league rules. The officer serves as the primary point of contact for coaches, players, and parents, facilitating communication and addressing any issues that arise during the event. The Game Day Officer will assign a Game Administrator to implement these responsibilities, including supervising volunteers and staff, monitoring the behavior of spectators and participants, and resolving any on-site emergencies. Additionally, they gather feedback post-game to enhance future events and ensure proper cleanup of the facility. Overall, this role is crucial for creating a positive and organized game day experience for everyone involved.

P. Equipment Officer

The Officer of Equipment is responsible for managing all equipment-related activities within the organization. This includes overseeing the inventory, maintenance, and distribution of gear for players and coaches, ensuring that all

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equipment meets safety standards and league regulations. The Officer coordinates with coaches to assess equipment needs and facilitates the ordering and procurement of necessary supplies. Additionally, this officer can assign a Game Administrator to assist with equipment setup on game days, ensuring everything is in place for a smooth operation. The Officer of Equipment also handles the collection and return of gear at the end of the season, tracks any missing or damaged items, and implements procedures for proper equipment care. Overall, this role is essential for providing players with safe, reliable gear and maintaining the organization's equipment resources effectively.

Q. Team Mom Officer

Team Moms play a crucial role in supporting the administrative and organizational needs of FMYFA teams. They serve as a vital communication link between coaches, parents, and the FMYFA organization, ensuring the smooth operation of team-related activities.

R. Grade Level Representatives

- (A) 6th Grade - OPEN
- (B) 5th Grade - OPEN
- (C) 4th Grade - OPEN
- (D) 3rd Grade - OPEN

Grade Level Representatives (GLRs), who are also coaches for their respective grade levels, serve as essential links between the board and the athletes and their families. They facilitate communication, address concerns, and relay important information, ensuring a cohesive and supportive environment for all participants. The GLRs play a crucial role in fostering relationships within the community, promoting engagement, and supporting the overall mission of the Academy by advocating for the needs and interests of their grade-level teams.

Section 5: Voting

Each "**FMYFA Board**" Member shall have one vote. The President shall have the ability to veto any motions that he/she deems necessary. In the case of a veto a 2/3rd majority vote is required to overrule. Proxy votes will be accepted only if submitted in writing.

Section 6: Vacancies

Any FMYFA Board Member or Officer may resign his/her office by written resignation to the Board. Any FMYFA Board Member or Officer who willfully neglects his/her duties to the detriment of the Academy may be brought to a hearing by the FMYFA Board and may be asked to resign his/her position. Any vacancy of FMYFA Board or Officer positions shall be filled by presidential appointment with ratification of the majority of the remaining FMYFA Board Members.

Section 7: Officer Elections

Each December, an Annual Executive Committee meeting will be held for the purpose of selecting FMYFA Board Members for the upcoming year. The President shall be the previous Vice President if the President's term limit has been reached or if they choose not to return. The incoming President will select the Vice President based on experience and dedication to the Flower Mound Youth Football Academy. Any Board Member who has served for more than one year may participate in the Nomination Committee for selecting new board members. The Nomination Committee will:

- (A) Notify FMYFA participants, Board Members, and Officers that nominations are being accepted for board positions.
- (B) Establish a method for notifying members of the timeline for accepting nominations.
- (C) Provide a reasonable information form to nominees and allow sufficient time for completion and return.
- (D) Compile a list of all nominees with completed forms for the Executive Committee.

The Board will review all nominees and select new board members by majority vote of the Executive Committee, with the process expected to be completed within 14 days of the Annual Board Meeting.

Section 8: Board Meetings

The FMYFA Board shall hold meetings when called by the President or when requested by at least three FMYFA Board Members.

Section 9: Quorum

A quorum shall consist of a simple majority of the seated FMYFA Board.

Section 10: Virtual Attendance

All efforts shall be made to physically attend any meeting described in this document, however, virtual attendance shall be permitted (i.e. via zoom or similar technology), as long as two-way, real-time communication is established with the virtual attendee and the physically-present attendees.

Section 11: Compensation

All positions within the Flower Mound Youth Football Academy are voluntary and non-compensated. However, the Board reserves the right to hire individuals, including board members or officers, as third-party vendors if (3) bids are taken and voted upon by the board. The FMYFA Board may also choose to hire a manager to oversee daily operations, who may be anyone but a Board Member

ARTICLE IV: RULES AND REGULATIONS

Section 1: Member Conduct

The Academy recognizes that the conduct of its members reflects not only the individual, but on the entire program, and has a significant impact on the attitudes of the children and the youth that we are endeavoring to assist in their development as good citizens and honest adults. Therefore, if any Board member, Coach, or other Academy member is guilty of misconduct such as abusive language, fighting, intoxication or other behavior which proves to be a detriment to this organization or its objectives at games, game sites, practice games, or business meetings, disciplinary action will be taken in the form of removal of membership or participation. The President will have authority to invoke an immediate 2-week suspension. During that time the Board is required to vote to remove the membership or participation of individuals guilty of this type of behavior. The removal of membership in the Academy of any parent will not result in the player losing his team membership.

Section 2: Failure to Perform Duties

Any elected officer of this organization who fails to perform the duties of that office will be subject to disciplinary action or removal from office by the President with Board approval.

Section 3: Coaching Attendance

Coaches who habitually fail to participate in grade level practices or team practices will be subject to dismissal by the Board, and the Board will immediately appoint a replacement coach.

Section 4: Board Enforcement

The Board shall have full authority in enforcing the Bylaws and Rules and Regulations of the Flower Mound Youth Football Academy.

Section 5: Board Authority

The membership of the Flower Mound Youth Football Academy recognizes that for the most part, we are an Academy of laymen who have joined together in the interest of promoting the ideals of the Academy. Therefore, we pledge ourselves to the mutual support of the officers and recognize that not all instances can be included within these printed Bylaws, and in expression of confidence of our elected Board, hereby grant them the authority to act on matters as they see appropriate and in the best interest of the players, the FMYFA community.

ARTICLE V: MISCELLANEOUS

Section 1: Robert's Rule

Robert's Rules of Order Newly Revised shall be the prime entry authority for all matters of procedure not specifically covered by these Bylaws.

Section 2: Board Meeting Agenda

All meetings, whether they are Board meetings, specially called meetings, or regular scheduled meetings, shall be conducted following a previously prepared agenda. Every effort will be made to provide a copy of the agenda to all interested parties twenty-four hours prior to the proposed meeting, unless otherwise required herein. The President shall have the responsibility of conducting the meeting according to the prepared agenda.

Section 3: Quarterly Ledgers

It is expected that all receipts for purchases will be retained. A quarterly ledger entry shall be made to account for all expenditures outside the fall tackle football season, while monthly ledgers will be prepared during the fall tackle football season. Board meetings in January, April, July, and October will include reviews of these ledgers.

- (A) The President or Vice Presidents may approve any expenditure under \$400.
- (B) Any request exceeding \$400 must be approved by both the President and the Vice President.
- (C) Yearly expenditures for official's fee, field rentals, uniforms and equipment will not require a vote after 2024.

Section 4: By-Laws Miscellaneous

These Bylaws may be altered, amended, or repealed by the Board. Changes require a quorum of one-half (1/2) of eligible voting members to be present at a specially called meeting to consider the modifications. Attendance can be virtual (e.g., via Zoom or similar technology), provided that two-way, real-time communication is established with both virtual and in-person attendees. Additionally, any changes require a two-thirds (2/3) affirmative vote from the members present. Proposals to alter, amend, or repeal the Bylaws must be communicated to all board members at least seventy-two hours prior to the meeting. Notice can be sent via email, broadcast email, phone calls, or any acceptable communication method. Furthermore:

- (A) Bylaw changes shall be presented and voted on as necessary.
- (B) The Board has the authority to authorize the dissolution of the organization.
- (C) The Board shall appoint the registered agent and provide the name and address of the registered agent in accordance with Texas law.

Section 5: Board Members Miscellaneous

From time to time, the number of Board Members or Officers may be increased or decreased, but no decrease shall have the effect of shortening the term of any incoming Board Member or Officers. Board Members and Officers in positions eliminated by changes in the Bylaws shall complete the term for which they were elected. Any contract or other transaction between the organization and any of its Board Members, Officers or any corporation or firm in which any of Flower Mound Youth Football Academy Board Members or Officers is directly or indirectly interested will be considered appropriate and shall be recognized as valid, provided that the Board Member abstains from voting when the decision regarding the contract is made

ARTICLE VI: COMMITTEES

Section 1: Executive Committee

The Executive Committee is composed of the Board Members for the purpose of selecting new board members and officers at the annual Board meeting in December if there is an open position. In the inaugural year of 2024, the Executive Committee will be composed of the Board. As each board member exits their seat, they have the option to become a member of the Executive Committee with majority board approval. The number of Executive seats will equal the number of board seats. Once the Executive Committee is full, an existing board member can only become an Executive member when a seat opens. Executive seats are lifetime positions or until the member can no longer serve.

Section 2: Coach Interview Committee

The Coach Interview Committee will be composed of the President, Vice President, Community Liaison, Director of Football, and/or a Grade Level Representative. Any of these positions will be qualified to vet a potential coach and may appoint a qualified individual to act on their behalf.

Section 3: Finance Committee

The Finance Committee is responsible for managing the financial health of the Flower Mound Youth Football Academy. This committee oversees budgeting, financial planning, and fundraising initiatives to ensure the organization's sustainability. Members review financial reports, monitor expenditures, and provide recommendations for financial strategies. They work collaboratively with the Treasurer to maintain transparency and accountability in all financial matters, supporting the Academy's mission and goals.

Section 4: Marketing & Communication Committee

The Marketing & Communication Committee is established to oversee and implement all aspects of marketing, communication, and public relations for the organization. This committee plays a vital role in promoting the organization, ensuring clear and effective communication, and managing sensitive information responsibly.

- (A) **Marketing** - Managed by the "Marketing Officer," this category focuses on driving promotional campaigns and initiatives to attract and engage participants, sponsors, and the community. Essential for enhancing the organization's visibility and outreach.
- (B) **Communication** - Run by the "Communication Officer," this category encompasses the following responsibilities:
 - (a) **Social Media** - Oversee and update posts across all social media platforms to ensure consistent and engaging communication.
 - (b) **Website Management** - Manage and update the organization's website, with the "SportsEngine Administrator" handling the front-end website tasks and reporting to the Social Media Coordinator.
 - (c) **Internal and External Communication** - Ensure timely and effective dissemination of information within the organization and to the broader community. The "Communication Officer" role is currently held by Frank Klarich, subject to confirmation for continuation.
- (C) **Registration Management** - Managed by the secretary, which includes:

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- (a) All registration duties within the SportsEngine platform, including applying refunds and maintaining registration records.
- (b) Back-end financial management associated with SportsEngine will be handled by the treasurer, with the option to delegate these duties to the secretary or another board member if necessary.

Section 5: Rules Committee

The rules committee is responsible for developing the rules for FMYFA and bringing them to the board. The President may apply any new rules that are reasonable and fair for the safety of the players, coaches, peripheral staff, and fans but must consult the rules committee before being adopted in the bylaws for the next season.

Section 6: Fundraising Committee

The Fundraising Committee is responsible for developing and implementing strategies to secure financial support for the Flower Mound Youth Football Academy. This committee identifies potential funding sources, including individual donors, corporate sponsors, and grants, while planning and coordinating fundraising events and campaigns. Members work collaboratively to engage the community, promote events, and track fundraising progress, ensuring that all initiatives align with the Academy's mission and goals. Ultimately, the Fundraising Committee plays a crucial role in sustaining and growing the Academy's programs and services.

Section 7: Safety Committee

The Safety Committee will review all rules and report to the board pertaining to:

- (D) Equipment standards and requirements
- (E) Safety protocols for practices and games
- (F) Injury prevention strategies
- (G) Emergency response procedures
- (H) Regular equipment inspections and maintenance
- (I) Selection of advanced tackling techniques
- (J) Compliance with local and national safety guidelines
- (K) Player health and wellness programs

Section 8: Equipment Committee

The Equipment Committee is responsible for overseeing the acquisition, maintenance, and distribution of all equipment necessary for the Flower Mound Youth Football Academy. This committee ensures that all teams have access to safe and appropriate gear, coordinates inventory management, and addresses any equipment-related concerns. Members work closely with coaches and volunteers to ensure that equipment needs are met efficiently, supporting the Academy's mission to provide a safe and effective environment for athletes.

Section 9: Cheerleading Committee

The Cheerleading Committee will oversee all cheer activities and be composed of the Officer of Cheerleading and all current coaches. See "FMYFA Cheerleading By-Laws" for more information.

Section 10: Grievance Committees

Committee designed to address complaints associated with any aspect of the FMYFA including administrative, team structure, practices and play. The committee will be composed of the FMYFA President, (2) Board Members, & (2) Officers or (2) committee members

Section 11: Additional Committees

Additional Committees will be formed at the direction of the President as required.

ARTICLE VII: MEMBERSHIP

Section 1: Membership into FMYFA

FMYFA membership is open to non-profit organizations that can field one or more teams in each division. Application for membership in FMYFA must be sent via email to FMYFAcademy@gmail.com. All applications must be submitted by the end of June meeting. The vote to accept or decline the application will take place at the meeting, pending a 30-day vetting process.

Section 2: Membership Fees

Annual Membership Fees - Each member academy of FMYFA will pay an annual non-refundable fee of \$100.00 per team (flag & tackle) along with an additional film fee. All fees are payable no later than the first FMYFA August meeting. Any town that does not pay their academy fees and film fees by the specified deadline shall forfeit their academy rights to host or participate in the FMYFA games or activities.

Sections 3: Shared Fee's

Any expenses incurred by FMYFA shall be equally shared by all active member academis of FYMFA.

ARTICLE VIII: ACADEMY STRUCTURE & RESIDENCY

Section 1: Teams

Teams are composed of players who register through the Flower Mound Youth Football Academy.

Section 2: Flower Mound Residents

Priority will be given to those who are zoned to feeder schools for Flower Mound Marcus High School and Flower Mound High School.

Section 3: Residents Outside of Flower Mound

Players outside of The Town of Flower Mound and municipalities who are not zoned for Marcus High School or Flower Mound High School **WILL BE** permitted to participate in FMYFA activities and teams. These players will be grandfathered in when a league is formed that requires FMYFA to participate with players from their feeder patterns.

Section 4: Separate League Formation within Flower Mound

The Rules Committee has been advised to determine the appropriate participation numbers for FMYFA to initiate separate team formations. At that point, players zoned for Flower Mound Marcus will participate in their own draft, while players zoned for Flower Mound High School will be formed by their own draft. The Board will vote on this issue when it is brought to them

ARTICLE IX: GRIEVANCES

The President of FMYFA will serve as the Chairperson of the Grievance Committee, which will be composed of two (2) board members and two (2) officers or (2) committee members. The President will only vote in the case of a tie. The decision of the committee will be final and will be communicated to the concerned party by the President of FMYFA. Any complaints must be submitted via email to FMYFAcademy@gmail.com.

- (A) President of FMYFA
 - (a) The President of FMYFA oversees all operations of the Academy. Responsibilities include the initial handling of grievances, protests, and complaints, and the submission of unresolved issues to the Grievance Committee for a final decision.
- (B) Director of Coaching
 - (a) The Director of Coaching is responsible for supervising the operation of all Divisions and Teams within FMYFA. Duties include the initial handling of grievances, protests, and complaints, and escalating unresolved issues to the President of FMYFA.
- (C) Grade Level Representative
 - (a) Grade Level Representatives oversee the operation of their specific Divisions. Their responsibilities include the initial handling of grievances, protests, and complaints, and escalating unresolved issues to the President of FMYFA.

ARTICLE X: PARENTAL REQUIREMENTS

Section 1: Permission:

- (A) All players must provide the following permissions from their parent(s) or legal guardian(s) to participate in the FMYFA:
 - (a) Concussion Waiver
 - (b) Liability Waiver and Release
 - (c) Consent to use Photographic and Video Images

Section 2: Insurance:

- (A) FMYFA will have General Liability Insurance and Excess Accident Medical Insurance Plan. Players and Cheerleaders will be covered under this insurance plan.
- (B) FMYFA will have coverage in place at all events.
- (C) FMYFA insurance policies are set up to coordinate with the family insurance policies of the players. Family insurance policies shall be the primary carrier and any FMYFA coverage shall be the secondary for any occurrences. This policy is considered usual and typical coverage for these activities.
- (D) All bills that are not covered or paid by the family personal insurance policy will be the responsibility of the family.
- (E) FMYFA is responsible for providing families with a claim form upon request. FMYFA will also receive a copy of the claim to verify that the information on the form is accurate and complete before it is sent to the insurance provider.

ARTICLE XI: SAFETY

Section 1: Weather Policy

(A) [LISD weather policy](#) will be followed

Section 2: Heat & Cold

(A) FMYFA will follow Lewisville Independent School District Cold and Heat policies.

(a) Cold Policy - No outside exposure if:

- (i) Wind chill factor is less than 32 degrees
- (ii) Wind chill factor is less than 40 degrees with precipitation

(b) Heat Policy - FMYFA will use the WetBulb Globe Temperature (WBGT) which is a measure of the heat stress in direct sunlight, which takes into account: temperature, humidity, wind speed, sun angle and cloud cover (solar radiation). This differs from the heat index, which takes into consideration temperature and humidity and is calculated for shady areas.

- (i) To determine the WBGT in our area, FMYFA will use [Perry Weather LINK](#) and the chart below to determine practice & rest break guidelines.

UIL & Lewisville ISD WBGT Recommendations	
WBGT Reading	Practice Guidelines & Rest Break Guidelines
Under 82.0	Normal activities - provide at least 3 separate rest breaks each hour with a minimum of 3 minutes each during the workout.
82.2 - 86.9	Use precaution with intense and prolonged exercise; provide at least 3 separate rest breaks each hour with a minimum duration of 4 minutes each.
87.1 - 90.0	Maximum practice time is 2 hours. FOOTBALL: players are restricted to helmet, should pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to workout wearing football pants without changing to shorts. FOR ALL SPORTS: Provide at least 4 separate rest breaks each out with a minimum duration of 4 minutes each.
90.1 - 91.9	Maximum practice is 1 hour. FOOTBALL: No protective equipment may be worn during practice, and there may be no conditioning activities. FOR ALL SPORTS: There must be 20 minutes of rest breaks distributed throughout the hour of practice. *Consider delaying start times for competitions if WBGT is in the red zone.
Over 92.0	NO outdoor workouts. Delay practice until a cooler WBGT is reached.

**The chart above provides recommended precautions for practices. AT's will re-evaluate every 30 minutes.*

**WBGT modifications should be fluid, meaning that if the conditions get more restrictive during the day or particular practice, modifications should be made.*

Section 3: Concussion

(A) A player is considered concussed if anyone suspects there are symptoms of a concussion. FMYFA will use the philosophy, "When in Doubt, Sit Them Out".

(B) If a player is "considered concussed," the parent must obtain a release from a doctor and use the "Return to Play" (RTP) paperwork to monitor the 5-day protocol. The athlete will be allowed to participate in full activity only after the doctor's release and RTP paperwork are completed.

(C) [What is a concussion?](#)

(D) Signs Observed by Coaching Staff:

- (a) Dazed or stunned appearance
- (b) Confusion about assignment or position
- (c) Forgetfulness
- (d) Uncertainty of game, score, or opponent
- (e) Clumsy movements

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- (f) Slow response to questions
 - (g) Mood, behavior or personality changes
 - (h) Can't recall events prior to or after hit or fall
- (E) Symptoms Reported by Athlete:
- (a) Headache or "pressure" in head
 - (b) Nausea
 - (c) Balance problems or dizziness
 - (d) Double or blurry vision
 - (e) Sensitivity to light or noise
 - (f) Feeling sluggish, hazy, foggy or groggy
 - (g) Concentration or memory problems
 - (h) Confusion
 - (i) Emotions of "not feeling right" or "feeling down".
- (F) If a player is considered to be discussed, they must get a doctor's release to return.
- (G) Upon returning, the player will go through a 5-day "Return to Play" (RTP) protocol.
- (H) Return to Play After suffering a concussion
- (a) no athlete should return to play or practice on that same day.
 - (b) An athlete should never be allowed to resume play following a concussion until symptom free and given the approval to resume physical activity by an appropriate health-care professional.
 - (c) Once an athlete no longer has signs or symptoms of a concussion and is cleared to return to activity by an appropriate health-care professional, they should proceed in a step-wise fashion to allow the brain to readjust to exercise.
 - (d) In most cases the athlete should progress no more than one step each day, and at times each step may take more than one day. Below is an example of a return to physical activity program:
 - (e) Progressive Return to Play Protocol:
 - (i) Step 1: Back to Regular Activities (such as school) To enter into the stepwise return to play protocol the athlete should first be back to regular activities (such as school) and has been cleared by their appropriate health-care professional to begin the return to play process. In most all cases, the athlete should have all concussion-related academic adjustments removed prior to beginning the Return to Sports Activity Program
 - (ii) Step 2: Light Aerobic Activity Begin with light aerobic exercise only to increase heart rate. This means about 5 to 10 minutes on an exercise bike, brisk walking, or light jogging. No anaerobic activity such as weight lifting should be done at this stage.
 - (iii) Step 3: Moderate Activity Continue with activities that increase an athlete's heart rate while adding movement. This includes running drills.
 - (iv) Step 4: Non-Contact Training Activity Add sports specific, more intense, non-contact physical activity, such as such as passing in hockey, dribbling in basketball or soccer, high-intensity stationary biking, regular weightlifting routine.
 - (v) Step 5: Practice and Full Contact The athlete may return to practice and full contact (if appropriate for the sport) in a controlled practice setting where the skills can be assessed by the coaches.
 - (vi) Step 6: Competition The athlete may return to competition

ARTICLE XII: SCHEDULES & GAMES

Section 1: Schedules

- (A) All regular season and postseason schedules shall be determined by FMYFA.
- (B) There shall be at least a 7-game schedule plus a playoff weekend and a championship weekend. See Rule 29 for details
- (C) The FMYFA Fall season is from the first day of school and ends no later than Thanksgiving break.

Section 2: Games

- (A) Security personnel are required at each game location within each town unless the security personnel have jurisdiction in both communities.
- (B) Trainers are required to be in each town games are played unless the proximity of the fields are close enough to serve both locations.
- (C) FMYFA is required to pay a School Administrator at each ISD facility used. The Administrator is responsible for opening and closing the facility and ensuring that restrooms and press boxes are accessible when applicable.
- (D) FMYFA will pay an FMYFAcademy Field Administrator up to \$25.00 per hour to be available at each field. Responsibilities include:
 - (a) Set up and break down game fields
 - (b) Monitor weather conditions
 - (c) Ensure coaches, players, and fans are following FMYFA rules.
 - (d) Assigning workers to staff the "FMYFA Central Tent," which will assist with:
 - (i) Trainers
 - (ii) Injuries
 - (iii) equipment needs

Section 3: 5-Play Rule

- (A) FMYFA head coaches are required to play each player a minimum of (5) plays per half and (10) plays per game. It will be the responsibility of the head coach to maintain accurate "FMYFA 5 Play Sheet" for each game. The head coach, (2) assistant coaches, and a parent must sign the "FMYFA 5 Play Sheet" and email the document to FMYFAcademy@gmail.com before Sunday night (the day after the game was played). If the head coach fails to comply with the minimum play requirements for his team and players or does not submit the document, they will be subject to the following penalties.
 - (A) 1st Offense - One week suspension for next week's activities and game
 - (B) 2nd Offense - Suspension for the remainder of the season
 - (C) 3rd Offense - Suspension from FMYFA

Section 4: Stadium Rules & Regulations:

- (A) No metal cleats allowed.
- (B) No heat sources of any kind allowed inside stadiums.
- (C) Canopies and/or tents may not be placed on turf fields or tracks.
- (D) Use of tobacco/sunflower seeds/gum is prohibited.
- (E) Absolutely no glass bottles, cans or food are allowed on the stadium field.
- (F) All equipment such as training tables and fans used on the field must have a protective base and arrangements must be made in advance with the stadium manager.
- (G) No street legal vehicles are allowed on fields and tracks.
- (H) No grills or heat sources of any kind allowed on fields and tracks.

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- (I) No live mascots are allowed.
- (J) No cannons or confetti are allowed.
- (K) No baby powder allowed.
- (L) No propane tanks allowed.
- (M) No paper banners or signs allowed. Spirit signs must be made of vinyl/cloth (all run-through signs must be vinyl/cloth with permanent paint that does not run).
- (N) Taping of signs to any stadium structure is not permitted.
- (O) Taping (adhesive) is not permitted on tracks.
- (P) No painting allowed on the fields or tracks.
- (Q) Absolutely no climbing or jumping over the rails of the bleachers.
- (R) No standing or jumping on the bleacher seats.
- (S) Any type of pneumatic air horns are prohibited

Section 5: Video & Photography

- (A) Video or photography of any game, practice, event, or activity is prohibited with the consent of FMYFA Board
- (B) No team may video an opponent unless their team has previously played them.
- (C) Teams may not use a drone to video games, practices, events, or activities with the consent of FMYFA Board.

ARTICLE XIII: PLAYOFFS / CHAMPIONSHIP GAMES

Playoff and/or Championship games will be determined based on schedule availability and the number of teams per grade level. See Tackle Rule 30 for details.

ARTICLE XIV: PRACTICES

Section 1: General

(A) Pre-Draft Activities:

- (a) No team practices are permitted before the draft.
- (b) FMYFA may hold Training Camp (Grade Level Practices) before the draft.

(B) Weekly Activity Limits:

- (a) No more than 6 hours of practice per week. Games count as 2 hours.
- (b) Before games start: Teams may participate in a maximum of three (3) activities per week (this includes Training Camp and team practices).
- (c) Once games begin: Teams may participate in a maximum of four (4) activities per week, which includes one (1) game.
- (d) Each game will count as one (1) activity toward the weekly limit.

(C) Training Camp and Practice Limits:

- (a) Teams may hold up to three (3) practices per week, but each Training Camp Practice will count as one (1) of these practices.
- (b) At some point, FMYFA will forgo Training Camp, allowing teams to hold an additional team practice in its place.
- (c) No team may independently replace a Training Camp Practice with a team practice unless FMYFA has officially forgone Training Camp.
- (d) No more than two (2) practices per week may be full pads.
- (e) If a third practice is conducted, it must be a Walk-Through with helmets only and no contact.
- (f) Once games begin, teams are allowed one (1) team practice per week, plus Training Camp (if still held) or an additional team practice if Training Camp has been forgone.

(D) Practice Duration and Timing:

- (a) Each practice must be conducted consecutively and must not exceed 2 hours.
- (b) Weekday practices may not begin before 5:00 PM unless approved by FMYFA.
- (c) No practice sessions are permitted on game day.

(E) Heat and Cold Policies:

- (a) Each practice held under "Green" conditions must include a minimum of five (5) 3-minute breaks.
- (b) Coaches must refer to Article X, Section 5 for specific heat and cold weather policies.
- (c) The WeatherBug app must be used by all coaches to determine temperatures and weather-related safety conditions.

Section 2: Training Camp (Grade Level Practices)

(A) Participation and Scheduling:

- (a) All coaches and players are expected to attend one (1) Training Camp practice per week, designed by the Director of Coaching.
- (b) Training Camp counts as one (1) of the three (3) weekly activities before games start and one (1) of the four (4) weekly activities once games begin.
- (c) FMYFA will forgo Training Camp at some point, allowing teams to hold an additional team practice in its place.
- (d) No team may replace a Training Camp Practice with a team practice unless FMYFA has officially forgone Training Camp.
- (e) The fall season will begin with a minimum of one (1) and a maximum of two (2) Training Camp practices per week, unless FMYFA opts not to hold Training Camp.

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(B) Training Camp Structure:

Offensive Focus	Defensive Focus	Special Teams Focus
Skills Rotation	Skills / Tackle Rotations	Kick-Off
Individual Offense	Individual Defense	Kick-Off Return
Group Offense	Group Defense	Punt
		Punt Return
		PAT / Field Goal

Section 3: Team Practices

(A) Practice Limits:

- (a) Teams may conduct up to three (3) practices per week before games start, with Training Camp counting as one (1) of these practices, unless FMYFA has forgone Training Camp.
- (b) If FMYFA has forgone Training Camp, teams may use the additional time for a team practice instead.
- (c) Once games begin, teams are allowed one (1) team practice per week in addition to Training Camp (if still held) or an additional team practice (if Training Camp is forgone).
- (d) No more than two (2) practices per week may be full pads.
- (e) If a third practice is held, it must be a Walk-Through with helmets only and no contact.

Section 4: Practice Locations

(A) Training Camp (Grade Level Practices):

- (a) FMYFA will host Training Camp for each division at a pre-arranged location and time.
- (b) The designated location and schedule for Training Camp will be determined by FMYFA and communicated to teams in advance.

(B) Team Practices:

- (a) FMYFA will offer designated practice locations and time slots for all team practices.
- (b) If teams choose not to use the designated practice locations and times, the Town of Flower Mound will provide a list of public parks that teams may select from.
- (c) Each team must sign up for a practice location and time before the start of team practices.
- (d) Teams may practice at other locations if they obtain proper permission and provide FMYFA with proof of insurance for the property owner.
- (e) LISD practice fields are prohibited unless they are unfenced.
- (f) LISD practice or game fields with open or unlocked gates are NOT prohibited.

ARTICLE XV: COACHES

Section 1: Coaching Staffs

- (A) A coaching staff may have no more than (5) coaches on the sideline for a game. The head coach, (2) assistant coaches, (2) parents who can help with hydration, equipment, and first aid if need be.

Section 2: Teams Mom's

(A) Definition & Purpose

- (a) Team Moms (or Team Parents) serve as the primary liaison between coaches, parents, and FMYFA leadership.
- (b) Their role is to facilitate communication, manage team logistics, and support the team throughout the season.
- (c) Team Moms are considered league representatives and must adhere to FMYFA's code of conduct.

(B) Selection & Qualifications

- (a) Each team must appoint at least one Team Mom before the start of the season.
- (b) The Head Coach is responsible for selecting the Team Mom but must inform FMYFA leadership of their choice.
- (c) Team Moms must:
 - (i) Be a parent/guardian of a current player.
 - (ii) Pass any required background checks.
 - (iii) Attend the mandatory Team Mom orientation hosted by FMYFA.

(C) Responsibilities

(a) Communication

- (i) Ensure parents receive timely updates on practices, games, and league events.
- (ii) Oversee Play Book messenger.
- (iii) Relay any concerns to coaches or FMYFA leadership as needed.

(b) Game-Day Support

- (i) Organize hydration/snack schedules.
- (ii) Assign chain crew and other game-day duties.
- (iii) Coordinate team photos and post-game gatherings.

(c) Administrative Duties

- (i) Track uniform distribution and player readiness.
- (ii) Verify completion of required waivers and paperwork.

(D) Conflict Mediation

- (a) Help de-escalate parent-coach conflicts by directing concerns through proper channels.
- (b) Ensure sideline behavior aligns with league expectations.

(E) Code of Conduct

- (a) Team Moms must uphold FMYFA's mission, values, and ethics.
- (b) They must avoid favoritism and treat all players and parents with respect.
- (c) Team Moms must not interfere with coaching decisions or game strategies.
- (d) Violations of the code of conduct may result in removal from the role and/or further disciplinary action.

Section 3: Expectations

- (A) Evaluation and Selection - Coaches are interviewed and evaluated each season by the Coach Interview Committee. The following areas are assessed:
- (a) Knowledge of the sport
 - (b) Effective communication with players and parents
 - (c) Commitment to player development and sportsmanship
 - (d) Adherence to Academy policies and rules
 - (e) Background checks and references
 - (f) ATAVUS Football certification
- (B) Behavioral Expectations:
- (a) Coaches are responsible for the behavior of their assistant coaches, players, and parents to uphold FMYFA's objectives.
 - (b) Coaches must follow Academy policies, and no coach may coach two teams within the same division.
- (C) Communication with Officials:
- (a) Only head coaches are permitted to communicate with officials.
 - (b) Head coaches are responsible for preventing assistant coaches and fans from addressing officials, players, or opposing fans.
 - (c) Violations can result in officials pausing the game, calling a Field Administrator, and removing violators.

Section 4 Offenses & Consequences

- (A) Minor Offenses
- (a) *Examples:*
 - (i) Failure to attend one or two practices without communication.
 - (ii) Inappropriate sideline behavior (e.g., arguing with officials, minor verbal incidents).
 - (iii) Missing required administrative tasks (e.g., submitting 5-Play Count Sheet or forms late).
 - (b) *Consequences:*
 - (i) 1st Offense: Verbal warning from the Board or Director of Coaching.
 - (ii) 2nd Offense: Written warning documented in the coach's file.
 - (iii) 3rd Offense: One-game suspension.
- (B) Moderate Offenses
- (a) *Examples:*
 - (i) Repeated failure to meet practice obligations.
 - (ii) Addressing officials, parents, or players in an inappropriate manner.
 - (iii) Failure to meet the 5-Play Rule requirements for one game (1st offense).
 - (b) *Consequences:*
 - (i) 1st Offense: One-game suspension.
 - (ii) 2nd Offense: Multi-game suspension (up to 2 weeks).
 - (iii) 3rd Offense: Season suspension and formal review by the Board.
- (C) Severe Offenses
- (a) *Examples:*
 - (i) Gross Negligence or Willful Misconduct:
 - 1) Allowing athletes to participate in visibly unsafe drills after being made aware of the dangers.
 - 2) Ignoring medical concerns, such as permitting a player to play

- despite a diagnosed injury or illness.
- 3) Failure to comply with concussion protocols, return-to-play policies, or other safety measures.
- 4) Verbal or physical altercations with officials, players, parents, or other coaches.
- 5) Knowingly violating FMYFA safety rules or failing to report major misconduct.

(b) Consequences:

- (i) Immediate Action: Multi-week suspension pending a full Board review.
- (ii) Confirmed Violation:
 - 1) 1st Offense: Suspension for the remainder of the season and removal from all FMYFA activities.
 - 2) 2nd Offense (or Severe Incident): Permanent removal from FMYFA and formal reporting to appropriate authorities (if applicable).coach or fan who is removed from a game will not be able to attend the next game and all activities leading up to the next game. Any coach or fan who violates the rule again will be removed for the season.

Section 5 Additional Policies for Clarity and Accountability

(A) Gross Negligence Defined:

Gross negligence goes beyond ordinary carelessness. It includes actions or omissions that demonstrate:

- (a) Reckless disregard for player safety or well-being.
- (b) Knowledge of significant risk but a failure to take reasonable steps to prevent harm.

(B) Examples of Gross Negligence or Willful Misconduct:

- (a) Allowing a player to return to practice or games after a suspected concussion without medical clearance.
- (b) Running visibly unsafe drills (e.g., tackling on dangerous surfaces) after being warned of the risks.
- (c) Failing to report known injuries or medical issues to parents and/or the Board.
- (d) Encouraging players to play through obvious injuries despite clear signs of harm.

(C) Appeals Process:

- (a) Coaches may submit a written appeal to the FMYFA Board within 48 hours of disciplinary action.
- (b) The Board will conduct a full review, gathering relevant evidence and statements.
- (c) A final decision will be communicated in writing within 7 days.

Section 6 Background Check Requirement

(A) All FMYFA coaches are required to complete a background check through the Lewisville ISD Voly platform before participating in any coaching activities. This background check ensures compliance with FMYFA's safety policies and LISD regulations.

(a) Process to Complete Background Check:

- (i) Coaches must create an account or log in at <https://lewisvilleisd.voly.org>.
- (ii) Submit required personal details and consent to the LISD background check process.
- (iii) Background check approvals will be verified by FMYFA prior to participation.

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(iv) If denied, the coach must contact LISD Voly administration for further guidance.

(b) Verification:

(i) Coaches must indicate during registration whether they have:

(ii) Already completed and are current on their LISD Voly background check

(iii) Not yet completed it but will do so before the season begins

(iv) FMYFA will track completion and enforce compliance before permitting on-field participation.

(c) Non-Compliance:

(i) Any coach who has not completed the LISD Voly background check by the deadline will not be allowed to participate in practices, games, or any FMYFA-related activities.

ARTICLE XVI: TEAMS

Section 1: Team Size - General

- (A) Each team will carry no fewer than 14 players and no more than 18 players.
- (B) There will only be more that 18 players per team if there are not enough to make another team (13 or fewer). FMYFA has the option to either distribute those players among the existing teams or find additional players to complete the roster of the team that is short.
- (C) The first priority is to make every effort to find players to help form the next team.

Section 2: Team Size - Creation of Teams per Division

- (A) The table below demonstrates the total number of players in each division as teams are created in the FMYFA. Each team must have between 14 to 18 players. As teams are formed, the total number of players in the division increases accordingly, ranging from a minimum of 112 players to a maximum of 144 players across 8 teams. This structure ensures that all teams are well-staffed and capable of full participation in league activities.

Table XVI.1: Total number of players in each division as teams are created

Number of Teams	Total Players (min)	Total Players (max)
1	14	18
2	28	36
3	42	54
4	56	72
5	70	90
6	84	108
7	98	126
8	112	144

Section 3: Team Formation Guidelines:

(A) Existing Teams & Returning Players

- (a) Teams that are already formed do not need to submit a protected player list, as all players from the previous season remain on the team unless the parent elects to make their child a free agent.
- (b) Parents may choose to leave their team due to various factors such as positional competition, coaching relationships, or social preferences. Free agency helps self-correct many of these issues.
- (c) If a team's previous head coach is no longer coaching, FMYFA will prioritize keeping the team together by actively seeking a replacement coach with a vested interest in the team. If no coach is found, all players will become free agents and

enter the draft.

(B) 6th Grade Transition to High School Zones - There are many reasons for transitioning players into their respective high school zones in 6th grade. At this stage, players are considered middle schoolers (6th-8th grade), with 7th and 8th graders actively learning their high school systems. Some middle schools have pre-athletics programs for 6th graders, while others do not. Middle school coaches introduce schemes to the best of their ability, but FMYFA will provide athletes with a head start by implementing high school terminology, offensive and defensive schematics, and football IQ development. As players move into 6th grade, FMYFA transitions them into teams aligned with their **high school feeder program** to better prepare them for middle and high school football. Below are the specific rules for how players are placed.

(a) Returning Players with a Head Coach Moving to the Same High School Zone

(i) If a returning player's **head coach is moving into the same high school they are zoned for**, the player **may stay with their team**.

(ii) **Alternatively, the player may still opt to enter free agency** and go into their zoned high school's draft.

(b) Returning Players with a Head Coach Moving to a Different High School Zone

(i) If a returning player's **head coach is NOT moving into the high school they are zoned for**, the player **must enter the draft for their correct high school feeder program**.

(ii) **They cannot stay with their previous coach** unless that coach is aligned with their zoned high school.

(c) Returning Players Not Zoned for Flower Mound High Schools

(i) 5th grade and below returning players may stay with their team until they reach 6th grade.

(ii) Upon entering 6th grade, all returning players who are not zoned for Flower Mound High Schools will become free agents and be drafted evenly across all teams, regardless of zone.

(d) Example Scenarios

(i) Player & Coach Aligned with the Same High School

1) A 6th-grade player is zoned for Flower Mound High School (FMHS).

2) Their head coach is also moving into FMHS.

3) The player may stay with the team or enter free agency for the FMHS draft.

(ii) Player Zoned for a Different High School Than Their Coach

1) A 6th-grade player is zoned for Marcus High School (MHS).

2) Their current head coach is moving into FMHS.

3) The player must enter the Marcus High School draft.

(e) Summary:

(i) Returning Players stay with their team if their HC is coaching for the high school they are zoned for.

(ii) If the HC is coaching for a different high school, the player enters their correct high school's draft.

(iii) Returning players who are not zoned for Flower Mound High Schools remain on their team until 6th grade, at which point they become free

agents and are drafted evenly across all teams.

(iv) New players to FMYFA are considered a New Player and will be drafted within their prospective high school zone draft.

(v) New players outside of FMYFA will be drafted amongst all teams regardless of high school.

(C) New Team Formation:

(a) New teams are formed by a coach bringing in a set number of players who will not be drafted by anyone else, or "protected players." This ensures a structured process for new team creation while also providing a head coach and coaching staff. A team cannot be formed unless there is a head coach and at least two assistant coaches in place.

(b) If a new team is formed, the coach may bring in no more than a set number of players:

(i) **8U (2nd & 3rd Grade):** 12 players

(ii) **4th Grade:** 10 players

(iii) **5th Grade:** 8 players

(iv) **6th Grade:** 6 players

1) All players must feed into the same HS.

2) A new head coach may not protect free agents from another team.

ARTICLE XVII: DIVISIONS REQUIREMENTS

Section 1: General

- (A) All divisions are based on the grade the player will be in during the season. Each division shall maintain an age cap to ensure fair and balanced competition.
- (B) Any parent who wishes to move their child up to the next division, must declare it via email to FMYFAcademy@gmail.com prior to the draft.
- (C) All 2nd graders will be allowed to move up to the 8U Tackle Football division.
- (D) Once a player has completed two seasons in a higher division he may not return to his age appropriate division with the exception of the 6th grade division.
- (E) (7th) grade players will **NOT** be allowed to play.

Table XVII.1: FMYFA Divisions by Division and Age Restrictions

Example: If you are in 5th grade, you may not be 10 years old on or before June 1st of the calendar year you play tackle football in the Fall.

Grade	Division	Player Age Restrictions (the current calendar year)
2nd Grade	8U	May not be older (7) on 6/1
3rd Grade	8U	May not be older (8) on 6/1
4th Grade	4th Grade	May not be older (9) on 6/1
5th Grade	5th Grade	May not be older (10) on 6/1
6th Grade	6th Grade	May not be older than 12 on 9/1 May not be in 7th grade

Section: 2 Weight Restrictions

- (A) Restricted Players (RP's)
 - (a) Players exceeding the designated weight limit for their division are classified as Restricted Players (RP's).
 - (b) RP's are not permitted to handle the ball under any designed play.
 - (c) RP's may only legally catch or advance the ball under the following circumstances:
 - (i) Blocked punts
 - (ii) Interceptions
 - (iii) Fumbles
 - (iv) Stripping the ball carrier
 - (v) Special teams plays where the ball is directed toward them
- (B) Positioning & Playing Area for RP's
 - (a) RP's must play on the Line of Scrimmage (LOS) and within the box.
 - (b) The box is defined as:

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- (i) Extending one yard outside the end man on the LOS.
- (c) RP's must remain within this designated area until the ball is snapped.
- (C) Identification & Enforcement of Restricted Players (RP's)
 - (a) RP's must have a designated symbol with a unique color placed on the back of their helmet for identification.
 - (b) If an untagged RP is found participating in a restricted role:
 - (i) First offense: The play will be blown dead, and the team will be given the opportunity to correct the issue by properly tagging the player.
 - (ii) Subsequent offenses: The team will receive a 15-yard penalty, and the player will be subject to disqualification at the referee's discretion.
 - (iii) Reporting Requirement: Any violations must be reported by the opposing coach on the Official Game Record for review by the league.
- (D) Weigh-In Procedures
 - (a) Players have the option of removing clothing, except for shorts, before stepping on the scale.
 - (b) The first recorded weight displayed on the digital scale is considered official.
 - (c) Players may verify their weight on a second identical scale, wearing the same clothing.
 - (d) The lowest weight recorded between the two scales will be considered the official weight for the season.
 - (e) FMYFA will provide two calibrated digital scales for weigh-ins.
- (E) Weight Restrictions Per Division
 - (a) The following maximum weight limits apply to each division. Any player exceeding these limits will be classified as a Restricted Player (RP).

Table XVI.2: FMYFA Weight Restrictions per Division

Division	Weight Restrictions (lbs.)
3rd Grade	Player will not exceed 95
4th Grade	Player will not exceed 105
5th Grade	Player will not exceed 120
6th Grade	Player will not exceed 140

Note: If a player's weight exceeds the maximum limit (e.g., 80.1 lbs. in an 80 lb. division), they will be considered a Restricted Player (RP).

ARTICLE XVIII: PLAYERS

Section 1: General

- (A) All players shall register prior to the beginning of the season. The registration dates shall be determined by FMYFA. These dates shall be adequately advertised by the organization.
- (B) Flower Mound Youth Football Academy is dedicated to the proposition that all players will have the opportunity to participate in the game of football. Therefore, no tryouts will be allowed for the purpose of cutting players or limiting the number of players on a team.
- (C) No player can participate in school football and play with the Flower Mound Youth Football Academy.
- (D) Any children with special or physical needs **MUST** be brought before the FMYFA Board of Directors for approval to participate in the program.

Section 2: Equipment

- (A) All players are required to wear a helmet (with mouthpiece) with an appropriate facemask and four-point chin strap, shoulder pads, and football pants equipped with a complete set of pads. No metal cleats allowed.
- (B) Coaches are requested to inspect all equipment periodically throughout the season to ensure it is safe for competition.
- (C) Game jerseys may feature the player's last name on the back, as it appears on the official roster. Advertising may also be placed on the jerseys. There are no restrictions on eligible and ineligible numbers, and while duplicate numbers are discouraged, they are understandable and permitted.

Section 3: Certification

- (A) Participation in any FMYFA competition requires players to provide either a Zorts Card or Birth Certificate and a picture. This documentation must be available for inspection during the designated weigh-in sessions arranged by FMYFA, as well as at predetermined locations and times for other events. Failure to produce the required documentation will result in suspension from games until the necessary documentation is presented. Any player who misses the designated weigh-in will be required to pay a up to a \$20 late certification fee per player.
- (B) All players are required to weigh in on the dates specified by FMYFA. Failure to weigh in on the designated dates will result in the player being classified as a restricted player (RP).

Section 4: Designations

- (C) New Player - A player is considered a New Player if they meet any of the following criteria:
- (a) They are new to the FMYFA organization.
 - (b) They have not participated in tackle football within the past 12 months.
 - (c) They are transitioning from flag football or 7-on-7 to tackle for the first time.
- (D) Returning Player - A Returning Player is defined as:
- (a) A player who has participated in FMYFA tackle football within the past 12 months.
 - (b) Returning players will automatically return to their previous team unless they opt for free agency.
 - (c) During registration, parents will be informed if their previous head coach is not returning, and FMYFA will actively seek a replacement coach with a vested interest in the team.
 - (d) If a parent chooses to return without knowing who the head coach will be, they will be informed of the Head Coach selection prior to the draft and may change their decision up until the draft.
- (E) Free Agent: A Free Agent is defined as:
- (a) A player who has participated in FMYFA tackle football within the past 12 months but chooses to enter the draft instead of returning to their previous team.
 - (b) Free agents do not request a specific coach and will be redrafted onto a new team.
 - (c) A new head coach may not protect free agents from another team.

ARTICLE XIV: DRAFT

Section 1: General

- (A) "Protected" players may not be eligible for the draft.
- (B) A "New Head Coach" cannot protect more than six players per team. Any team with fewer than six "Protected" players will have the first picks in the draft until they reach a total of six players.
- (C) An "Existing Head Coach" is defined as someone who coached for FMYFA the previous year. At a date set by the Board, each Head Coach must submit a list of "Protected" players from their roster. If one of these "Protected" players does not participate in the following year or opts to re-enter the draft, the coach may choose other players from their roster or draft with like teams until all teams reach a total of six "Protected" players.
- (D) Teams with the fewest "Protected" players will draft first. For example, all teams with one "Protected" player will draft first. Once each team has two "Protected" players, all teams with two "Protected" players will draft next, and so on.

Section 2: Draft Day Notification

- (A) All Head Coaches will be notified of the time and location of where the draft will occur. Each age division will have their draft at a separate time. Due to time constraints, it is possible that each age division draft will not occur on the same day.

Section 3: Attendance & Etiquette

- (A) All Head Coaches will be allowed to bring one (2) assistant coach to the draft room. When in the draft room it is preferred that only the Head Coach communicates with the FMYFA staff on hand.
- (B) All Coaches and FMYFA board and officers will always maintain professional etiquette in the draft room. The FMYFA football draft is a privilege and should be a fun atmosphere. Any Coach or FMYFA Board or Officers that does not display a professional attitude at any time will be subject to discipline
- (C) Sharing the final draft order with anyone outside the room after the draft is strictly prohibited. The draft information is confidential and will not be made available to the public.

Section 4: Draft Order:

- (A) The draft order will be selected prior to the draft day. When possible, the draft order will be determined on the second day of grade level practices. Each Head Coach will have the opportunity to draw a number from within a large bucket to determine their corresponding number in the draft. Once the draft order has been determined the draft order will be final.
- (B) If during the week between the second grass drills and the actual live draft, player registrations were to increase, requiring an additional Head Coach(s), the draft order will be re-determined on the draft day or a meeting among all the Head Coaches before the draft day if possible.
- (C) The same draft order selection mentioned above will be utilized again on the draft day or at the Head Coaches meeting before the draft day if possible. The same rule would apply if a Head Coach was to be removed from the draft before the actual draft occurs. If any of the Head Coaches or the number of Head Coaches within a division need to change before the live draft, all Head Coaches will have the opportunity to re-draw for the draft order.

Section 5: Player Management Scoreboard:

The Player Management Scoreboard aims to:

- (A) Facilitate clear communication lines for players and parents.
- (B) Provide fair, timely feedback on immediate performance and future potential.
- (C) Oversee talent management by focusing on:
 - (a) Athletic skills development
 - (b) Enhancement of communication abilities
 - (c) Promotion of self-advocacy skills

All Head Coaches will be provided with a digital copy of the Player Management Cards which include all data collected from the combine. Prior to the draft, head coaches will receive a data table with players information by:

- (a) Grade
- (b) Name
- (c) DOB
- (d) Player Determination
 - (i) New Player
 - (ii) Returning Player
 - (iii) Free Agent
- (e) FMYFA Notes
- (f) Combine Data:
 - (i) Height
 - (ii) Weight
 - (iii) 40 (5th & 6th); 20 (3rd & 4th)
 - (iv) Shuttle
 - (v) Broad Jump
 - (vi) Vertical Jump
 - (vii) Passing Score
 - (viii) Catching Score
 - (ix) Blocking Score
 - (x) Tackling Score

Section 6: Draft Process:

- (A) A serpentine draft will be utilized for each age division draft. For example: If there are (8) total teams within a division, the draft pick order will be as follows: Pick #1, #2, #3, #4, #5, #6, #7, #8, #8, #7, #6, #5, #4, #3, #2, #1.
- (B) This same process will repeat throughout the entire live draft until all available players have been allocated to a team. It is possible that each team will not have the same number of players.
- (C) All "Protected" players must be chosen first during the live draft.
- (D) After a team has drafted or chosen their "Protected" players, the coach will have access to all the "UNprotected" players available within the draft.

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- (E) Each Head Coach will be allowed one (1) minute to make their selection. It will be the duty of each Head Coach to make their selection within a timely matter. If a Head Coach does not make their pick within the one (1) minute time period allotted there will be a (10) second warning or grace period. During this time the FMYFA Director of Coaching will locate the first available player in the live draft. The first available player will be defined as the player with the lowest draft number or the player at the top of the draft list. At the end of the (10) ten second warning or grace period, if the Head Coach has not spoken his draft selection, the FMYFA Director of Coaching will automatically choose the next available player for this team. The live draft will continue after this warning or grace period.

Section 7: Walk On's

- (A) Definition - A "Walk On" is a player that was unable to attend either the combine or grade level practices. There are a variety of reasons that would cause a player to be designated a "Walk On". Any player that is not "Protected" by a Head Coach or that does not attend one of the combine or grade level practices will likely become a "Walk On" Pick. NOTE: If a player has played 1 or 2 seasons of FMYFA football, and is known by the coaches and there is FMYFA video of that player, that player will be placed in the draft at the vote of the FMYFA board.

Section 8: Selection Process

- (A) After all "Protected" Players and "UNprotected" players have been chosen and allocated to a team, the draft process will move to the "Walk On" player selection.
- (B) The first step will be for the FMYFA Director of Coaching to hand out a sheet of paper that lists the first and last names of each player in the "Walk On" Pick. Each player on this sheet will be numbered beginning with the number one (1) and continue in sequential order until there are no more players. Alternatively, an internet "spinner" with the "Walk On" picks' numbers can be used.
- (C) After the FMYFA Director of Coaching has dispersed all the "Walk On" Picklists to the Head Coaches the Director of Coaching will reveal if there are any additions or changes to the list. If a player was to register the night before the draft it is possible their name will not be on the list provided. It will be the Head Coaches responsibility to pay attention and record this information on the "Walk On" Pick player list provided. Any players that are added to this list before the players are allocated to each team will take the next available number on the list.
- (D) It will be the responsibility of the FMYFA Director of Coaching to provide an appropriately sized container to hold a drawing. Each poker chip or similar device to mark numbers will have a single number on it.
- (E) The draft will continue with the selection of "Walk On" Pick players, continuing in the same order that was utilized for the live draft and will not start over. The Head Coach that is next in the order after the last pick will have the first "Walk On" Pick, continuing in the same order until the current round is complete. If there are remaining "Walk On" players, the order of selection would continue in the same order, and not in a serpentine pattern. This way, every coach would get one "Walk On" Pick before any coach gets 2.

Table XIV.1 "UNprotected" Draft Transition into "Walk On"'s

Scenario A	Round 15	Round 16	Scenario B	Round 14	Round 15
Team 1	"UNprotected" ↓	"Walk On" 4 ↓	Team 1	"Walk On" 3 ↑	
Team 2	"UNprotected" ↓	"Walk On" 5 ↓	Team 2	"Walk On" 2 ↑	"Walk On" 8 ↑
Team 3	"UNprotected" ↓	"Walk On" 6 ↓	Team 3	"Walk On" 1 ↑	"Walk On" 7 ↑
Team 4	"Walk On" 1 ↓	"Walk On" 7 ↓	Team 4	"UNprotected" ↑	"Walk On" 6 ↑
Team 5	"Walk On" 2 ↓	"Walk On" 8 ↓	Team 5	"UNprotected" ↑	"Walk On" 5 ↑
Team 6	"Walk On" 3 ↓		Team 6	"UNprotected" ↑	"Walk On" 4 ↑

- (F) A Head Coach will only be allowed to draw (1) chip at a time. Once the Head Coach draws a chip he will call out the number for everyone in the room to hear. The number on the chip will be one of the same numbers on the "Walk On" Pick Player list and the selected player will now become one of the Head Coaches players.
- (G) The process will continue until there are no remaining players available as "Walk On" Picks.
- (H) After the "Walk On" Pick Players have been dispersed to the teams the live draft will be complete.
- (I) A wait list of players that contact FMYFA Football after the draft may be established. These players waiting to be placed on teams will be used in the event a team needs additional rostered players due to injury or attrition. The roster additions from the waitlist will be approved by the FMYFA Football Board and selected randomly from the waitlist.

Section 9: Player Trades

- (A) Upon completion of the FMYFA player draft and player allocation, all Head Coaches will be provided one (1) opportunity to initiate a trade for one (1) player with another Head Coach.
- (B) The existing draft order will be utilized for this process.
- (C) All other coaches and grade level representatives in the room will refrain from making comments on a particular player’s talent level. Only the two coaches will be allowed to discuss the trade. This is to avoid any misleading remarks that may benefit one of the coaches. All comments on the talent level of ALL players should be made before entering the draft room.
- (D) When the trade period begins, each Head Coach will be allowed a two-minute period to engage in a single player trade with only one (1) Head Coach. Once the trade decision is made the decision will be final. After the decision is made the trade process will move on to the next Head Coach until each Head Coach for every team has had an opportunity to initiate one (1) trade.
- (E) If a Head Coach has no desire to trade a player, he shall say pass when it is his turn.

Section 10: Trump Card

(A) Under extreme circumstances, the FMYFA Director of Coaching may request a trade.

ARTICLE XX: CHEERLEADERS

Section 1: General

- (A) In order to hold the number of Board meetings to a minimum, the President may conduct a phone or email vote in order to reach decisions regarding specific questions.
- (B) FMYFA may sponsor any cheerleader who desires to participate in the FMYFA and cannot afford the registration fees. The Board of Directors will review all requests for assistance and may request assistance from scholarship funds.

Section 2: Officer of Cheerleading

Will oversee the Cheerleading Committee, which is responsible for interviewing Grade Level Sponsors and Coaches. Grade Level Sponsors may also serve as coaches. The Officer of Cheerleading will select the members of the Cheerleading Committee, who will then interview potential coaches. Coaches may be chosen as Grade Level Sponsors based on their ability to lead, communicate, and positively influence their teams.

Section 3: Teams Supported

- (A) Grade Level Cheer Teams will be split as evenly as possible when supporting both the "Marauders" and "Jaguars".

Section 4: Selection Committee

- (A) The following shall take place when teams are selected.
 - (a) The Selection Committee, Head Coaches, and Assistant Coaches are expected to be physically present at the designated area unless circumstances beyond their control prevent them from attending.
 - (b) Siblings of the same grade can be automatically placed on the same team at the discretion of their parents or guardians.
 - (c) Oversee allocation of participants.
 - (d) Any parent holding the position of head coach or assistant coach may have their child assigned to their team or another team.
 - (e) Responsible for communicating with parents and participants of their designated team.

Section 5: Coaches

- (A) All Head Coaches are responsible for seeing that their assistant Coaches, Cheerleaders, Cheerleader fans and parents conduct themselves in such a way as to attain the objectives and purposes of the FMYFA.
- (B) There will not be more than two (2) Cheerleader Coaches per team, one to be Head Coach.

Section 6: Practices

- (A) There will not be more than two (2) practices per week prior to games starting then no more than (2) practices per week after games start.
- (B) Practices can be held at a football practice location or other locations as approved by the FMYFA Board.

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Section 7: Games:

- (A) Cheerleaders are not allowed to leave the field during games (except for emergencies or illness) and will be escorted as a group by the coaches upon arriving and leaving the field.
- (B) All other game guidelines will be governed by FMYFA

Section 8: Uniforms

- (A) Will consist of a matching skirt, blouse, briefs and pompoms.
- (B) Accessories (shoes, hat, sweaters, tights, ribbons, shoe strings, etc.) can be added by individual cheerleaders, but must keep Flower Mound or Marcus colors.

FLOWER MOUND YOUTH FOOTBALL ACADEMY



2024 Tackle RULES

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Note: Any change from the 2024 Tackle Rules will be highlighted in **GREEN**

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ARTICLE I: FALL TACKLE RULES at a Glance

Table I Rules - Overview following NCAA / UIL-MS rules except for the following in FMYFA.

DIV	*Flag/ Tackle (min)	Coach (1) on Field		Play Clock	Special Teams						DEF	Ball Size
	1/4	O F F	D E F		KO / KO Ret	Safety Free Kick	Punt / Punt Return	FG 3pt	PAT KICK 2pt	PAT No-Kick 1pt	Nose? Hit Center?	
3rd	12	Y	N	40	None	None	Option No Rush	Option No Rush	Option No Rush	5 yd line	NO NO	Pee Wee Size 6
4th	12	Y	N	40	None	None	Option No Rush	Option No Rush	Option No Rush	5 yd line	NO NO	Junior Size 7
5th	12	Y	N	40	NCAA	NCAA	Option No Rush	Option No Rush	Option No Rush	5 yd line	NCAA	Junior Size 7
6th	12	N	N	40	NCAA	NCAA	NCAA	NCAA UIL MS	NCAA UIL MS	NCAA UIL MS 3 yd In	NCAA	Junior Size 7
NCAA 7th	6	N	N	40	NCAA	NCAA	NCAA	NCAA UIL MS	NCAA UIL MS	NCAA UIL MS 3 yd In	NCAA	Youth Size 8
NCAA 8th	8	N	N	40	NCAA	NCAA	NCAA	NCAA UIL MS	NCAA UIL MS	NCAA UIL MS 3 yd In	NCAA	Youth Size 8
NCAA JV	10	N	N	40	NCAA	NCAA	NCAA	NCAA	NCAA	NCAA	NCAA	NCAA Size 9
NCAA V	12	N	N	40	NCAA	NCAA	NCAA	NCAA	NCAA	NCAA	NCAA	NCAA Size 9

#=Running clock, except last 2 min of 2nd/4th quarters, #=NCAA Rules, the clock stops when the play is blown dead.

Option (either team has to "Declare the Option" at the coin toss)-KO/KOR=Ball starts on the 35 yd line. Punt/Punt Ret=Ball moved 20 yds. PAT KICK = No rush at the 3 yard line, FG = location of the spot. **NONE** - See "onside" kick option.

3 timeouts / game (60 sec); Overtime=NCAA Rules @ 15 yd line; 1 timeout in OT;

ARTICLE II: FALL TACKLE RULES

Rule 1: NCAA Rules

- (A) All games shall be played according to the current rules of the NCAA, with the exception of NCAA jersey numbering systems. There are no ineligible jersey numbers.
- (B) The definition of the line of scrimmage for FMYFA shall be (1) yard on either side of the ball.
- (C) The definition of the "Box" shall be (1) yard wide on outside the offensive tackles and 4 yards deep on either side of the ball.

Rule 2: Game Duration

- (A) Each game will consist of four (4) quarters with a 5-minute half time.
- (B) Quarters in the games shall be twelve (12) minutes for all divisions.
- (C) The clock will remain running and only stop on timeouts except within the last two (2) minutes of the 2nd and 4th quarters. The clock also stops for injuries. The officials will stop the clock with 2 minutes left in the 2nd and 4th quarters (or as soon after 2 minutes as possible if a play is in progress) which will signal the transition to a regulation clock. This "2 Minute Warning" does not serve as a coaching time-out, nor does it prohibit the officials' discretion to start the 40 second play clock. Therefore, coaches or trainers may not enter the field of play unless they call a timeout themselves. For the remainder of the 2nd and 4th quarters, the clock will stop on time-outs, incomplete passes, out of bounds, or any other event that warrants a clock stoppage under NCAA rules.
- (D) In the 3rd and 4th quarters, consecutive delays of games will result in a stoppage of the game clock after the 2nd delay of game. A 15-yard unsportsmanlike penalty will also be administered to the "stalling team". The game clock will start on the next snap of the ball.

Rule 3: Coaches & Play Clock:

(A) It is the goal of FMYFA that there be **NO coaches** on the field during the game.

(B) The following are exceptions:

Table 3 Coaches On Field

Grade	Coaches on Field		Play Clock
	Offense	Defense	
3rd - Tackle	YES	NO	40
4th - Tackle	YES	NO	40
5th - Tackle	YES	NO	40
6th - Tackle	NO	NO	40

(C) No more than (1) coach on the field.

(D) Defensive coach must be off the field before the ball is snapped

(E) The offensive coach must avoid the play on a defensive turnover

(F) NCAA Play Clock Rules will be followed:

- (a) 40 seconds: The offensive team has 40 seconds to snap the ball after the previous play ends, unless the game is stopped for administrative reasons. These reasons include penalties, injuries, clock errors, or changes of possession. The 40-second clock also starts before the first play from scrimmage after a kickoff, safety, or touchdown.
- (b) 25 seconds: The 25-second clock is used after administrative stoppages.

(G) In 3rd through 5th grades, (1) offensive coach is allowed on the field to provide direction to players who are in the huddle during the game. After the huddle is broken, the coach must be (10) yards from the deepest player prior to the snap.

(H) The bench area will be restricted to players, (3) coaches, and (2) parents

(I) A coach may request a Field Administrator's timeout once per game. This timeout is specifically for seeking clarification or asking for a ruling related to FMYFA bylaws or rule exceptions. It's important to note that the Field Administrator cannot overturn a call made by the official, as NCAA rules remain in effect. This timeout is treated as an official's timeout and will stop the game clock. During the timeout, the coach, Field Administrator, and head official will meet to address the issue.

Rule 4: Game Winner Determination:

- (A) The team scoring the most points in regulation time shall be judged the winner.
- (B) If at the conclusion of regulation play, both teams are tied in score, the game will be continued in the following format.
- (C) All FMYFA football games will go into overtime; there are NO ties in FMYFA football games.
- (D) FMYFA has adopted the NCAA rules for overtime. See "Rule 10"
- (E) Forfeit of one team results in a score of 28-0.

Rule 5: Kickoff / Kickoff Return:

- (A) Kickoff (KO) / Kickoff Return (KOR) will follow NCAA rules with the following exception:
 - (a) 3rd - 4th Grade Division:
 - (i) There will be no KO / KOR.
 - (ii) The ball is placed at the 35 yard line.
 - (iii) Onside Kick Procedure: Declaration: The kicking team must declare their intention to perform an onside kick. Starting Play: The kicking team gets one play starting from their own 25-yard line. Advancing to the 50: The kicking team must advance the ball to the 50-yard line or beyond in this one play. Successful Onside: If the kicking team successfully reaches or surpasses the 50-yard line, they are awarded a first down at the spot where the play ends. Failed Onside: If the kicking team fails to reach the 50-yard line, the receiving team gains possession of the ball at the 50-yard line.
 - (B) 5th-6th Grade Division:
 - (i) NCAA rules

Rule 6: Punting:

- (A) Punt (P) / Punt Return (PR) will follow NCAA rules with the following exception:
 - (a) 3rd - 5th Grade Division:
 - (i) Either team will have the "OPTION" to punt or to forgo the punt and give the ball to the opposition at (20) yards from the original line of scrimmage (LOS) before the game starts and will follow this option throughout the game.
 - (ii) If either team declares this "OPTION", both teams must accept the ball being advanced (20) yards by the officials.
 - 1) The ball may not be advanced past the opponents 20 yard line. (i.e. if the ball is on the opponents 25 yardline and the offense elects to punt, the ball will not advance to the 5 yard line but

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rather the opponents 20 yard line).

(iii) If either team DOES NOT elect the "OPTION":

- 1) There is NO rush.
- 2) There is NO fake.

Rule 7: Extra Point Attempt (Kicking & Non-Kicking), and Field Goals

- (A) Extra point attempts (PAT) and Field Goals (FG) will follow NCAA Middle School rules.
- (B) PAT is worth (2) point, FG is worth (3) point, and any non-kicking attempt is worth (1) point.
- (C) Both teams must have seven players on the line of scrimmage.
- (D) The following are exemptions for the 3rd, 4th, & 5th Grade Divisions where the team attempting the PAT may "Declare a Kick".
- (E) If the team elects to declare a kick, the coach or team captain must tell the referee before the huddle is broken.
- (F) The referee shall announce the declared kick to the opposing team and coach. The kicking team has to kick the ball and the defensive team may not rush the kicker. The ball may not be advanced by the kicking team if a kick was declared.
- (G) During a declared kick, the team:
- (a) attempting the try must execute a successful shotgun snap from center to holder. **The holder can receive the snap standing, and then drop to one knee.** Upon completion of a successful snap, the holder must immediately place the ball in attempt for the try and the kicker should execute the try within 3 seconds of the ball being set. Failure to execute the try within 3 seconds will result in the ball being considered down and the kick declared no good.
 - (b) If the ball is fumbled and touches the ground at any time during the kick attempt, including the snap, the ball is considered down and the try is no good.
 - (c) The defensive team may raise hands and jump straight up, but not rush the kick.
 - (d) Weight Restricted players may kick or hold for the kicker.
 - (e) No fake kick plays are allowed on a declared kick.
- (H) If a PAT Kick is "Undeclared kick":
- (a) PAT Kick and all Field Goal Attempts can have full rush, and can attempt a fake.
 - (b) A field goal attempt may be returned by the defense if the conversion is missed or blocked, and the ball remains in the field of play.
 - (c) 6th Grade Division will not "Declare" any kicks

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Rule 8: Safety – Free Kick

- (A) The ball will be placed at the 35 yard line after a safety.

Rule 9: Coin Toss

- (A) Five minutes before the scheduled starting time, the referee shall toss a coin at midfield in the presence of not more than (4) field captains from each team and another game official, first designating the field captain of the visiting team to call the coin toss. Before the start of the second half, the coach will meet with the referee to select second half options. FMYFA rules of the coin toss shall be in accordance with NCAA rules regarding the coin toss (receive, kick, defer, etc.).
- (B) Cheerleaders may participate in the calling of the toss—but no more than 6 combined players/cheerleaders. If no cheerleaders then 4 players is the max number.

Rule 10: Overtime

- (A) Immediately after the conclusion of the fourth quarter, officials will instruct both teams to retire to their respective team areas. The officials will assemble at the 50-yard line and review the tiebreaker procedures.
- (B) The officials will escort the coaches to the center of the field for the coin toss. The winner of the toss shall choose one of the following options:
 - (a) Offense or defense, with the offense at the opponent's 15-yard line, to start the first series.
 - (b) Which end of the field shall be used for both series of that overtime period
 - (c) The winner of the toss may not defer his choice.
- (C) The loser of the toss shall exercise the remaining option for the first extra period and shall have the first choice of the two options for subsequent even-numbered extra periods.
- (D) Extra periods: An extra period shall consist of two series with each team putting the ball in play by a snap on or between the inbounds lines on the designated 15-yard line, which becomes the opponent's 15-yard line.
- (E) Team series: Each team retains the ball during a series until it scores or fails to make a first down. This routine will keep going until one team scores and the other has their possession and does not score.
- (F) The winner of the game is declared after each team has had a chance to possess the ball from the 15-yard line and one team has scored.
- (G) Both teams shall get equal number of possessions. (i.e. Team one gets the ball first and scores; Team two will still get possession, but if they fail to score, they lose).
- (H) If the overtime goes to three extra periods, teams are required to attempt two-point conversions (PAT Kick) after touchdowns in each period.

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- (I) If after one attempt from the 15-yard line for each team, and neither team scores, then the ball shall be moved up to the 10-yard line and play resumed for the 2nd overtime period. If neither team has scored than after a possession by each team then the ball will be placed at the 3 yard line and each team will be required to go for 1 or 2 in a one play scenario for the third and subsequent OT periods
- (J) This routine will be repeated until one team has scored and the other has not with an equal number of possessions. FMYFA Field Administrator may alter the rule to facilitate the ending of the game if the distance for each team during the extra period is the same.

Rule 11: Point Spread Rule

- (A) The clock rules are the same for the whole game, no matter the point spread. This is to help make sure the 5-play rule can be followed. The maximum differential for a game is (28) points (i.e. the scoreboard won't change once a 28 point differential is hit).
- (B) Any team who is ahead by (28) points during any portion of the game will win with the 28 point advantage and the rest of the game will be played in a scrimmage format.
- (C) Scrimmage Format:
 - (a) Special Teams: There are no special teams plays.
 - (b) Blitzing: Blitzing is not allowed.
 - (c) Coverage: Only zone coverage is permitted.
 - (d) Starting Possession: The team that is trailing chooses which side of the field to start on and gets the ball first.
 - (e) Offensive Play Continuation: The offense can continue to run plays until they either fail to get a first down or score.
 - (f) Possession Switch: After failing to get a first down or scoring, the other team takes possession and follows the same format.
 - (g) Gameplay Duration: Continue alternating possessions until the clock runs out.

Rule 12: Players

- (A) A game may be played between two teams consisting of a minimum of 9 players each. Teams will be required to play with the same number of players should one team be forced to drop below 11. 8 available players will result in a forfeit if the other team can not provide a player or can not execute the other team's plays successfully. If a team has less than (11) players, they will reduce offensive tackles and defensive tackles first.
- (B) Only players appearing on the official FMYFA team rosters are allowed to play.
- (C) The offensive team must have seven (7) players on the line to start every play. The defensive team may choose any formation except in kicking formation.
- (D) Mandatory play rule: All players will play a minimum of 5 plays per half as outlined by the number of players on the team. Or the Head Coach may be subject to consequences.

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- (E) A team will have 40 seconds to put the ball in play after it is set from the previous play.

Rule 13: Playing fields

- (A) The field shall be a normal football field.
- (B) This field measures one hundred yards in length with two end zones of ten yards each. Fields are 53 1/3 yards wide. Every attempt will be made to paint hash marks on the field as designated by high school measurements.
- (C) In the event there are no goal posts located on the playing field, conversions will only be made by passing or running.
- (D) A conversion line will be marked from the goal line and at an equal distance from each sideline. 5 yards for a 1-point attempt.

Rule 14 Football Size & Equipment

- (A) The game ball will be provided by, or approved by, the FMYFA official on site.
- (B) Kindergarten through 3rd grade uses a "Pee Wee" size 6.
- (C) 4th through 6th grade uses is a "Junior" size 7
- (D) Mouthpieces ~~attached to the facemask~~ are mandatory for all participants.
- (E) **Only clear visors or face shields are permitted.**

Rule 15 Game Uniform

- (A) All team members must wear the same color jersey.
- (B) All jerseys will be numbered, front and back, for proper identification by officials and statisticians.
- (C) Only football pants may be worn.
- (D) Players who forgot their jersey should have a similar color jersey to play in the game and coaches, referees, and Field Administrators should be notified before the game begins.

Rule 16 Prohibited Equipment

- (A) Metal spiked shoes.
- (B) Hard metal or any other hard substance on player clothing or person.
- (C) Sticky substances such as grease or glue on player clothing, body, or equipment.
- (D) Visors or Face Shields (see 14 E)
- (E) Any Electronic equipment attached to a player's body or equipment

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including but not limited to cameras, radios, and communication equipment.

- (F) Any equipment, in the opinion of a referee, which endangers or confuses players.

Rule 17 Referee's

- (A) There will be two (2) referees minimum. A third referee will be scheduled for all games. Only in emergency situations will there be 2 referees.
- (B) Each game official will carry a red or yellow handkerchief and drop it when an infraction occurs.

Rule 18 Substitution Rules

- (A) Players: The free substitution rule is always in effect and a player may enter the game anytime the ball is dead.

Rule 19 Time

- (A) Four 12-minute quarters with a running clock. The clock will stop only on change of possession, after each touchdown, and penalties within the last two minutes of each half, during time-outs, or at the referee's discretion. The clock will be kept to regulation during two (2) minute warnings.
- (B) Three (3) time-outs per game.
- (C) Five (5) minutes between halves.

Rule 20 Downs

- (A) Each team will have four consecutive downs to advance the ball 10 yards or to score a touchdown.
- (B) Once a team moves the ball 10 yards, it is a first down, and a new series of downs begins.
- (C) A team failing to move the ball 10 yards will lose possession. The opposing team takes over at the point where the ball is declared dead and begins its series.
- (D) The forward part of the ball touching any line will be the determining factor in measuring for a first down.

Rule 21 Additional Modified Safety Rules

- (A) 3rd & 4th Grade Divisions:
 - (a) Defense:
 - (i) NO ONE can line up over the center or make contact with the center at snap of the ball.
 - (ii) The defensive tackle may line up on an inside shade of the guard but

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must make initial contact with the guard.

(iii) Because of this rule, there is NO QB SNEAKS

(B) 6th Grade Division:

- (a) Any "charging" of any offensive lineman is described as any player not on the defensive line (hand within 1 yard of the LOS) who intentionally runs at an offensive lineman full speed to run them over. The defender must either break down to engage an offensive lineman or fit into the gap by trying to avoid contact with the offensive lineman.
- (b) Any "spearing" of any offensive lineman in any division (spearing defined as intentional head-to-head contact at the snap) will incur a 15 yard unnecessary roughness penalty. No warnings will be given. A second infraction will result in an ejection.

Rule 22 Game Acceleration

- (A) The Field Administrator will reserve the right to accelerate the game clock at any time in the interest of time/field management or weather conditions.

Rule 23 Scoring Values

- (A) Touchdown (06) points
- (B) Safety (02) points
- (C) PAT
 - (a) Passing/running from five-yard line: 01 point
 - (b) Undeclared PAT Kicking: 02 points
 - (c) Declared PAT Kicking: 02 point
- (D) Field Goals 03 points
- (E) Forfeit (offended team wins by) 1 point to 0 points

Rule 24 Injured Players

- (A) Once a player is removed from a game because of injury, the player must sit out at least one down or use one (1) timeout.

Rule 25 Penalties

- (A) The 100-yard field will be assessed five (5) and ten (10) yard penalties; personal conduct penalties may be (15) yards.
- (B) The offended team will always have the choice of accepting or declining a penalty. If the penalty is declined, the down will remain the same as if no infraction occurred. Also, when the penalty is greater than the distance to the goal line, the penalty shall be half the distance to the goal line.

Rule 26 Pullover Jerseys

- (A) If in the opinion of game officials, or FMYFA Field Administrator, the jersey colors of the two (2) teams are too difficult to distinguish between, the visiting team will be responsible for wearing pullover or replacement jerseys of non- conflicting color.

Rule 27 Discipline

- (A) Unsportsmanlike conduct penalties against any coach will be accompanied with a 15-yard penalty and may be subject to ejection. The official MUST eject the penalized coach for his second infraction. The team will also be assessed a 15-yard penalty for the second infraction.
- (B) Mandatory play rule: All players will play a minimum of (5) plays per half ~~or the Head Coach may be subject to a one game suspension.~~
- (C) Excessive running of the clock by the officials will be cause for refusal of game payment. The offending official must be warned prior to refusal of payment.
- (D) Officials are required to always conduct themselves in a professional manner.
- (E) Any official that is goading a coach will be removed at once (to be determined by the field director).
- (F) Any coach, parent or any other person or persons confronting FMYFA Board, Officers, representative, or official in any disrespectful manner at any time may be removed immediately from the event by a FMYFA Field Administrator and will be subject to the full penalty extent and maximum penalty that can be imposed by the FMYFA Board.
- (G) Any coach who fails to comply with the LISD Voly Background Check Requirement will be immediately suspended from all coaching activities until the background check is completed and verified by FMYFA.
- (H) Coaches found providing false information regarding their background check status will be subject to immediate removal from FMYFA coaching positions.

Rule 28 Game Ejections

- (A) Two penalties for any unsportsmanlike conduct result in ejection of a player or Coach.
- (B) When a player or coach is ejected, they will be out for the remainder of that game and the next entire game. The suspension may be limited by the vote of the FMYFA Board of Directors.
 - (a) If a child throws a punch or kick, that child is out for the remainder of that game and the game the following week. Exceptions or modifications may be made by the FMYFA Board.

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- (C) The referee and/or FMYFA Board / Field Administrator has the authority to suspend players and coaches for other behavior deemed to endanger other game participants.
- (D) All game ejections must be reported to the FMYFA Field Administrator on duty which shall be documented on a form available at the field and/or online to log the details. An investigation and review of the incident will be led by the FMYFA Board, and additional penalties may apply. The Field Administrator on duty will document the penalties
- (E) All unsportsmanlike penalties and ejections will be reviewed and verified by the FMYFA board—at the discretion of the FMYFA Board, and with clear video evidence, a suspension can be overturned after a discussion with the FMYFA board, the head of officiating and the official that made the call.

Rule 29 Play-Off or Championship Games Tiebreaker Seeding

- (A) In case there is a regular season record tie between teams, the following will be used to break the tie and seed the playoffs in a Head-to-Head Match Up or in the case of a 4-way tie.
 - (a) In any tie breaker scenario, if any of the teams did not play each other, the tie breaker goes to strength of schedule. FMYFA will provide a strength of schedule ranking to the coaches.
 - (b) Strength of Schedule
 - (c) Points Allowed versus Common Opponents
 - (d) Best 2 out of 3 Coin Toss
- (B) In the case of a 3-way tie, the last game is the only game considered in the tie-breaker. If all teams beat each other one time, the following is the tie-breaker:
 - (a) Point Differential in the games involving the teams
 - (b) Maximum point differential is 17
 - (c) Team with the best aggregate total is the higher seed, next is the 2nd seed, and the worst is the last.

Rule 30 Playoff Seeding & Bracket Determination Championship Games

- (A) Championship contenders will be determined through playoff brackets aligned with NCAA rules.
- (B) Seeding is based on the regular season performance of each team, with rankings determined by FMYFA.
- (C) The total number of teams in a grade division dictates the number of brackets.
- (D) Teams are divided into four-team brackets, labeled "A Bracket" (top teams), "B Bracket," and additional brackets as needed.
 - (a) Top 4 teams → "A Bracket"
 - (b) Next 4 teams → "B Bracket"
 - (c) Continues in sets of four
- (E) Bracket Formats Based on Team Count - Each bracket is structured based on the number of qualified teams.
 - (a) Four-Team Bracket (standard format)
 - (i) Game 1: # 1 seed vs # 4 seed

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- (ii) Game 2: # 2 seed vs # 3 seed
 - (iii) Championship Game:
 - Winner of Game 1 vs Winner of Game 2
 - Loser of Game 1 vs Loser of Game 2
- (b) Three Team Bracket
- (i) #1 seed receives a Bye (automatically advances to the Championship Game)
 - (ii) Game 1: #2 seed vs. #3 seed
 - (iii) Championship Game: #1 seed vs. Winner of Game 1
- (c) Two-Team Bracket (direct Championship)
- (i) Both #1 seed and #2 seeds receive a Bye to the Championship Game.
 - (ii) Championship Game: #1 seed vs. #2 seed

Rule 31 FMYFA Football Bylaws and Amendments

- (A) During the last week of each Fall and Spring Football Season, an email will be sent out to registered FMYFA Football families and FMYFA coaches to allow them to address any issues regarding FMYFA Rules & Procedures. The email will ask them to fill out an online form / survey so the FMYFA can address the issue. These issues will be organized and reviewed by the FMYFA Board. Respondents to the email form along with coaches and their assistant coaches may be invited to a board meeting to discuss those topics in front of the FMYFA Board. Meeting will not last more than 3 hours. All will have 3 minutes to voice issues and then discuss topics amongst the group and FMYFA Board.
- (B) FMYFA Board will review meeting notes and discuss the possible changes and vote on those changes that need to be addressed. FMYFA Board will publish new Rules and Procedures as needed.
- (C) The rules were edited and updated by FMYFA President Robert Waters and approved by the FMYFA Board in June 2024. To make suggestions to amend or comment on the rules you may send an email to FMYFAcademy@gmail.com. Thank you.