

XTREME SPRING SPORTS LEAGUE, LLC

RULES, PROCEDURES, AND BYLAWS

- **Game Schedules**

- The term “Season” is defined as the regular season XSSL games and post season games including the XSSL Bowl
- Regular XSSL Season
 - i. The XSSL office shall schedule all contests between its member teams.
 - ii. Each scheduled game must be played unless it is cancelled due to inclement weather. A Member team that fails to play a game as scheduled shall forfeit the game and shall become ineligible to participate in the league playoffs that season and/or other future seasons.
- The breaker
 - i. XSSL games cannot conclude in a tie. NFHS tiebreaker procedures shall be used when a game is tied after four periods.

- **Officials**

- a. Preferred Payment Method: cash should be distributed to official in exact denominations for each official prior to the beginning of each game
- b. Acceptable Payment Method: cash is distributed to official in the exact denominations for each official at the conclusion of the first half. No official will start the second half without receiving payment. If paying by money order, the exact denomination is still required and the name should not be written on the money order until game day in case of last minute changes.
- Officials are ordered and assigned by the Supervisor of Officials who is appointed by the Commission on a year to year agreement.
- All XSSL games should have a minimum of seven on-the-field officials. An official time-keeper who must be a registered official is strongly recommended.
- If an official does not show up, the game will not be played with less than four on field officials-a forfeit would result. The clock operation may become an on field official.
- If an official is absent, the time keeper may be an on field official after conferring with the supervisor of official via cell phone.
- The clock operation records all violations as back up for on field officials and keeps the clock only. Down, distance and quarter is the responsibility of a person assigned by the field administrator.
- All XSSL officials are supplied by the XSSL officiating supervisor.
- The Supervisor of Officials will provide the commission crew assignments.

- **Fines/Penalties/Discipline**

- a. Inclement Weather Procedure Violation

- The well-being of our athletes is paramount. There is no excuse for continuing a game when there is lightning threatening the health and life of the participants. Both teams discovered in violation of the league’s inclement weather procedures shall be assessed a fine of \$100.00 each.

- b. Ineligible Player

- i. Coaches that allow a suspended/ineligible players to participate In a XSSL sanctioned event

will declare a forfeit win for the opposing team. Fine of \$100.00.

c. Anti-social Behavior

- i. Threat to do harm to a game official or league official \$250.00
- ii. Physical contact with a game official or league official-\$500.00 and arrest.
- iii. Misconduct.

- A team owner, coach, player, or team volunteer who has been warned not to use profanity or obscene gestures, but continues to do so will be disqualified and/or suspended from the league.
- A team owner, coach, player or team volunteer that evokes, causes or is otherwise involved in conduct that is deemed detrimental to the XSSL or the safety of others will be disqualified and/or suspended from the league. This includes conduct before, during and after a game, on or off the field including parking lots and other areas of the complex.
- All acts lead to suspension until a board review and a minimum monetary fine of \$100.00.

d. The commissioner and/or the vice president of football operations may impose additional fines

and/or suspensions beyond the minimum standards listed in the manual.

e. Any acts of omission or admission by players, coaches or team personnel that is not listed in

this manual or bylaws that is determined by the commissioner to be detrimental to and not in

the best interest of the league may be assessed a monetary penalty and/or suspended.

f. Team owners as well as the team are responsible for all fines assessed to individual team

members. The team and owner will be held liable for a team member's failure to pay his fine.

g. If the player, coach or the remainder of the season. Fine: \$150.00.

h. If suspension occurs in the final game of the season.

iv. Taunting

- First offense, Personal foul and 15 yard penalty
- Second offense, automatic ejection from the game along with 15 yard penalty.

- **Security**

a. Each team is required to have two police officers at every game.

b. It is the responsibility of everyone to make sure the games go on without any incidents.

Unfortunately, the general public doesn't always know the park/stadium rules and the referee policies.

- **National Anthem Procedures**

- National Anthem played directly after the coin toss.

- **Press Box**

- The press box should include a time clock, controls for the PA system, and controls for the official's on-field microphone system

- The people in the press box should be limited to the official time keeper, game announcer, spotters, stat personnel, film crew and other guests of the owner.
- There should be no cheering or loud noises to interfere with game spotters and announcers.
- No music is allowed.
- **Running Clock**
 - Upon Request
 - i. At any time during a game, a coach or owner, at a time out, may request the referee to begin a running clock. The referee will then check with the opponent head coach and/or owner and, if mutually agreed upon, the clock will run with the exception of a time out or player injury. The referee must inform both benches of the running clock change.
 - b. Mandatory Running Clock
 - i. If one team is ahead by a margin of 35 points or more at the beginning of the third quarter or at any point thereafter, the coach or team owner of the trailing team may request a running clock without approval of the opposing team, then running clock becomes mandatory.
 - ii. There will be a 10 minute running clock for 8u and 10u. There will be no special teams, the ball will start at the 25 yard line and all punts will be a 25 yard walk off.
 - iii. Once the running clock is initiated, it shall run continuously with the exception of during any timeout taken by a team or officials, injuries, unsporting conduct penalties, a score by either team (the running clock will restart on the ready for play signal at kickoff) and during the period between quarters.
 - iv. The clock will revert to normal NFHS rules if the point differential is 7 points or less.
 - v. Teams 8u and 10u will be 10 minute quarters only with a running clock and the clock will stop at the last two minutes of every quarter.
 - vi. The League will consist of 11 on 11 players on the football field not 8 on 8. There will be no running clock for 6th and 7th grade (middle school), 8th and 9th grade (junior high school), and 10th thru 12th grade (high school)
 - vii. Middle school and junior high will have four (4) 10 minute quarters and high school will have four (4) 12 minute quarters.
- **Video Taping**
 - All teams are encouraged to videotape their games.
 - Teams may only film or video tape games in which their team is playing.
 - No representative of a team that is not participating in the game may film, videotape or photograph all or any part of the game unless permission is granted by each team owner participating in the game.
 - Any attempt to record, either through audio or video means, any signals given by the opposing team is prohibited.
 - E. Videographers and their equipment must be positioned so that they do not block view of spectators
- **Game Ball**

- Only approved NFHS official game balls may be teams for junior high and high school. NCAA style footballs are prohibited.
- NFHS Rules
 - i. See rulebook for dimensions
 - ii. Inflated to 12.5-13.5 lbs.
 - iii. Ball must be leather not rubber.
 - iv. Ball shall include the NFHS authentication mark.
- The referee has final decision on all game balls.
- **Sideline Team Rules**
 - There must be a minimum of 3 sideline staff, one of which should be identified as the sideline control coach.
 - Team personnel, including trainers, managers, media, photographers, etc. must be identified by a Sideline pass or uniform shirt. Team personnel, coaches excluded, may wear a team colored t-shirt or polo shirt. The team's logo or name must be imprinted on the front.
 - Coaching box: a nonplayer shall not be outside his team box unless to become a player or return as a replacement player. A maximum of 3 coaches may be in the two year coaches' area during d dead ball. These coaches shall remain in the team box while the ball is live.
 - No unauthorized people are allowed on the sidelines (children, fans, etc.)
 - Home team ownership must announce that all fans must go into the stands. The announcement should include that the game will be stopped unless all comply. If still a problem, home management must stop the game and have the official alert both benches that the game will not continue until all children are properly located in the stands. If necessary, police should be instructed to clear the area.
- **Game Day Preparation**
 - Owners must contact each other by Wednesday prior to each game. The check list of minimum standards must be covered item by item to insure adherence to the standards.
 - Field issues
 - XSSL's standards or moved to the opponent's field if it is available. If the opponent's field is not available, then both teams will be required to find a safe field to play and the field must meet playing standards. The league has a "game must be played" policy.
 - ii. Games can be cancelled due to inclement weather beyond normal and unsafe conditions. This includes but is not limited to lightening, hurricanes, team or official transportation breakdowns en route, etc.
 - unavailable. Owners may change fields provided the facility meets XSSL standards, has approval of the commissioner and all information including directions is shared with appropriate personnel such as supervisor or officials, XSSL membership, media, etc. if the site does not meet XSSL standards the owner will be fined as per XSSL rules for each non-conforming area.
- **League Fees will be as follows**
 - If you're bringing in a whole organization, the League fees will be \$1,200.00. For two teams League fees are \$800.00 and for one team only, the fees are \$500.00.

- **Weather**

- If a severe thunderstorm or electrical storm occurs in the area prior to the start of the game, the officials must immediately contact the opposing team's head coach to determine if the game should be played as scheduled, delayed, or postponed. If the head coach or team owner of either team requests that the game be interrupted or postponed, the officials must immediately delay the game for at least 45 minutes to an hour to monitor weather conditions.
- In no case shall an official deny a request by a team owner to delay, suspend, or postpone a game due to inclement weather or imply that the contest will be forfeited as a result of such a request.
- A suspended game shall be resumed from the point of interruption; otherwise, NFHS rules regarding the resumption of suspended games shall apply.
- Inclement Weather Procedures
 - The field marshal must be aware of the weather conditions and implement all procedures accordingly.
 - ii. The game should be postponed and all persons should have left the field and reached a safe location by the time the field marshal monitoring the weather obtains a flash-to bang time of 30 seconds.
 - iii. If inclement weather does not pass, the game is cancelled and replayed in its entirety during the bye week if scheduled. If the game has no significance and if both owners agree, it need not be replayed.
 - iv. Resumption of a game must be 45 minutes to an hour after the last flash of light or sound of thunder before returning to the field of activity.

- **Coach-Referee Conference**

- Officiating procedures shall follow FHSAA rules.
- Game officials shall use the "axioms of football" when in doubt as plays arise.
- It is strongly recommended that each team have a copy of the FHSAA rulebook on the sideline to support their case of misapplication/misinterpretation of the rules.
- The coach-referee conference is to allow review of possible misapplication or misinterpretation of rules by officials and allow corrections when an error has been made. **Judgment calls are just that, Judgment calls are not open to debate or conference.**
- The coach-referee conference is not to:
 - Attempt to influence a judgment call made by an official.
 - ii. Indicate objections (outbursts) to an officials judgment call.
 - iii. Disrespectfully address an official.
- The head coach or designate coach must call a timeout prior to the ball becoming live following the play to be reviewed.
- Referee accompanied by another official and coach are to confer at the sideline directly in front of the team box in the field of play.
- If the rule is determined to have been applied correctly, the time out remains charged to the team requesting the conference or, if no timeouts remain, a delay of game penalty.

- If the rule is determined to have been applied incorrectly, a correction shall be made and no timeout should be charged and the referee shall review and explain the situation to the opposing coach before continuing the game.
- Rulings of officials are final and non-rescindable.
- Coaches and staff are to communicate with game officials in a professional manner.
- Public Criticism of Officials.
 - Our objective is to make officials aware for improvement purposes not to berate and alienate the officials from XSSL.
 - ii. No coach or team personnel may publicly criticize or berate an official prior to, during, or following a game. Professional ethics require that coaches and other team personnel use proper channels to report their complaints about officials rather than airing them publicly. A minimum fine of \$50.00 shall be assessed a team whose coach or other team personnel are in violation of this provision.
- **Player Eligibility**
 - Players must be enrolled in and in regular attendance in traditional or home school.
 - Players with less than a 2.0 GPA will be placed on probation and are required to do a weekly progress report.
 - Players' eligibility are from grades 6th thru 12th grade only.
 - All players must complete and turn in paperwork (XSSL contract, football helmet waring, waiver of claims and liability).
 - Players must undergo a physical examination and be certified as being physically fit of XSSL football and sign a medical release forms and waiver.
 - Players must maintain their amateur status. This means the athlete must not accept money, gifts, or donations for participation in the XSSL.
 - 8u and 10u must have birth certificate
 - 6th thru 9th grade must have school ID and birth certificate
 - 10th thru 12th grade players must represent a passport or State ID card in order to obtain an XSSL ID card (which is required)
 - Players must display good sportsmanship and follow the rules of competition before, during and after every game in which he participates.
 - Athletes enrolled in the XSSL are prohibited from the use of alcohol, tobacco, tobacco-like products, non-therapeutic drugs, and/or performance enhancements on or off the field.
 - ii. All players must be added to the roster before the 2nd game of the season.
- **Disqualifications**
 - Disqualified Player: a player who is declared ineligible for further participation in the game.
 - Flagrant Foul: a rule infraction so extreme or deliberate that it places an opponent in danger of catastrophic injury.
 - General Rules:

- Due to liability concerns, the officials may not order a coach, player, squad member, etc. to leave the area of the field. All officials can do is penalize as appropriate.
 - ii. Disqualification of any nature shall be reported to the commissioner by the referee and both team owners with 24 hours.
 - Player/Uniform Squad Member Disqualification
 - Any player flagged twice in the same game for unsportsmanlike conduct or flagged once for a flagrant foul will be disqualified.
 - ii. Disqualified individuals will remain in their team's area and must remain in the uniform (including pads) for the duration of the game.
 - iii. Unsportsmanlike disqualification and fines:
 - If disqualified in first half: disqualification for remainder of game and \$50.00 fine.
 - If disqualified in second half: disqualification for remainder of game and first half of next game (unless last game of the season) and \$50.00 fine.
 - iv. Flagrant foul and fines:
 - First: Disqualification for the remainder of the game and full next game (and may not dress or be in team area) \$50.00 fine.
 - Second: Disqualification for the remainder of the game and season and \$100.00 fine.
 - If occurring during the last game of the season, the suspension shall carryover into the first game of the next season.
 - Coaches/Team Personnel Disqualifications:
 - A coach that receives two unsportsmanlike fouls shall be ejected and lose the privilege of coaching. The coach shall remain in the team area, by may not participate in any team charged time outs or request a coach-referee conference.
 - ii. Team personnel that receive two unsportsmanlike penalties shall be restricted to their team area, except medics who may leave the area to attend to any injured player on the field.
 - iii. Fines:
 - Second flag: \$50.00.
 - Third flag: Additional \$100.00
 - Fourth and Subsequent: \$25.00 each additional
 - Fighting-Related Suspensions
 - During either half, coaches or substitutes shall not leave their team area to participate in a fight, nor shall they participate in a fight in their area
 - ii. Fighting will result in disqualification for the remainder of the season and the entire team will be disqualified upon based review and may result in banning from participation in the League. Any clearing of the bench the entire team is disqualified for the remainder of the season.
- There is absolutely no fighting!!!

- **Field Management**
 - There shall be no outside music and no outside DJs UNLESS AUTHORIZED BY THE LEAGUE BOARD.
- **XSSL ID Cards**
 - Player ID cards are the responsibility of the home team head coach to arrange at game sites according to the XSSL pre-game schedule.
 - The XSSL ID Cards are the property of the League and must be returned upon the request of the commissioner.
 - ID cards and team books must be maintained for the entire season. Players' League ID cards shall be in the front of the team's book.
 - The book must include coach's contracts, photo, XSSL contract, physicals, state ID cards, signed helmet warning, and waiver forms for each participant.
 - Teams should be lined up numerically for check-in at 1:00 pm.
- **Coach Responsibilities**
 - Coaches do not make league policies, however, they are expected to always uphold XSSL rules and regulations.
 - A coach is expected to conduct himself in a manner that brings credit to the institution.
 - Coach according to the philosophies of the XSSL.
 - Always accept the decisions of any XSSL League agent as binding and refrain from open aggressive disputes in public.
 - A coach should work together with other coaches on their staff and members within their club. A coach will never criticize the actions or strategies of another coach or members in another club.
 - The coach must be sensitive to the fact that he is responsible for promoting a positive image for the program in their community.
- **Rules of the Game**
 - Every coach has a responsibility to know the rules and to teach them to his athletes.
 - Coaches shall avoid any behavior that will provoke or incite opposing athletes, coaches or spectators, placing the emotional and physical well-being of your athletes ahead of a personal desire to win, and understanding the program is for the junior athlete and not the adult's lust for glory
 - The Head Coach shall be responsible for the actions and conduct on their respective sidelines, including athletes and assistant coaches throughout their game. If a Head Coach or one of his assistants is ejected for unsportsmanlike behavior, the Head Coach will be put on probation for the remainder of the season and subject to further action taken by the vice president of football operations per the XSSL Bylaws that could result in the Head Coach being relieved of all coaching duties in XSSL events.
 - Coaches shall protect the integrity of the game and realize that both teams are part of the same fraternity. It is the coaches' responsibility to protect the dignity, confidence and self-esteem of their opponents by never criticizing, belittling, antagonizing, berating or otherwise inciting an opposing team, its athletes, coaches or fans by word of mouth or by gesture.
 - The coach will promote good sportsmanship not only verbally, but also by their actions on the playing field at any XSSL event. Before each contest the coach will cordially greet opposing coaches. At the end of game, coaches will congratulate

and respect opposing athletes, coaches and clubs by offering a verbal acknowledgement and a handshake.

- Coaches shall discourage the use of alcohol, drugs and tobacco. A coach will never come to a practice or an event under the influence of alcohol or drugs. The scent of alcohol on a coach is not acceptable. The use of any type of alcohol or tobacco at games, competition, or practice facilities is also prohibited.
- Good sportsmanship habits are formed on the practice field. The coach will provide direction to guarantee that proper standards are followed at all times.
- Coaches shall approach competition as a health aspect of athletics. A “winning at all costs” mentality will not be tolerated.

- **Background Checks**

- Even though the commissioner and executive board of the XSSL has no direct operational control or responsibility over volunteers or other risks from premises, activities or actions of team owners and their coaches, it is required that all team owners submit a sexual offender and criminal background check consent form for all volunteers who will be participating in the XSSL to the League office.
- Coaches must have fall credentials, however if a coach did not coach during the fall season, they must go through the approved XSSL agent.
- The executive board requires the following minimal standards for team owners to uphold:
 - No volunteer shall have any child related offenses or be on probation while volunteering.
 - ii. Criminal history convictions must be five years old.
 - iii. No volunteer with violent criminal priors will be allowed to volunteer.

- **Field Manger Duties**

- Pre-Game Duties
 - Arrive to the game two hours before scheduled kick off
 - ii. Ensure playing field is properly marked
 - iii Find a site at the field where you can be easily located
 - 1.Site should be close to the field and protected from rain
 - 2. Should be able to see playing field and all facilities
 - iv. Remember you are there to monitor field use, spectator conduct and to help keep everything running efficiently.
 - v. Crowd control barrier – rope, tape or blockade must be in place 10 yards (if space permits) from each sideline from goal line to goal line. There is a \$100.00 fine if barriers are not provided. Only players and coaches are allowed inside the zone. No parents, photographers, handicapped or non-team players are allowed
 - vi. Monitor schedule and help to keep the game on time.
 - vii. Set up area for League ID check
 - All players must have an XSSL photo ID card to be eligible to participate

- All coaches and personnel must have an XSSL ID card to allow them into the team area.
- viii. Scoreboard/Clock
 - Check for proper operation
 - Prior to each game, make sure that there is someone assigned to run the scoreboard/clock.
- ix. Inspect the field for play
- x. Greet the visiting team
 - Show team where to warm up.
 - Address local facilities rules
 - Show team where to go in case of inclement weather.
- xi. Field Lights
 - Coordinate with the local site manager regarding who will turn on the field lights.
 - Remember it takes a while for the lights to come on to full brightness (Allow 30 minutes)
- In-Game Duties
 - i. In the event a dispute arises, assist game officials and mediate as necessary. Remember you not only represent your team but also the XSSL.
 - ii. Keep eye on facilities
 - iii. Coordinate with field security, medical, local field coordinator, etc.
 - iv. Game officials assume authority over the playing field and participants 30 minutes prior to kickoff. Field managers cannot overturn calls or call for coach-referee conferences to correct an official's call.
 - v. Video-Taping
 - 1. Coaches and spectators may only video tape games outside their team box and in an authorized area. Spectators with XSSL ID cards may not come within 10 yards of the playing field.
 - 2. Media: personnel representing the local TV stations or newspapers may with prior League authorization come within two yards of the playing field outside of the coach/team box.
- Post-Game Duties
 - Record the outcome (score) of each game. Input the score on the league website. Must have the access code.
 - ii. Stats need to be collected from both teams.
 - iii. Call the vice president of football operations with any player disqualification and any coach who has received an unsportsmanlike conduct.
 - iv. Make sure teams have cleaned up all their gear and garbage.
- Each field manager will report game scores online by Monday morning.

