



FSYFL PRO BOWL RULES AND GUIDELINES

1. The FSYFL Pro Bowl game will take place at a location TBD on a Saturday and Sunday one week following the FSYFL State Championship. The location will be posted on the FYSFL website nearer to the event.
2. All Pro Bowl selected players are **required to attend the FSYFL State Championship game** and be in attendance at their specific age divisions state championship game. All Pro Bowl players will be announced and presented as that seasons Pro Bowl team following each of their State Divisional games. Each player will be announced separately and presented with their FSYFL sponsored Pro Bowl Jersey and socks, as well as a Certificate of award. **No Pro Bowl player will be permitted on the Pro Bowl team without attending the State Championships and collecting their jersey.**
3. The Head coaches of the Pro Bowl teams will meet with all their Pro Bowl team players to discuss their practice plans, at the State Championship games following each of the divisional state trophy presentations.
4. **PRO BOWL RULES** – The following DIFFERENT rules will be put in place for the Pro Bowl.
 - There will be 4 Pro Bowl teams per conference. i.e. West Conference North – West Conference South – East Conference North – East Conference South. Divided per regions specified by the FSYFL rules.
 - The Pro Bowl will be a round robin tournament over two days culminating in a Pro Bowl championship and runner up game. NW vs NE, SW vs SE and followed by the Winners and Runner up games.
 - Teams will comprise 16 players. Alternate players will be selected.
 - Players will be selected to the Pro Bowl as follows:
 - ✓ Conference Champions will be given 3 players (3)
 - ✓ Conference Runners up will be given 2 players (2)
 - ✓ The Regional team with the best record in their Region will be given 2 players (2)
 - ✓ The next 5 teams with the best records in the region will be given 1 player (5)
 - ✓ 4 wild card players will be assigned to the teams selected by the FSYFL Pro Bowl Selection Committee (4)
 - The Pro Bowl player selection process will be as follows:
 - ✓ Each team coach will provide 3 player nominations to the committee
 - ✓ The FSYFL will have spotters during the season to be isolating players that will qualify for the wild card spots.
 - ✓ A Coaches selection sheet will be provided to all coaches during the regular season to recommend players to the Pro Bowl selection committee based on their games to assist the FSYFL Selection committee for the wild card selections.
 - **All players on each team MUST play a Minimum of 15 plays in the game.** An FSYFL representative will be assigned to each game to ensure the Minimum Play Rule is applied fairly.
 - The 25 second “between plays” clock will be extended to 35 seconds to allow coaches time.
 - The game will be extended from the standard two 22 minute continuous clock halves to 30 minute continuous clock halves.
 - To give coaches time to get all their players into the game there will be no mercy rules at all.
 - There will be no trophies or after game presentations...only handshakes and a lot of bragging!!!
 - Players will wear their own helmets. Teams can decide on pant color or just opt for their own team pants.
 - The Head Coaches of the top TWO teams from Pro Bowl regions will be assigned as the Pro Bowl Coaches. The FSYFL will select one additional coach and the two head coaches will be allowed to select 2 additional coaches. Each Team will have 5 coaches, with the Head coaches assigning responsibilities.
 - The following Practice format should be considered to ease regional travel issues.
 - ✓ Initial Meeting at the State Championship field.
 - ✓ ONE practice to be held somewhere between furthest points of the region where players live.
 - ✓ Have the players arrive at Pro Bowl 2 ½ hours prior to the game and have a 1 ½ hour practice at the game field