

2011 NBYFC

RULE BOOK

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MISSION STATEMENT

North Bay Youth Football- Cheer is an adult organization that has as its sole purpose is to help with the advancement of youth sports activities; Football and Cheerleading in particular.

Sportsmanship, as we promise it, will value athleticism and academics equally.

By providing a wholesome environment for athletic competition we will instill in our youth the challenge of competition, the joy of victory, the reality of defeat, the importance of commitment and the spirit of community.

The scholar athlete recognition program is intended to directly underscore the importance of academic achievement among athletics, and by doing so will prepare them for the challenge of the interscholastic high school and collegiate environment.

These goals will be achieved through our effort and commitment.

NBYFC MANAGEMENT

League Officers duties and responsibilities:

The Executive Board will be the governing body of the corporation insofar as rules and the bylaws and amendments thereto, except those responsibilities that have been delegated to standing committee's and such matters as the Executive Board and its officers may bring before them.

DIRECTOR:

Will preside over Executive Board and General Affiliate Association Meetings and will appoint all committees. Will administer the by-laws and rules of the NBYFC as set forth. Will be given certain discretionary powers permit carrying out the policies of the Executive Board.

ATHLETIC DIRECTOR:

Will assist and advise the Director on all matters related to football operations. Shall have the prime responsibility for insuring that all league rules, policies and standards related to youth tackle football games, training, equipment, discipline and other football matters are conducted properly. The Athletic Director shall chair the standing rules committee and be a standing member League Financial Budget Committee. Athletic Director has discretion to appoint an assistant Athletic Director during any season.

CHEER DIRECTOR:

Will assist and advise the Director on all matters related to cheerleading operations. Shall have the prime responsibility for insuring that all league rules, policies and standards related to cheerleading, cheer competition, cheer clinics and camps, discipline and other cheerleading matters are conducted properly. Shall chair the standing cheer rules committee and be a standing member League Financial Budget Committee.

SECRETARY:

Will assist the Director and staff in the recording of the minutes and any other matters pertaining to the distribution of all information to the staff and Executive Board. The Secretary will have primary responsibility for the NBYFC League administration including correspondence and record keeping. The Secretary will, as a secretary responsibility, support and backup the Treasurer. The Secretary will assist the Treasurer in preparing State and Federal Exemption Certifications. Standing member of the League Financial Budget Committee.

TREASURER:

Will be bonded custodian of all property of the NBYFC, and will receive all monies that accrue to the NBYFC from any source and deposit same in a bank, in the name of the NBYFC. Will submit the financial record of the NBYFC to the Executive Board for audit when directed and at least once a year on the second Wednesday in December. Will see that all bills are, authorized and paid promptly, and will assure that no unauthorized obligations are incurred. A monthly financial statement will be submitted in writing, at each Executive Board meeting and General Affiliate Association meeting. The Treasurer will be responsible for filling out state and Federal Exemption Certificates for the NBYFC. The Treasurer will assist and advise the Commissioner and be responsible to the Commission and Executive Board. Chairs League Financial Budget Committee.

SECTION ONE

ADMINISTRATION

1. CONFLICT RESOLUTION

It is expected and normal that in athletic competition there shall be disagreements. There disagreements have the potential to escalate to conflicts. Inherent with their position, association Presidents (and by extension of other association administrators) have the authority and responsibility to resolve disputes. As much as is reasonable, opposing administrators are expected to view the issues from a neutral perspective. If there were to be a prime directive applied to the NBYFC it would be that adult Administrators are responsible for the welfare of all of our children.

1.1 ADMINISTRATIVE AUTHORITY

Administrative Authority is vested in NBYFC League Officials, Association Presidents and Administrators. Administrators share the responsibility to provide a safe, equitable and competitive athletic environment for our youth participants.

1.2 ACCOUNTABILITY

- A. The entire association is held accountable for every individual and each team.
- B. Misconduct, if only the result of the actions of one individual or one team may result in the entire association being penalized.
- C. NBYFC must be notified, in writing, of the expulsion, suspension or probation of any coach or board member.

1.3 IDENTIFICATION

- A. League Certified individuals will be identified with a photo/ Identification badge. The photo identification badge will contain the individual full legal name, title or position held, association name, and year issued. Badges must be worn in such a manner as to be visible. Colored badges entitle a no fee entry into all NBYFC events.
- B. The I.D. Badges will be used to identify individuals authorize on sidelines and practice fields.
- C. The holder will surrender I.D. badges for periods of suspension or de-certification.
- D. NBYFC officials will replace lost badges. Each association will be responsible for its unit's badges. Example of badge will be on record.
- E. Individuals with lost, forgotten or misplaced badges will be allowed entry into a game site when vouched for by an Association President or Cheer Coordinator.
- F. Press credentials are acceptable for no fee access to game sites and sidelines.
- G. Host facility staff, such as school and park district staff employee with recognition will be granted unrestricted access.

1.4 INSURANCE

- A. Insurance coverage will be provided by the individual units.
- B. Insurance premiums will be paid by each association directly to their insurers.
- C. Inquiries involving insurance coverage or claims procedures must be directed to the Director for further instructions.

1.5 CRIMINAL OFFENDER RECORD INFORMATION POLICY

The overall responsibility for the administration of the employee fingerprinting and resulting criminal history information rests with the (Designated individual: PRESIDENT or VICE-PRESIDENT or GENERAL MANAGER of each unit.)

1.6 ACADEMIC ALL AMERICAN PROGRAM

Academic All American (AAA) Program has been established to encourage, recognize, and celebrate scholastic achievement among our participating youth athletes. The North Bay Youth Football and Cheerleading has designated the AAA Program to be a mandatory league event. Each Association shall set standards, based on the guidelines below, and maintain an AAA program within their own organization.

- A. Jr. Pee Wee, Pee Wee, Jr. Midget, and Midget football players and cheerleaders are eligible to apply for recognition by the AAA program. Applicants must maintain at least a 3.0 grade point average (GPA) *including P.E.*, during the quarter in which they participated in an NBYFC association football or cheerleading program.
- B. GPA for all subjects (*including P.E.*) will be determined by the Program Director based on the following standard scale. GPA = Total Grade Points
 - A = 4 points
 - B = 3 points
 - C = 2 points
- C. No consideration will be given for the addition of “+ or -.”
- D. There can be no citizenship mark below “S” or grades below “C.”
- E. Applications attending schools that do not use letter grades or maintain a grading system will be given consideration. A letter from the applicant’s teacher, on school letterhead, must accompany the application packet. The letter must explain that the applicant would qualify for consideration with a minimum 3.0 GPA, based on a 4.0 GPA grading system, (*and state the actual GPA.*) if the school used letter grades.
- F. Applications *must be bound* securely in a folder. The applicant’s name and association must be printed clearly, neatly and visibly on the front of the folder. *Absolutely no exceptions will be made.* Application packets not postmarked by December 21, or not properly presented will be returned to the applicant. However, if the application is corrected, it may be resubmitted to meet the December 21 postmark deadline.
- G. The application must be submitted to the association president for signature and mailed to the address on the application by the deadline of December 21. *Application packets become the property of AAA and will not be returned.*
- H. Applicants will be notified of acceptance and the date, time, and place of the ceremony *four weeks* before the event. Association presidents will also be notified.

1.7 ADULT PERSONNEL STAFFING

NBYFC requires a number of volunteers to staff a variety of positions in support of the youth football and cheerleading program. The success of the NBYFC is dependent and reflective of the dedication and competence of our volunteers. Every effort should be made to nominate individuals for positions who have integrity, and who share our goals.

- A. NBYFC reserves the right to de-certify or disqualify individuals for rule violations that are specified elsewhere in this rulebook.
- B. Individuals may hold two certified positions concurrently, if needed by the team and organization.
- C. No individual may hold staff positions in two separate NBYFC affiliate associations concurrently.
- D. NBYFC is a non-profit organization that does not pay or compensate its employees. The league will reimburse individuals for approved direct expenses that are of exclusive benefit to the league.

1.8 TRANSFER AND BOUNDARY PROCEDURES

The purpose of the NBYFC transfer rules is to maintain balance and equity between football and cheerleading associations. Recruitment of minors between associations for competitive reasons is contrary and disruptive to the spirit and ideals of this league. Release and waiver of a player, cheerleader or certified adult member by their losing organizations is required, when that individual participated during the preceding season.

- A. This rule applies to certified individuals desiring a transfer between different NBYFC Associations during the current certification season. Certified individuals must remain with the association they are certified with for the duration of the season (July 1st of the current year to June 30th of the coming year.)
- B. Transfer requests require a signed waiver or release from the losing Association.
- C. NBYFC (league secretary) shall be notified of all transfer requests and denials.
- D. The league secretary shall maintain a record of transfer requests and notify the affected Athletic and Cheer Director of the transfer request.
- E. The Athletic and Cheer Directors will insure that the required waivers have been processed and association presidents notified. Transfer request will generally be approved for the following conditions by the appropriate Director.
- F. Transfer request will generally be approved for the following conditions by the appropriate Director.
 - i. Participants move in the gaining association's area.
 - ii. The participant is the child of a board member or coach of the gaining association.
 - iii. There exists a mutual agreement in the form of a written release from the losing association.
 - iv. The individual is released due to competitive (cuts), or there is no "place" or position for the individual.
- G. Transfer requests will not normally be approved for the following reasons.

- i. Individuals who owe outstanding registrations fees or other moneys belonging to their prior association.
- ii. Individuals who have in their possession and who have failed to return all documents and records belonging to their prior association.
- iii. Individuals who have in their possession and who have failed ton return equipment belonging to their prior association.
- iv. Individuals who have been expelled by their prior association for cause.
- v. Individuals who have failed to meet certification criteria.

1.9 BOUNDARIES

- A. Boundaries between Affiliate Associations will be established ONLY when the following criterion is met:
 - i. Two neighboring associations request that boundaries be established.
 - ii. The league determines that boundaries are the only way to establish parity between neighboring associations.
- B. NBYFC will honor boundary agreements with foreign youth football leagues, once they have been established.
- C. Should circumstances dictate that boundaries be established between Associations, the Director will chair a meeting between the affected association, at which time and place boundary criteria will be determined and boundary lines established.
- D. Individual Associations will not establish formal or informal boundaries without League approval.

1.10 NEW ASSOCIATION APPLICATION CRITERIA

The North Bay Youth Football and Cheer Inc. will accept applications for affiliate membership only from nonprofit incorporated youth football and cheer organizations. Any organization interested in joining the NBYFC must be voted in by all Associations.

1.11 STANDARDS OF CONDUCT

The standards of conduct in this section and the related penalties are designed to sustain a fair and creditable environment. There are a few individuals involved with our program for which the concept of fairness and honesty are foreign.

These guidelines apply to everyone involved in NBYFC:

- A. It is forbidden for any NBYFC affiliated adult to strike or “manhandle” a player or cheerleader.
- B. It is forbidden for any NBYFC adult to propose, encourage or otherwise facilitate any NBYFC affiliated youth to participate in any activity that is a violation of state of Federal law.
- C. It is prohibited for any adult NBYFC staff member of affiliate association staff member to knowingly allow an ineligible, uncertified or otherwise disqualified individual to participate in league activities.
- D. The use of alcohol and tobacco products while engaged in NBYFC sanctioned activities such as coaching, instructing, games and competition are prohibited.

- E. Adults (coaches, administrators, team parents, etc.) are expected to use tact when disciplining a player or cheerleader. The child is not to be berated publicly.
- F. *It is prohibited for any person to verbally encourage any player to inflict physical harm to any other player or use language that is derogatory to other players or associations.*
- G. The omission of/ or the misinterpretation of facts during NBYFC or Association inquiry is a violation that is subject to fines and other disciplinary action. Failure to disclose information until the disclosure is to an individual or association's advantage or benefit is a violation subject to fines and other disciplinary action up to, or including expulsion.
- H. Associations that must cancel a game due to rain or any other unforeseen circumstance must do everything within their power to make up the game that weekend. Both associations must agree on the place and time. IF no game has been rescheduled it results in an automatic forfeit by the Home association. No betting on games, competition or any other NBYFC event.

1.12 RECRUITING

Enticing the youth of our communities to participate in our cheer and football programs is essential to our goals. Youth tackle football and cheerleading provides a safe and regulated opportunity for our youth to realize athletic achievement. Recruiting efforts by coaches and administrators to introduce new youths to our program is supported.

1.13 ILLEGAL RECRUITING

Illegal recruiting is divisive and a serious threat to relationships between football, associations and the league itself. Yearly, disgruntled coaches switch to new associations and attempt to take a core of players or cheerleaders with them. There are also legitimate circumstances that could result in a group transferring from one association to another. The illegal recruiting rule does not apply when an individual has been given unconditional release. The rule does not apply when an individual has sat out a season.

- A. Illegal recruiting is defined as the act of an adult to influence players or cheerleaders to transfer between associations between consecutive seasons.
- B. It is not a rule violation for a coach to become disgruntled with his or her original organization, and to seek a position with another association.
- C. It is not a rule violation for the child of a transferring adult to accompany the parent to a new organization.
- D. It is a rule violation to entice an unrelated player or cheerleader to transfer.
- E. It is a rule violation to organize a defection of a group, from one association to another.
- F. It is a violation for any association to accept the transfer.
- G. Individuals found to violate this rule will lose certification for one calendar year.
- H. Associations, who aid and abet illegal recruitment, will be fined \$100.00 for each player or cheerleader so recruited.
- I. Associations, who aid and abet illegal recruitment, may lose eligibility to participate in post-season championship tournaments.
- J. Allegations of illegal recruitment must be reported to the Athletic Director or Cheer Director.

The Directors will appoint an investigative committee to look into each allegation of recruiting violations.

1.14 APPEALS

An individual suspended or expelled by an Association President is not eligible for a hearing unless they are a coach or an administrator. If a hearing is required the NBYFC athletic director or cheer director will conduct it. The athletic/cheer director will assemble a panel consisting of Association presidents and/or cheer coordinators to deliberate the issues. The results of hearing shall be made available to all member associations, except such information that may be personal in nature. The decision of the panel is final.

The athletic/cheer director shall have a tie-breaking vote only.

SECTION TWO

PARTICIPANT ELIGIBILITY

2.0 YOUTH PARTICIPANT ELIGIBILITY

- A. Player/cheer candidates must be a youth athlete who qualifies for a league age of 7 and 15 years of age. Youngest age may vary amongst individual associations at their own discretion.
- B. Player/cheer candidates must have the written approval of their custodial player or guardian.
- C. Player/cheer candidates must have the equivalent of a minimum 2.0 gpa or otherwise be a student in good standing.
- D. Player/cheer candidates cannot participate in any other organized football or cheerleading team concurrent with the NBYFC regular season.
- E. Player/cheer candidates must pass a sports physical capable of screening for tackle football and competitive cheerleading.

2.1 EVIDENCE OF AGE

No one can participate without one Type I document OR three Type II documents at any league game or jamboree.

TYPE I: This type must be presented as “Evidence of Age” by September 15.

- 1. The previous year player identification card.
- 2. A certified copy of the birth record from a county courthouse (with raised seal and contrasting ink). **Copy must have stamp by unit director and signed and dated.**
- 3. Foreign or military hospital records.
- 4. Adoption papers.
- 5. An immigration visa or passport.
- 6. If one of the above cannot be provided, then you need to provide three TYPE II documents.

TYPE II: This type will be expected as “Evidence of Age” until September 15. Participants must provide THREE of the following “Evidence of Age” to participate as a football player or cheerleader.

1. Hospital birth record with hospital seal and doctor’s signature.
2. Baptismal certificate with signature.
3. Copy of the document sent to the appropriate agency of the state where requesting original certified copy of birth certificate.
4. Insurance policy showing player or cheerleaders name and birth date on the document.
5. Letter from the school attended on school letterhead showing player or cheerleader’s name, age, birth date, parents name and signed by the school principal.
6. A document with the heading of “Notification of Birth” and the registration number and signature.

2.2 ADULT COACH ELIGIBILITY

- A. The head coach of any team must be 21 years of age as of the first day of practice.
- B. Assistant coaches must be at least 18 years of age as of the first day of practice.
- C. Coaching instructors, a coaching youth instructor will not be able to be a participant in the program or ineligible to participate with the team that they will be instructing.
- D. Coach and assistant coach candidates who transfer from another youth football program must obtain a waiver or clearance from their previous organization.
- E. Coaches who fail to obtain a waiver or clearance will not be certified.
- F. Coaches who fail to disclose their affiliation with another organization shall be disqualified.
- G. Coaches who were expelled or decertified by the home associations the previous season shall not qualify.
- H. Coaches are never to arrive at practice, games, or meetings with players or cheerleaders smoking or drinking. Such an infraction will be used to decertify.

SECTION THREE

CERTIFICATION

3.0 CERTIFICATION APPLICATION

Certification applies to individual teams, players, coaches, instructors, weigh masters, and administrators.

3.1 TEAM CERTIFICATION

- A. A certified football team will consist of a minimum of 14 fully qualified players.
- B. The certified team will have a minimum of two certified coaches.

- C. There will be a designated head coach and a designated assistant head coach.
- D. There will be no more than six assistant coaches per certified team.
- E. Each association will have at least one coach, Health and Safety Officer or individual in attendance with a valid Red Cross First Aid and CPR card at all games, practices and competitions.
- F. Each team will have a team book. The team book will consist of the following:
 - A certified payer card for each player (current year only).
 - A certified team list.
 - A set of Play Allotment Rule sheets (PAR).
 - A Player/Parent Contract form.
 - A signed copy of the Coaches Agreement.
 - A signed Parent Agreement and Code of Ethics Form.

3.2 PRESENTATION OF FORMS FOR CERTIFICATION

The forms should be presented in the same order as the team roster in a three ring binder. Each certified player must have the current year player ID card (not placed inside the clear plastic cover). Place the following in a clear top load sheet protector or paper clip together:

- Previous years certified card or a visible certified copy of the birth certificate or evidence of age document.
- Physical with date no earlier than March 1st of the current year
- Player Parent Agreement and Code of Ethics (make sure all signatures are visible).

3.3 CERTIFIED PLAYER IDENTIFICATION CARD

- A. All certified player and cheerleader cards are white.
- B. All divisions will use the same card; the association will initial the appropriate level box. The signatures of the participant, Association President, Team Head Coach, Association Cheer Coordinator are required to complete certification.
- C. A current photograph of the participant (2x2) is required. The photo is to be full face, head and shoulders (passport style). No hats, sunglasses, or headbands are to be worn in the picture. The photo is to be glued to the Player ID card; a strip of scotch tape is to be placed on the lower edge of the photo.
- D. Type or print legibility the information on the card except for the certification weights.
- E.
- F. Head shot of participant will suffice.

3.4 PLAYER/PARENT AGREEMENT

This is a medical release form; no player or cheerleader shall participate without fully being complete before this. All player/parent agreements must stay in certified team books all season.

This form consists of 2 sections:

- SECTION A

General Information and code of conduct information. The parent/guardian must read, consent and sign the form **prior** to participation. In addition, the parent/guardian must read and sign the “Parent Code of ethics” form now in NBYFC league wide use.

- SECTION B

Participants’ general information. All areas are to be filled out including complete medical information

3.5 MEDICAL RELEASE

Medical Examination is to be signed by the participant’s physician. Any physical limitations must be noted here as well. A physician’s statement with a current date and signature will also be accepted if a form is not available. Each physical must have a specified clearance to play sports. .

Each player must be equipped with approved uniform items in order to participate in football and cheerleading.

3.6 FOOTBALL COACH AGREEMENTS AND ALLOTTMENT

A. Agreements: Place two copies of the agreements in the back of the team binder, per division, with the coaches ID cards attached. PLEASE DO NOT STAPLE. ID badge will be returned to you with the binder. *In addition, each coach will read and sign the “Coaches Code of Ethics”. A copy will remain in the team book with the coaches signed agreement and a copy will go to the coach.*

B. Allotment:

Each team is allowed:

- (1) Head Coach
- (6) Assistant Coaches
- (2) Youth Instructors

**There will be a maximum of 9 coaches/instructors on the sidelines.*

3.7 FINGER PRINTING/BACKGROUND CHECKS

NBYFC policy, social conditions and many school districts require that each unit is responsible to finger print all individuals with frequent and close contact with minors. All coaches, weigh masters and instructors 18 years and older are to be fingerprinted and/or have a clear and updated background check prior to or in conjunction with certification. Information stays with the individual association.

1. All affiliate associations shall maintain such records..
2. Any associations hosting a pre season clinic or camp shall submit fingerprint cards for any participating coaches at least 7 days prior to the event.

3. Any association, at its discretion, may fingerprint non-coaching staff 18 years and older.
4. If an individual has been disallowed from one Association for an “bad” background check, he/she must still get clearance from any other Association prior to coaching and/or serving on any other Association’s Board.

3.8 ADMINISTRATORS CERTIFICATION

Each affiliate association can assign Gold Badges. Badges are the responsibility of each association and not NBYFC.

- A. ADMINISTRATION AGREEMENTS: Each Association must secure (and maintain) signed administration agreements from each of their Board members each year. Each Association shall maintain all such records and provide to the NBYFC upon request.
- B. Each administrator must hold an elected or appointed position in his or her host association.
- C. Administrators cannot hold a coaching or administrative position within another youth football and cheerleading organization.
- D. Administrators who vacate their elected or appointed positions within their host associations will also lose league certification.
- E. Administrators may be certified at any time before or during the football season.
- F. Dual position individuals are those who might hold an office with their host association, and another position with the league. An example would be an individual who is the equipment manager with their home team and also a division leader at the league level.

3.9 MOVEMENT OF PLAYERS AFTER CERTIFICATION

Players may be moved between team divisions (for good cause and with league approval) by the third week of play/season (third game). Once moved, a player must be league certified for their new team division. Add/or drop rosters must be annotated accordingly.

3.10 SCHEDULING

- A. Game start times, day of play (Saturday or Sunday), and team sequence of play, and first game will be established by the hosting association.
- B. Barring unforeseen circumstances, each association will be granted an equal number of home and away games.
- C. Bye week games played another NBYFC opponent, or against a foreign youth football team shall not count in the standings or be used for playoff seeding.

3.11 JAMBOREE/CERTIFICATION PROCEDURES & REQUIREMENTS

Facility requirement standards are designed to provide for an efficient use of space and for expediting the long certification day. Hosting associations are requested to avoid facilities that will be shared with other activities during certification so as to reduce distractions. Hosting associations should advise the league and visiting associations of any special use restrictions for their facilities.

- A. At least one regulation football field is required. The field may be divided into halves for scrimmage purposes. Two teams could scrimmage simultaneously on their respective halves of the field. (Coordinate with the officials group before scheduling this scenario to insure that there are sufficient officials for coverage).
- B. The host association will schedule the scrimmage rotation. Every team is to be allotted equal time for scrimmage. NBYFC has templates available.
- C. The two certification crews will require separate rooms.
- D. **No football stunting or blitzing will be allowed during Jamboree scrimmages.**

It is the host association responsibility to insure that these facilities are accessible and ready prior to the arrival of the certification teams.

3.12 INITIAL WEIGHT

- A. In the interests of safety and competitive balance player weight must be within the parameters established for their age and team division.
- B. Prior to the certification jamboree and usually in conjunction with team registration, their host association will weigh players.
- C. There will be a 10 pound plus/minus rule per division beginning on the first day of regular season practice.

3.13 CERTIFICATION WEIGHT

- A. This is the “official” weight at certification jamboree and will be annotated by designated league staff or under the observation of league and conference staff.
- B. This weight will be as accurate as possible and will be obtained with the player wearing only under shorts or uniform girdle (without pads). No nudity allowed at weigh in process.
- C. Most players will receive a certified weight during a jamboree, however all players must be certified by the third week/game of the season.
- D. The certification weight will be annotated on the player card and on the team roster.
- E. Weight standards are for both genders.
- F. There shall be no person of the opposite sex allowed in the locker rooms during weigh in or during certification of any players while the players are in their underwear.

3.14 GAME WEIGHT

- A. This is an “official” weight and will be annotated on the player card by certified weigh master, league and conference staff.

- B. The game weight is the maximum weight established for a team division, for each week of the season.
- C. The game weight is adjusted higher on a weekly basis on a schedule that is printed on each player card and is illustrated in the age/weight schematic *(see weight chart in rule book).
- D. Any player exceeding the maximum allowable weight, (by less than one pound) may step off the scale and remove the maximum amount of clothing, proceed to the end of the line and re-weigh before the team leaves the weigh-in area.
- E. Any player failing the second weigh-in will be disqualified for the day.
- F. Players will weigh prior to each scheduled game, invitational bowl game, playoff game and jamboree scrimmage.
- G. Players shall hold both hands out so that the weighmaster (i.e. for inspection of hands and for casts).
- H. Players need not weigh prior to an approved scrimmage between NBYFC football teams.
- I. The weigh-in officially ends when the last player of the visiting team has been weighed.
- J. Late arrivals are players who arrive for weigh in after both teams have left the weigh-in area.
- K. A late player can weigh-in at any time prior to the start of the 3rd quarter.
- L. Late arrivals may have to warm-up on the sidelines prior to entering the game. Warm-up must be for 15 minutes.
- M. Game weight scales must be certified heavy-duty scales; digital bathroom scales are not acceptable. A doctor's mechanical scale may be utilized however, the doctor's scale must have a visual certification stamp from "weights & measures" dated no earlier than June of the current season.

3.15 WEIGH-IN PROCEDURES

- A. Only Weight-masters, Presidents, NBYFC Director and/or NBYFC Board member are allowed in weigh area during weigh-in.
- B. No team or individual will weigh-in prior to the established weigh-in time.
- C. Coaches and other staff are restricted from the weigh-in area, they may be allowed to bring their teams in prior to the weigh-in, but they **MUST** leave the locker room or weigh-in area **prior** to the start of the weigh-ins.
- D. Each team must have a minimum of 15 minutes after weigh-in to warm up prior to the initial kickoff. The warm-up cannot be waived.
- E. No women allowed in weigh in area, female players will be weighed first by a female Cheer coach or board member.

3.16 2011 AGE-WEIGHT CHART CERTIFICATION

AGE WEIGHT DIVISIONS

MAXIMUM AGE*	Mitey Mites	Jr. Pee Wee
7	45-85	
8	45-85	50-100
9	45-80	50-100
10		50-100
11		50-80**

MAXIMUM AGE*	Pee Wee	Jr. Midgets
9	Max 115	
10	Max 115	Max 135
11	Max 115	Max 135
12	Max 95**	Max 135
13		Max 115**

MAXIMUM AGE*	Midgets
11	Max 165
12	Max 165
13	Max 165
14	Max 165
15	Max 130***

*Weight limit for male and female players are listed above. The players playing age is their age as of August 1 of the current year. NOTE: There is no minimum weight for football players in the Pee Wee, Jr Midget and Midget levels for the 2011 season.

**Classified as Older/Lighter Players. Each team at Junior Pee Wee, Pee Wee and Junior Midget levels are limited to a maximum of twelve (12) players in this weight category.

***Maximum older lighters at Midgets is 5 players. After reaching 130 lbs, may only gain 2 additional lbs (132 maximum) for the season; one pound on week 4 and one on week 7.

NOTE: There is a 1-lb scale variance each week and this rule shall not be abused.

IN-SEASON WEIGHT ALLOWANCE AFTER CERTIFICATION

1st weekend	0 lb.	9th weekend	0 lb.
2nd weekend	1 lb.	10th weekend	0 lb.
3rd weekend	1 lb.	11th weekend	0 lb.
4th weekend	1 lb.	12th weekend	0 lb.
5th weekend	1 lb.	13th weekend	0 lb.
6th weekend	1 lb.	14th weekend	0 lb.
7th weekend	1 lb.		
8th weekend	1 lb.		

WEIGHT GAIN WILL CARRY AS FOLLOWS: 1 POUND EVERY WEEK AFTER CERTIFICATION AND GAME 1 FOR 7 WEEKS. EXCLUDING MIDGET OLDER LIGHTERS.

Each player must meet the certification weight for his age and Division as indicated on the Player Card for week one – with no weight allowance- regardless of when they make initial weight. **The weights only apply for football players. THERE ARE NO OLDER LIGHTERS IN CHEER DIVISIONS.**

NOTE: The above age-weight schematic must be strictly adhered to by all Associations at all levels. There will be no exceptions or waivers to the above.

3.17 BENCHING AND DISCIPLINE

- A. When it is necessary to bench a player or cheerleader for disciplinary reasons, the Association President is to be advised. The Association President will then advise the child's parents if they are present. The Association President will also advise the opposing sides ranking administrator that a player has been benched and will remain benched for the remainder of the game.
- B. Common reasons for benching a player or cheerleader would be in situations where the child is a disruptive behavior problem, is combative towards others and similar situations.
- C. A player or cheerleader, who cannot perform at the level desired, is not a candidate for benching.
- D. Game holdout. Players or cheerleaders who miss practice or break rules during the week may be held out of a game or event providing the following procedures are followed:
 - The player must be told that they will be held out prior to weigh ins before the game.
 - The player's parents must be told of the hold out and the reason for it.
 - The Association President must concur with the holdout.
 - The player will be lined off the team list prior to the game.
 - **Late Players: Late arrivals that enter the game in the first half must complete all of their teams PAR. A late player that enters a game after half-time must complete 50% of their teams PAR.**
 - **Discipline players can be forced to sit and only play one half of the game and only receive 50% of allotted PAR plays. (not to be used to not play second or third string players)**
- E. A benched player will be lined off of the PAR sheet at the time of benching.
- F. Benching a player should be a last resort. Coaches and administrators are expected to take steps to correct the players or cheerleaders' behavior before it is necessary to bench him or her.
- G. The benching of a player or cheerleader is subject to league review. Improprieties in this procedure will result in game forfeit.

3.18 PRACTICE

- A. There will be no preseason or regular season practice session without an Association member present at the practice site who has a First Aid Card or higher and who has access to a Red Cross recommended First Aid Kit.
- B. Preseason practice shall not commence before the league sanctioned date. The league date is usually the first Monday in August, or the last Monday in July.
- C. Any association conducting practice prior to the official start date will be subject to sanctions such as fines and ineligibility to participate in playoffs or cheer competition. All associations will provide the league with directions to their primary and alternate practice sites. Practice will not be conducted elsewhere.
- D. Split practice sessions are defined as one or more football teams or cheer squads practicing in a separate location from the other teams. It is also defined as cheerleaders and football team practicing at separate locations. Split practice sessions are discouraged, however the league recognizes that there may be conflicts in field availability that will dictate split practice sessions or alternate day practice. Association administrators will advise the league office of any split practice session.
- E. Below are practice guidelines that must be followed:
 - No single practice session will last more than 2 ½ hours (not to exceed 6 hours in a regular practice week).
 - No practice sessions will be conducted during hours of darkness without stadium lighting.
 - No practice session will start without a certified coach and the team book in attendance.
 - Players or cheerleaders will not be required to show up for practice more than thirty minutes, prior to the start of practice.
 - Practice sessions will include a minimum ten-minute warm-up period.
 - Coaches and Administrators will encourage players and cheerleaders to go home after practice or confirm that other arrangements have been made before leaving the practice field.

3.19 PRACTICE FIELD REQUIREMENTS

- A. Practice sites should be suitable for youth athletics, and reasonably hazard free.
- B. A drinking water supply and restroom facilities are required. These should be shade available, to rest participants who may be susceptible to heat related illnesses (particularly during conditioning period).
- C. Coaching staffs must make reasonable efforts to locate and fill in potholes before practice.
- D. No one is allowed on the practice field except the currently certified coaching staff and administrators. For this rule equipment managers are considered part of the coaching staff.
- E. The association must have the capability to call an ambulance during emergencies via an un-walled or cellular telephone.

3.20 PRACTICE CONDITIONING

All football players and cheerleaders must have 10 hours of conditioning prior to any contact and stunting. Practice could be 2 and a half-hours per day, but cannot exceed 10 hours per week prior to the jamboree.

FIRST WEEK: CONDITIONING

The only equipment allowed is helmets and mouthpieces. There shall be no contact drills. Each player or cheerleader practice session shall be tracked and logged during this conditioning period. No player or cheerleader will participate in practice prior to passing his/her sports physical. Football players may use footballs during this practice week. No stunting for cheerleaders.

A. SECOND WEEK:

There shall be five practice sessions not to exceed two (2) hours. Contact is allowed. Individuals who join the team after the start of conditioning week shall continue conditioning until they have completed their required ten (10) hours.

B. IN-SEASON

The week immediately following the first weekend of the first regular season game, practice sessions shall not exceed three (3) two (2) hour sessions. Teams drawing a BYE the first game weekend shall likewise reduce their practice schedule. An additional one (1) hour time allotment for grass talk/film is allowed.

C. POST-SEASON

Teams participating in playoff games or invitation bowls may add an additional practice session, for a total of eight (8) hours of practice.

- All football scrimmages, practices and games shall be within established team divisions. For example Junior Midget teams can only scrimmage or practice internally or against other Junior Midget teams.
- Practice sessions with or opposed to high school or non-youth football teams are prohibited.

SECTION FOUR

GAME DAY AND FIELD RULES

Youth football games and cheerleading events should be conducted in the best facilities and under the most optimal conditions that the adult leadership of this organization can provide.

Associations must have a board member at all games. The President or next highest-ranking official must introduce themselves to the other teams President or highest-ranking official. If the President has to leave before game day is completed, he/she should notify the other President and designate his/her representative for the remainder of the day.

4.0 HOST ASSOCIATION RESPONSIBILITIES

- A. The host Association is responsible for providing a safe and hospitable environment for the scheduled event. If the hosting association cannot host the game then they will forfeit their games for that day.
- B. Special rules and conditions specific to your game site should be relayed to the visiting Association in a timely manner.
- C. Visiting teams should be advised to arrive at the game site no earlier than facilities are available to accommodate them. For example, rest rooms or porta-potties should be open and available for players to use no later than 30 minute prior to the scheduled weigh-in time.
- D. When the portable toilets are used it is the host Association's responsibility to insure that they have been serviced prior to game time.
- E. Post signs at entry gate with applicable entry fees.
- F. Personnel with NBYFC certification badges are entitled to no fee admission.
- G. The league encourages reduced fee admission for senior citizens.
- H. The Home Association must contact the visiting Association on Monday, the first week of the game. This contact should be to verify the game times, admission prices, and any special rules of conditions (i.e. no food or drink, or limited fan seating, so bring lawn chairs). Home Association also chooses the color of jersey for the game day. Home jersey has team color(s) and the away jersey is white. The Away team will wear whichever jersey the home team is not. (There may be some situations like a new Association only has one jersey. The presidents should work together and resolve this issue during regular season games.) League officials will designate for playoffs and championship games.
- I. Rotation shall not be changed once the scheduled has been published.
- J. All first year Associations **MUST** purchase "white" (away) jerseys if only one jersey is to be purchased. Existing Associations that have completed one season without a "white" (away) jersey must have them prior to the beginning of the current season.
- K. If the first game of the day shall be delayed more than 30 minutes, the Association **responsible** for the delay shall forfeit the game and be fined \$100.00.
- L. American flag must be flown on top of the flag pole. If an American flag is not available, no other flag may be flown in its place.

4.1 FIELD PREPARATION

- A. The playing and warm-up fields should be walked prior to the game to locate any unforeseen holes or other obstacles.
- B. The host association should have a supply of topsoil or sand available to fill potholes.
- C. The field should be lined and marked, sideline markers and goal post poles should be padded.
- D. The host association must insure that the scoreboard operator is available and qualified.
- E. The host association is required to provide drinking water to the visiting team.

- F. During extremely hot weather early in the season, special precautions should be taken to ward against heat stroke, both teams should have a shady area set aside for half time breaks. The host association should provide a source of drinking water for both teams.
- G. Visiting associations share a responsibility with the hosts to provide a safe and rewarding environment for youth football and cheerleading.

4.2 WEIGHT-MASTER PROCEDURES

- A. Teams and individual players should not be encouraged to arrive at game sites more than one hour prior to their first scheduled weigh-in.
- B. Coaches are responsible for preparing their teams for the weigh-in process.
- C. In the weight room players are expected to disrobe and quietly line up for the check. They are not to be yelled at unnecessarily, but to be firmly instructed to line up in alphabetical order for the weigh-in.
- D. Weight-masters will be provided with two Play Allotment Rule (PAR) sheets prior to weigh-in. The sheets will be identical, except one sheet will be white. The white PAR sheet will be the official sheet must be white and will be used to tally the number of plays for each player. The yellow or goldenrod colored sheet shall be for the use of the game announcing.
- E. There will be only two Weight-masters in the weigh area at a time. An exception will be only for purposes of training.
- F. Associations may have two Weight-masters per team, but only one will be authorized in the weigh area.
- G. League officials, Association Presidents and Conference Staff and Weight-masters are the only youth football affiliated personnel allowed in the weigh area.
- H. An, Association President or higher league officer may supersede any Weight-master in the weigh-in area for cause.
- I. Weight-masters will annotate the player cards for the opposing team. The other Weight-master will be responsible for lining up the players for weigh-in.
- J. The weight scale will be in view of both Weight-masters at all times.
- K. As stated elsewhere in this rulebook, it is traditional for the home team to weigh-in first.
- L. If home team has not begun weigh-ins 15 minutes after scheduled time, the away team can begin.
- M. No team or individual will weigh in prior to the established weigh-in time. Exception: Any player who still requires his or her weight certified after jamboree may be weight certified by an NBYFC League Official at any time prior to, or after any team weigh-ins prior to their game. Once that player is weight certified and the player card is stamped and dated, that player will not be required to re-weigh before his or her games. However, he or she must remain with the team during their weigh-in.
- N. No football player shall participate in any game if his or her weight has not been verified. If no certified weight stamp is visible on the player card, that individual has not been certified. Weight-masters that allow a player to participate without weight stamp shall be suspended.

4.3 UNIFORM & EQUIPMENT REQUIREMENTS

Each player is to be outfitted with a comfortable well-fitted uniform that will serve to distinguish the player and to protect the player from unnecessary avoidable injury. Each affiliate association is responsible for insuring that equipment items such as helmets and shoulder pads are certified to minimum NOCSAE standards. No player will be presented for games or practice with substandard safety equipment.

- A. All equipment used in tackle football shall be of good quality and in good condition.
- B. Equipment such as helmets, face masks, and shoulder pads, must fit properly, be NOCSAE approved and be certified after two sessions. Each association is responsible for maintaining equipment certification records.
- C. Helmets must have four point chin straps.
- D. Face masks or guards must be full cage and be NOCSAE approved.
- E. Mouth pieces, will be worn, and have a retaining strap (tether) attached to the facemask.
- F. Girdles will come complete with two hip pads and one tail pad. The girdles will not be torn. Girdle pads will be a minimum of ½ inch thick.
- G. Kneepads will be cushioned and not less than ½ inch thick.
- H. Thigh pads shall be youth size and not less than ½ inch thick.
- I. Shoes shall have solid rubber soles with non-detachable cleats or rubber screw-on cleats, maximum length is ½ inch. Football shoes with smooth metal rivet used in their construction are permitted.
- J. Players with plaster or fiberglass casts or splints that are used to stabilize bone fractures or ligament injuries are legal to play if they meet ALL of the following requirements:
 - a. Standard for padding set forth by the National Federation for High School rulebook is met;
 - b. The participant provides written documentation from his/her physician expressly providing that the child may play football and/or cheer despite the cast for each week/game the child is to participate in;
 - c. Written authorization from at least one parent stating that their child may participate in football and/or cheer despite the cast; and
 - d. The Association President, for which the participant is a member, agrees that the child may play.
- K. The NBYFC follows the guidelines set forth in the National Federation for High School football rulebook except where otherwise restricted by the rules stated herein. Footballs must be junior size for Jr. Pee Wee and Pee Wee levels; Intermediate size for Jr. Midget and Midget levels. Footballs shall be constructed of either leather or rubber material as determined by the head coach of the home team. Any visiting team head coach opposed to the selected game ball may provide an alternative game ball to be used for his/her team's offensive sequence (subject to aforementioned size and construction properties).

4.4 SIDELINES

- A. Teams may not warm-up in the end zone while the previous game is still being played.
- B. Each team is to be allowed to warm-up on its side of the field before the game.
- C. Any team that uses a warm-up field remote from the game field is responsible for taking the field on time.
- D. The host field is to designate a warm-up field for the visitor that is comparable to their own warm-up area.

- E. Post game briefings by coaches are to be moved off of the game field so as not to interfere or delay warm-ups for next teams to play.
- F. Each team may designate one (non media) photographer who may be positioned on the sideline (outside the 25 yard line markers). These photographers must not enter the Coaches Box or End Zone. Non Media photographers must also remain on their side of the field. They must have an NBYFC badge.
- G. Spectators must be restrained from playing field by a physical or designated barricade such as a track.
- H. Access to press boxes or rooftops for scouting subject to home association ruling.
- I. It is essential that host and visiting associations respect the special conditions or restrictions that may be imposed by the host school or park district.
- J. Food and beverages are not to be bought into stadiums by spectators. This rule does not apply for food to be provided for infants and those with special dietary requirements. Team snacks may be bought in only when the team enters and must leave when the game is over.
- K. NO tailgate parties allowed at youth football events.
- L. Only the certified coaches and youth instructors of the level and team that are currently playing, the equipment manager, and one board member (the one that keeps the sideline clear) are allowed on the sidelines. The chain crew and PAR Monitors are the only others allowed on the sidelines. This does not include Presidents or NBYFC personnel.
- M. Association costumed mascot are allowed on the sidelines. Mascots shall not move within cheerleader formations nor intermingle with players or coaches on the sidelines. Costumed Mascots must stay 10 yards from the cheerleaders, players and coaches. Costumed Mascots shall always show respect and give way to cheerleader cheers and routines. Live animal mascots shall never be allowed in or near the game area or practice fields.
- N. Electronic voice enhancers such as bullhorns and amplifiers shall not be allowed into the stadium area for coach or spectator use; the use of such devices are reserved for game announcers and halftime entertainment.
- O. Weight-masters do not have sideline privileges.

4.5 ACCESS FOR DISABLED PERSONS

The North Bay Youth Football and Cheerleading Inc. shall not make, nor support any policy restricting the ability of disabled persons to participate in league activities in so far as there is no compromise of safety. The league reserves the right to restrict from the sidelines and practice field, individuals with impaired hearing, sight or mobility. An individual close to a football laying field who cannot see, hear or get out of the way of a player of ball coming off of the field can be a danger to themselves or others.

4.6 GAME OFFICIALS

Quality game officials are essential to the success of this league. Organized sports demand consistent, professional and experiences officials. The high quality individual that we expect, and demand, requires that they be respected as professionals.

- A. Game officials are entitled to the same amount of respect as the members of our organizations. Game officials will be paid per game for each official during regular

- season. If an association uses an official as clock operation he/she will be paid \$25.00 per game.
- B. Game officials used in NBYFC football games shall come from an officials group approved by NBYFC.
 - C. Any game official with an affiliation with an NBYFC Association shall not officiate a game involving that association.
 - D. Four game officials are required for each NBYFC game. In the event that an unavoidable absence of an official the contest may continue with three officials if the officials agree. (Three for Mitey Mites)
 - E. If the Host Association requests five officials, the fifth official will be paid the full fee.
 - F. Five officials are encouraged for playoff games.
 - G. At the host's option, and pending availability, a game official can be utilized as a scoreboard operator.

4.7 EXCESSIVE SCORING MARGIN

- A. As soon as there is a 28-point different in the score during an NBYFC game, the game is over. The score is frozen at that point; running clock allowed and the score board will freeze at current 28 point difference. A controlled scrimmage begins at the beginning of the third quarter or any point thereafter that a 28-point margin exists. The PAR rule will continue to be monitored until all players have completed their allotted plays or the game clock expires.
- B. During playoffs, there will be a 35-point differential and there will be no running clock. During regular season and playoffs, once the 28-point margin is reached, the winning team must substitute/change starting skill players for second, third or even fourth string players.
- C. Two coaches may stand out on the field behind their teams during a controlled scrimmage.
- D. Before the game continues each Association President, the head coaches and the Officials when meet on the 50 yard line and review the rules for the remaining portion of the game.
- E. Passing must be discussed with both coaches, not to be used to run up score or show up losing team. NO BLITZING is allowed.

4.8 TEAM SIZE & CUTS

- A. NBYFC youth football teams will consist of a minimum of fourteen (14) players and a maximum of thirty-five (35) players.
- B. Fourteen (14) players are required to commence a legal game.
- C. If fewer than fourteen (14) players are available, the game will be cancelled and declared a forfeit win for the team with the required number of players. If there are at least twelve (12) players available on the "short" team a controlled "running clock" scrimmage will commence. Referees will be used. The PAR rules will be in effects so long as the clock time remains.
- D. If a team does not show up at all and has not notified the Athletic Director and opposing Association President by the prior Wednesday, the Association will be fined \$250.00.

- E. The Athletic Director is to be notified whenever a team forfeits a game. If it is projected that a particular team will be unable to maintain a sufficient number of players to sustain a squad of sixteen (16), the league may designate the team a development squad.
- F. On the first day of practice you may have as many participants per division as sign-up. On the first day of the second week of practice you may have no more than 50 participants per division. By the first day of the third week of practice you may have no more than 35 participants per division.

4.9 TEAMS TAKING THE FIELD

- A. A team waiting to take the field is NOT allowed to warm-up in the end zone or the field area while a game is in progress. Each team must take the field in an orderly and timely fashion. Any team that delays the start of the game by five (5) minutes may be fined \$50.00.
- B. Teams must proceed directly to their bench area or part of the field that was designated for warm-ups. No team will enter the field until such time as cheerleading squads have finished their routines.
- C. Music will be allowed to be played for teams as they take the field. Music must be in good taste and available for both teams. Sound effects should no be generated from the main public address system.
- D. Players may not yell or chant anything that refers to, or is directed at the opposing team.

4.10 SCORING

- A. The following chart is the breakdown of the points:

Touchdown	6 points
Field Goal	3 points
Safety	2 points
P.A.T. (by kick)	2 points
P.A.T. (by run or pass)	1 point

- B. Spiking the ball or other such end zone celebrations will be considered “taunting” and will be penalized.

4.11 TIE GAMES

- A. All games that end in a tie during the regular season or play-offs at the end of regulation play will use the tie breaker system that is in the NFSHSA rulebook. The tie game rule is listed under supplement 10-Yard Line Overtime Procedure.
- B. During the regular season each team will be allowed two (2) sets of downs to break the tie game. After the two (2) sets of downs and a tie still exists, the game will be recorded as a tie game.

4.12 ADMISSION

- A. Admission prices are to be no higher than \$3.00 for adults.
- B. For playoff games and cheer competition the prices may be raised to \$5.00 for adults.
- C. Free admission will be granted to any individual that is wearing the designated badges.

4.13 PLAY ALLOTMENT RULE (PAR)

A. PREGAME:

1. An Association Administrator will provide their weight-masters two (2) copies of the PAR Team List for that game. One PAR team list will be marked and designated for the announcer's booth must be of a different color.
2. Players will be organized on that list in numerical order, last name first. The next block to the name will accommodate the player's jersey number.
3. The weight-master representing the visiting team will annotate the PAR list of the home team.
4. The home team weight-master, in turn will annotate the PAR list of the visiting team. Players will be checked off on the PAR Team list and the player card as they weigh in.
5. Players lined out on the PAR sheet must state the reason lined out on the same line (ex: injury).
6. All PAR Monitors must be 18 years of age or older.

B. GAME PAR PROCEDURES

1. Weight-masters will insure that the PAR lists have been properly prepared before they are given to the PAR monitors. One copy of the list will go to the announcer's booth; the other copy will be given to the opposing team's PAR monitor.
2. Each association will provide a clipboard and a black pen for the use by the PAR monitors. Each Association will also provide two volunteer PAR Monitors. One for each side of the field.
3. The PAR monitor from the opposite team will hold the clipboard and mark down the players as they go into the game. The PAR monitor from the team on the sideline will be the spotter. The spotter will call out the numbers as they complete their play and the writer will check them off.
4. They will position themselves on the on the sidelines outside of the 30 yard makers or at least 10 yards from the coaching staff.
PAR monitors and spotters will work together to identify players substitution. The PAR Monitors observation pertaining to player substitution will be final.
5. Only one coach is allowed to address the PAR MONITOR. **Coaches are not to yell at or be abusive to the PAR MONITORS.**
6. PAR must be completed during regulation game time. Overtime does not count. If a game goes to scrimmage, PAR must still be monitored.
7. Each Association will collect their teams' PAR sheets and hold them for the season. All PAR disputes must be handled at the game site between the association's directors. If there are disputed PAR sheets then the NBYFC athletic director will be contacted to enforce the PAR rule and penalty fees handed out.

8. The first incidence of a head coach's failure to complete the PAR will result in a one-week suspension. This suspension is for practice of the immediate week and the next game the team plays in. If a coach fails to complete PAR in any regular game or play-off game, The ASSOCIATION will be fined \$300.00 dollars.
9. The second incident will result in the Head Coach being de-certified for the remainder of the season.
10. During playoffs teams that do not complete PAR will forfeit the game.

C. All Players are required to play either 8 or 10 or 12 plays during the game.

Allotted play count: 29 to 35 players 8 plays for PAR.
 22 to 28 players 10 plays for PAR
 16 to 21 players 12 plays for PAR

FOUR MINUTE PRIOR TO THE END OF THE SECOND HALF, THE REFEREES WILL HAVE AN OFFICIAL TIME OUT AND CHECK WITH THE PAR MONITORS ON PLAYER STATUS OF PAR. IF ANY PLAYER FAILS TO PLAY THE MINIMUM NUMBER OF PLAYS, BOTH PRESIDENTS ARE TO BE NOTIFIED AND JERSEY NUMBER MARKED IN APPROPRIATE BOX ON PAR SHEET.

IF A COACH FAILS TO MEET PAR REQUIREMENTS, THE PAR MONITOR SHALL IMMEDIATELY HAND THE PAR SHEET TO THE RANKING NBYFC OFFICIAL IN ATTENDANCE OR THE OPPOSING TEAM'S PRESIDENT. FAX PAR FORMS TO THE NBYFCE ATHLETIC DIRECTOR.

4.16 GAME EQUIPMENT AND PERSONNEL

- A. The home association is responsible for providing a game clock that will be operated by representatives from the home association or a neutral party. When a scoreboard clock is unavailable or inoperative, the time will be kept on the field by the referees.
- B. The visiting association will provide 3 to 4 individuals for each game (16 years of age or older) for the yardage and down marker crew. Chain crew will stand on his or her side of the field and are not allowed to coach.
- C. Announcers are to remain objective at all times. The P.A. announcers are not to play by play announce the game. Only stating yard line, players involved, down and defense or offence players in the play, penalties, and time left in the game.

4.17 SCOUTING

- A. The only time a football team or cheer squad is allowed to be scouted is during jamboree, a regular season or playoff game. No team is allowed to scout an opposing team during practice sessions. An association caught scouting during any practice sessions will be fined \$100.00 and the Head Coach will be de-certified. The team will also be ineligible for playoffs.

B. GAME FILMS

1. Team *video* crews should be limited two (2) persons. Only one crew shall be allowed per team and shall be given access to the press box, space permitting, as long as both teams have equal access and are in agreement.
2. Parents may videotape games their child participates in from the stands only and never from the playing field or press box, using a hand held unit. These tapes may only be used for home viewing and never distributed, sold or used for scouting purposes.
3. No one is ever allowed to videotape from the sidelines, end zone or track area.
4. Individual coaches may scout by videotape during jamboree, regular season games and playoff games from the stands.

C. RADIOS AND HEADSETS

1. Radios and Headsets may be used as a coaching aid.
2. Scouting coaches must be certified coaches of the Association.
3. Scouting coaches with radios shall take an elevated position in the stands behind their team.
4. The exception is that the press box will be made available with equal access to both teams provided:
 - a. The opposing coaches can be segregated out of earshot of each other.
 - b. There is sufficient room in the press box. (Determined by the host association)

4.18 EMT'S & INJURIES

- A. An Emergency Medical Technician (EMT) must be on the sideline for each game. The home association is responsible for supplying the EMT. If there is no EMT present the game may not be started. Or in the case that an EMT leaves or is discovered missing the game must be stopped. The designated EMT (Host Association) has authority on the field over the health and safety of the players. If an EMT states that a child can no longer participate for health reasons then the child is no longer a qualified participant until he/she brings a medical release from a Doctor.
- B. A qualified EMT should have current identification to present for inquiring presidents/staff.
- C. Coaches must defer to the designated EMT in injury situations.
- D. If the home Association does not have an EMT and no prior arrangement, in writing, have been made for the visiting association to bring one, the host Association will be fined \$100.00 for each game for a maximum of \$400.00.
- E. **No game shall start without a certified EMT on the sideline. The game may not be delayed more than 30 minutes or the game will be a forfeit.**

4.19 REPORTING SCORES OF GAMES

Game scores are to be reported by the hosting association (home team) to the Webmaster and NBYFC Athletic Director. Reporting will be done through an email no later than Monday evening at 5 PM.

4.20 PLAYOFF ELIGIBILITY AND TIE BREAKERS

Conferences and Divisions Set up NBYFC

- A. A team on probation may not participate in the playoffs.
- B. NBYFC Playoffs and Championship games are invitational.

In the playoffs, there will be a **35-point** excessive scoring margin. There will be **no running clock**.

In the event two teams are tied for a playoff spot, head to head record will be used to determine the higher seed.

- In the event 3 teams are tied for a playoff spot head to head record against other playoff teams will be used as a tiebreaker.
- EXAMPLE: If 3 teams are tied for the 4th playoff spot we will compare all 3 teams head to head record against the #1 seed in the playoffs. If all 3 teams lost to the #1 seed then we will compare head to head against the number #2 seed. If all 3 teams lost to #2 seed then we will compare head to head against #3 seed and so on.
- TIEBREAKER: Teams A, B and C are tied for 4th playoff spot. All three teams lost to #1 playoff seed. Team B is only team to beat #2 playoff seed. Team B wins tiebreaker.
- TIEBREAKER: Teams A, B, and C are tied for 4th playoff spot. All three teams lost to #1 playoff seed. Teams A and B both beat # 2 playoff seed. Team C did not. Team C is out. Head to Head record between Team A and Team B will be used to determine playoff spot.
- TIEBREAKER: Teams A, B and C are tied for 3rd playoff spot. All three teams lost to #1 playoff seed. Team C is the only team to beat #2 playoff seed. Team C gets 3rd playoff spot. Head to Head record between Team A and Team B will determine 4th playoff spot.

In the event that none of the tied teams beat a playoff seed we will compare against #5 team in conference, then #6 team in conference and so on until the tie is broken.

4.21 CAMPS, SCRIMMAGES & BOWL GAMES

- A. Any Association may host a camp or clinic provided they advertise and open it up to all of NBYFC. The Athletic Director must be notified also.
- B. Participation in camps or clinics after the 1st day of practice is prohibited.
- C. All scrimmage games must have the notification of the Conference Director.
- D. Scrimmages against Non-NBYFC youth football teams must follow ages and weights the same as our chart.
- E. No player may participate in a jamboree, scrimmage, bowl game or regular season game who has failed to make the specified weight for his/her respective age/weight division.
- F. Any team may participate in an Invitational Bowl providing proper NBYFC approval is obtained.
- G. PAR and the excessive scoring margin rules will be in effect for all invitational bowl games.
- H. Scrimmage games do count as a practice day.

- I. Bi-weeks can be filled in by scrimmages and or bowl games without using your practice time.

4.22 ALL STARS

- A. Any Association sending players/cheerleaders to AllStars at any level MUST send a Coach representative to each level they send players/cheerleaders to regardless of whether they are Head Coach.
- B. All-Stars- 1st and 2nd place teams get to select 8 players and all other teams may select 6 players.
- C. All-Stars- 2 of the players that are selected for each level for All-Stars must be linemen
- D. All-Stars- When submitting All-Star players names you must also submit the position they play.
- E. All-Star Games to have a par sheet with 15 plays each.
- F. All-Star players cannot play both sides of the ball.
- G. NBYFC Athletic Director shall confirm all Head Coaches, Head Coach may choose staff.
- H. NBYFC Cheer Director shall confirm all Head Coaches, Head Coach may choose staff.

SECTION FIVE

VIOLATIONS & CONDUCT

5.0 UNSPORTSMANLIKE CONDUCT

- A. Unsportsmanlike conduct is contrary to the goals of this organization, and if not addressed could diminish our achievements and lead to our demise as a viable youth oriented athletic association. Following is a partial list of violations and penalties associated with the violations. There will never be a complete list, because there are numerous individuals at large who can and will demonstrate creative ways to disrupt or defeat the best of intentions.
- B. Certain violations are subject to automatic decertification or expulsion. When an individual's certification is withdrawn they are entitled to a hearing by the NBYFC Board. The request for a hearing must be made to the Association President within 48 hours of the incident. Depending on the issue at hand, the Director of the NBYFC along with the NBYFC Athletic Director or NBYFC Cheer Director, shall be the Hearing Officers. The Association President must notify the hearing officer within 48 hours of notice of such request. A coach or administrator who has their certification withdrawn for any reason shall not attend any association function/activities or NBYFC function/activities. Any exception shall be mandated only by the NBYFC Board and shall expressly state such exception in writing.
- C. Violations subject to suspension and/or fines
 - a. Verbal assault with the use of profane language in the presence of juveniles.

- b. Use of tobacco products or alcoholic beverages at any league event involving juvenile members of NBYFC, (excludes adult oriented fundraising activities such as Monte Carlo Nights, crab feeds, bingo etc.
- c. Head coach 1st incidence failure to complete PAR.
- d. Manhandling a juvenile member.
- e. Sideline crewmembers that verbally taunt players or officials. (Host associations are advised to select volunteers for this detail who are at least 16 years old, responsible and disciplined).
- f. **Coaches who refuse to shake hands with the losing or winning coaches after the game ends. This will result in a \$100.00 fine, with the offending coach suspended for 1-week no practice attendance or game proceeding.**
- g. Allowing any variation of “Bull in the Ring” during practice or warm up.

5.1 DECERTIFICATION

- A. The Athletic Director of the NBYFC is to be advised immediately of the circumstances related to any individual (who is affiliated with NBYFC) charged with one of the above infractions.
- B. Association Presidents, Conference Directors, Division Leaders, who have witnessed or who have reliable and reasonable reasons to believe that one of the above infractions have occurred, have the obligation to suspend on an interim basis any individual violator.
- C. A brief report will be forwarded to the Director that will state the reasons or alleged circumstances that justifies de certification or expulsion.
- D. The Director NBYFC will then review the circumstances of the action and refer the case to the hearing officer for review and a possible hearing.

5.2 EJECTION

- A. Any individual who is ejected twice and has had their certification withdrawn twice during the course of a season is automatically finished for the season.
- B. A player who is suspended must attend practice. The player must also attend the games(s) they are suspended for and sit on the bench.
- C. Any individual who is ejected from a game for any reason is automatically deprived of certification for one week of practice and the following game that his team is playing in (bowl games and scrimmages do not count).
- D. Ejection from a game by an official cannot be appealed.

5.3 DISQUALIFICATION

- A. Any individual who has not achieved league certification, or who fails to maintain league certification during the period between the first scheduled game day of the regular season and the final competitive event of the current season is disqualified from participation.
- B. Any association that knowingly allows the participation of a disqualified individual will be Suspended immediately and forfeit all football games or competitive events relative to that specific team or squad.

- C. The host association in violation of this rule will not automatically be entitled to an offer of a participation agreement for the succeeding season.
- D. Associations in violation of this rule may be subject to probationary conditions as a prerequisite to returning to the league.

5.4 COMPLAINTS & PROTESTS

- A. A complaint or protest may be filed against any person or association believed to have violated any rule, stated philosophy, tenet, belief and/or principal by which NBYFC stands and upholds.
- B. Complaints or protests must be reduced to writing and submitted (delivered, mailed or e-mailed) within seventy-two (72) hours of the violation to the applicable Association President. The Association President must then notify the Director and Athletic Director of the NBYFC within forty-eight (48) hours of receiving notice. The complaint or protest must bear the signature of the Association President and identify by name the person making the complaint and whom the complaint is about. The complaint or protest must include the names, addresses, phone numbers and/or e-mail addresses (if available) of all witnesses.
- C. Upon review of the complaint, the Director and/or Athletic Director may convene a special Board meeting to discuss and resolve the issue. At this meeting, all facts surrounding the incident will be reviewed. The individual who is the subject of the complaint may attend and therefore, will receive reasonable notice of the meeting. At this meeting, the individual subject of the complaint may address the NBYFC Board but is not permitted to bring outside legal counsel. The final resolution of the meeting may result in certain penalties, suspension, and/or expulsion as deemed appropriate by the NBYFC Board. Any final determination must be reduced to writing. A copy may be provided upon request. All decisions of the NBYFC Board with regard to the complaint are final. However, notwithstanding the above, a special Board meeting is not required. [see 5.5(a), below].
- D. When time is of the essence, the Director of the NBYFC may call a special meeting to resolve any issues falling within the purview of this section. Depending on the issue at hand, the committee shall be comprised of:
 - a. The NBYFC Cheer Director (if cheer related) or NBYFC Athletic Director (if football related); and
 - b. Three other Association Presidents

5.5 PENALTIES SUSPENSIONS

- A. A penalty or suspension may be imposed on any individual by a simple majority vote of the associations' board of directors or by the executive authority of the association president. Any penalty or suspension by an individual association is final and may not be brought on appeal to the NBYFC. NBYFC Director, and NBYFC Athletic/Cheer Director are also empowered to penalize or suspend individuals for the overall protection of the organization. Any individual penalized or suspended by direct authority of the NBYFC Director and/or NBYFC Athletic/Cheer Director may request a hearing on that decision if such request is made within forty-eight (48)

hours of receiving notice of the penalty or suspension. If a hearing/meeting is convened, the rules of Sec. 5.4c apply.

- B. . Any individual penalized or suspended is automatically relieved of all duties, rights and privileges of the organization. Suspended individuals may not attend any association function during the period of suspension. Any exception to this rule must be mandated by the NBYFC Board and reduced to writing.
- C. All penalty and/or suspension details must be in writing and provided to the individual.

5.6 EXPULSIONS

- A. Expulsion requires a two-thirds (2/3) vote of the Board of Directors. (NBYFC or Association Board). Expulsion is for life. Expelled individuals may request hearing. If a hearing is requested, the rules of Sec. 5.4c, above, apply. All expulsions must be documented in writing and forwarded to the NBYFC Director. The decision of the NBYFC and/or Association Board is final.

5.7 PROBATION

- A. Probation may carry any conditions as deemed necessary by the Board of Directors in lieu of Suspension or Expulsion.

SECTION SIX

CHEERLEADER SAFETY AND COMPETITION RULES

6.0 Player/cheer candidates cannot participate in any other organized football or cheerleading team concurrent with the NBYFC regular season. This section focuses on rules that are specific or unique to cheerleading events. Cheerleaders are integral to the North Bay Youth Football and Cheer League. No inference should be made that this section of the rule book exempts cheerleading from rules elsewhere in this book or excludes cheerleading from any beneficial aspect of the rule book.

Associations may utilize Cheer Gyms/Professional coaches, for pay, for a total of 6 practices (12 hours) per season. If a cheer gym/professional coach volunteers their time to an association, such time does not fall within this guideline. NBYFC Cheer director must be notified of dates and location one week prior to practice location changes. The utilization of the above will in all cases be considered in lieu of a regular practice.

Coaches will adhere to the NBYFC Code of Ethics.

6.1 COACHING STAFF

- Adult coaching personnel shall consist of (1) one head coach and no more than 7 assistant coaches/Youth instructors.
- Head coaches must be at least 21 years of age.
- Assistant coaches must be at least 18 years of age.
- Youth instructors must be at least 14 years of age and not able to participant in the program.
- Each team will be allowed no more than four (4) instructors as part of the seven assistants.
- Mascot coaching staff, one (1) head coach and two (2) assistant coaches.
- (1) One roving coach to help fill in when needed. To use this roving coach means one coach must not be present.

6.2 COACHING STANDARDS

ALL OF THE BELOW STANDARDS APPLY TO COACHES AND INSTRUCTORS

- All Coaches are considered to be in an official status whenever they are participating in cheerleading or league activities. Coaches and instructors are subject to de-certification, suspension or expulsion for violations of any of the following:
- Coaches shall refrain from smoking, consumption of alcohol or use of illegal drugs during games and practices and all NBYFC events or local Associations events while representing NBYFC or an Association within NBYFC.
- Coaches will not criticize cheerleaders in front of spectators, opposing teams, their coaches, the officials by word of mouth or any gestures.
- **HANDS ON COACHES WILL SET AN EXAMPLE OF PERSONAL APPEARANCE AT ALL TIMES. COACHES MUST ADHERE TO CHEER DRESS CODE.** No Midriffs, shiny lycra spandex, short shorts or jeans. No jewelry while coaching stunts. No profane or abusive language will be allowed at any NBYFC or local Association events. Tennis shoes are required at all time.
- Coaches will refrain from using abusive and profane language before anyone connected with the game or associations.
- The ability to lead and motivate is the highest attribute of a coach, however when it is necessary to administer discipline it shall be in accordance with each association's bylaws.
- The Head Coach (with approval of the Cheer Coordinator or Association President) may remove any cheerleader for misconduct, attendance or improper dress.
- Any removal of a cheerleader from a certified roster 2 weeks prior to any competition will need documentation and immediate notification given to the Conference Director.
- **BADGES MUST BE WORN DURING PRACTICES, GAMES AND ALL NBYFC FUNCTIONS.**

6.3 DRESS CODE

Dress code will be strictly enforced.

- Spandex type and short shorts are not allowed

- Warm-up suits and Lycra Leggings are permitted in cold weather. However, no stunting is permitted in warm-ups.
- Tennis type shoes and shoelaces must be worn to all NBYFC local association events if cheer activities are taking place.
- Shoes with loops, except that are in the rear of the shoe, buckles or Velcro can't be worn at practices, games or competition.
- If gloves are worn they must be the sure grip type (with non-skid palms)
- No pockets in either shorts or shirts are permitted
- No zippers, buckles, buttons, snaps, any metal or nylon are allowed (Exception camp polos's are allowed)
- No hooded shirts/sweatshirts are to be worn while stunting
- Levis or other tight fitting garments might cause injuries and are not allowed.
- Participants should wear shorts/sweats with loose fitting tops for practices.
- Spaghetti straps may be worn if straps are at least 1" wide. No midriffs may be shown.
- At the MIDGET LEVEL ONLY light make-up may be worn, and only at the discretion of the association cheer coordinator
- Face painting and tattoos are allowed on game day only, AFTER SQUAD HAS BEEN CERTIFIED. No face painting, tattoos or hickies are allowed at competition or exhibits.
- No jewelry of any kind, including beads in the hair, ankle bracelets, watches, rings, earrings including facial and body rings etc., are allowed at practices, games, competition or other cheerleading events. Wrist guards are permitted to secure Medical ID bracelets. Medical ID bracelets can also be taped securely to the wrist.

6.4 HAIR and NAILS

- Hair should be clean, neatly groomed and kept out of the face and off of the shoulders at all NBYFC events.
- Nail length follows the following guidelines; nails are not visible beyond the end of the fingers when viewed from the palm side of the hand held in a vertical position.
- Cast, hard plaster or soft may be worn by cheerleaders as long as there is a release from a physician allowing participation and all requirements regarding casts in youth football/cheer have been met (stated infra). **NO STUNTING ALLOWED.**
- No glitter spray is allowed in hair or on body for competition or games or during practices.
- No nail polish can be worn for games, practices or competitions (including clear).
- No metal attachments or hard plastic of any kind or exposed wire edged ribbon may be part of competition/game hairpieces.
- Ponytail holders with small metal are allowed. Bobby pins are not to be visible at any time. Undecorated butterfly clips in hair are allowed.

6.5 GAME CONDUCT

Cheer Type and Sideline Conduct

- All cheers are to be done in good taste. **ABSOLUTELY NO INAPPROPRIATE GESTURES OR MOVEMENTS WILL BE ALLOWED. NO BODYROLLS, PELVIC THRUST OR HAND GESTURE.**

- No cheer derogatory to the opposing team may be used. This includes any cheers that contain profanity, or such language as to reflect unfavorably upon the opposition.
- Cheerleaders will never leave the sideline area without the permission from a coach of their own team
- No cheer is to be done while there is an injured player on the field. In respect to the injured player you shall take one knee and wait until the player is off the field. **IF THE INJURED PLAYER REMAINS DOWN FOR AN EXTENDED PERIOD, THE CHEERLEADERS MAY RETURN TO THE SIDELINE FOR A WATER BREAK ONLY IF THE FOOTBALL PLAYERS ARE ALLOWED TO LEAVE THE KNEELING POSITION TO WAIT FOR THE INJURED PLAYER TO BE REMOVED**
- Between cheers, cheerleaders are to be in standing formation ready to do the next cheer
- When visiting and home teams share the same sidelines, cheers should be alternated between the two teams
- At no time are cheerleaders to be on, or take to the field while football teams occupy it, except tunnels and run throughs for their own team and as stated below in M
- During playoffs only, at the discretion of the associations, the playoff cheer squad is allowed to in the other non-playoff cheer division to cheer with them during the game. **ALL CERTIFICATION PROCEDURES APPLY**
- Cheerleaders will arrive one hour before the game; certification will be at least 1 hour prior to the beginning of the game. This is required to allow the cheerleaders to have adequate time to warm-up their muscles and avoid injury
- No warm-ups or practicing of any kind are allowed before the team has been certified by an opposing coach, an opposing association official or an NBYFC official
- There will be no exchanging of goodie bags
- At the end of the game the cheerleaders must cross the field (in single file) behind their football team and shake hands with the other cheerleaders and football players. All cheer coaches must accompany their cheerleaders and do the same.

SONG ROUTINES SEE USA CHEER NOVICE RULES AT THE END OF THIS DOCUMENT

6.6 HALF TIME PERFORMANCE

- EACH ASSOCIATION WILL HAVE THEIR ANNOUNCERS MAKE SURE THE FIELD IS CLEAR OF ANYONE OTHER THAN THE CHEERLEADERS AND COACHES TO PERFORM AT HALF TIME AND THAT THE ANNOUNCERS REMAIN UNBIASED.
- Home and visiting teams will perform at halftime
- All music must be in the announcer's booth, cued and ready to go by the 2- minute warning. HOME TEAM SHOULD ALWAYS HAVE AN ASSOCIATION COORDINATOR (or familiar coach in the booth to help play music for halftime)

- Visitors will take the field immediately after the football teams have vacated it. Their performance will start immediately.
- The home team squad will take the field immediately after the visiting team is done. Their performance is to be completed and the field vacated prior to the football team retaking the field
- Performance time on the field will not exceed 2½-minutes for either squad
- If the home team has a mascot squad, they may perform a half time as long as it still falls into their 2½-minute allowance. No stunts are permitted by mascots at any time.

Mascots are allowed to be on the field while stunts are being performed as long as they are 10 feet from the stunt

6.7 TRYOUTS CLINICS, CAMPS & PLACEMENT

Tryouts

- Tryouts with cuts are to be held only when more than the maximum 35 members (or numbers approved by association Presidents) of applicants applying for positions. This under Association Guidelines. When necessary, tryout clinics will be conducted in the following manner.
 - No cuts are allowed if an association is capable of filling all positions with age appropriate cheerleaders.
- No more than four mascots per squad.
- Tryout clinics shall be limited to no more than 5 days in duration, with a maximum of 10 hours of practice. Practices shall last for no longer than two (2) hours per day on weekdays. Practices shall last for no longer than six hours per day on weekends.
- NBYFC dress code does apply.
- No stunting is allowed at try-outs or placements.

Camps

- Attendance at cheer/dance camps should be encouraged and highly recommended; however, cannot be mandatory.
- Camps may take place up to 2 days before the start of the season. After the season begins, unless hosted by NBYFC no camps are allowed. In the case of conflict, where a specific camp falls within the time period stated above, any exceptions **MUST** notify the Cheer Conference Director.

Hosting Camps

- Associations may host a camp as a fundraiser as long as **ALL** other NBYFC cheer groups are invited, and notification is given to the NBYFC in writing 30 days prior.

Parades/Exhibitions

Parades and exhibitions are encouraged to promote NBYFC and your association in the community. An EXHIBITION is the invitation to perform, not compete, in front of a group of spectators. A PARADE is to march in front of a group of spectators, such as Holiday and

Festival parades. No competing against other cheer squads is allowed. No more than three parades or exhibitions are allowed during the regular season without NBYFC Cheer Director approval.

Any squad that will participate in any special event should inform the NBYFC Cheer Director, as a courtesy.

6.8 OUTSIDE COMPETITION

- A. Teams may compete in one outside competition prior to the NBYFC Competition or before October 31. **IN ALL SITUATIONS THE NBYFC COMPETITION TAKES PRIORITY OVER OTHER COMPETITIONS.**
- B. Outside competitions cannot be made mandatory, but should be encouraged.
- C. Teams may follow host competition guidelines and rules for outside competitions.

PLAYER AGE WAIVER FOR MASCOTS

AGE CHART

DIVISION	AGES
Mascot	5-14
Mighty Mites	6-7-8
Jr. Pee Wee	8-9-10
Pee Wee	9-10-11
Jr. Midget	10-11-12
Midget	11-12-13-14 (Age 15 see above)

6.10 COMPETITION GUIDELINES

A. Definitions

1. **Base** - A person who is in direct contact with the performing surface and is supporting another person's weight.
2. **Basket Toss** – A stunt in which a top person is tossed by bases whose hands are interlocked.
3. **Bracer** – A top person that is supporting another top person in a pyramid.
4. **Cradle** - A dismount from a partner stunt, pyramid or toss in which the top person is caught in a face-up, piked position before being placed on the performance area or remounting into another stunt, pyramid or loading position.
5. **Cupie/Awesome** - A stunt in which both feet of the top person are in one hand of a base.
6. **Dive Roll** - A forward roll where the feet leave the ground before the hands reach the ground.
7. **Double Based Suspended Roll** - Dismount or transition with a foot-over-head rotation.
8. **Elevator/Sponge Toss** – A stunt in which the top person loads in to an elevator/sponge loading position and is then tossed into the air.
9. **Extended Stunt** – A stunt in which the entire body of the top person is extended in an upright position over the base(s). Chairs, torches, flatbacks and straddle lifts are examples of stunts where the bases' arms are extended overhead, but are NOT considered to be extended stunts since the height of the body of the top person is similar to a shoulder level stunt.
10. **Hanging Pyramid** – A pyramid in which the top person's weight is primarily supported by another top person. Examples of hanging pyramids are: a person being suspended between two shoulder stands; a "whirlybird" stunt where one person's weight is being supported by the legs of a top person in a shoulder sit; and a "diamond head" where two persons are suspended from one shoulder stand.
11. **Helicopter Toss** - A stunt in which the top person is tossed into the air in a horizontal position and rotates parallel to the ground in the same motion as a helicopter blade.
12. **Inverted** – A body position where the shoulders are below the waist.
13. **Knee Drop** – Dropping to the knees without first bearing the majority of the weight on the hands or feet.
14. **Loading Position** - A position in which the top person is off the ground in continuous movement that puts the bases and top in a position to end the movement in a stunt.
15. **Post** - A person on the performing surface who may assist a top person during a stunt or transition.
16. **Prop** - Any object which can be manipulated or used as a base (ex: poms, signs, flags, megaphones, etc.)
17. **Quick Toss** - A toss technique where the top person begins the toss with both feet on the ground. The bases can apply an upward force on any part of the body other than under the feet.
18. **Released Pyramid Transition** – A pyramid in which the top person in a braced stunt is released from their bases and is in a descending mode before being caught in a cradle, stunt or loading position prior to being transitioned to another stunt.
19. **Spotter** - A person who is responsible for assisting or catching the top person in a partner stunt or pyramid. This person cannot be in a position of providing primary support for a top person but must be in a position to protect the top person coming off of a stunt or pyramid.

20. **Stunt** - One or more bases supporting one or more top persons off of the ground.
21. **Tension Drop** - A dismount from a stunt or pyramid where the top person(s) are directed toward the ground while their feet are held by the base(s) until just before the landing.
22. **Top** - A person who is either being supported by another while off of the performing surface or who has been tossed into the air by another person.
23. **Two Persons High** - A stunt or pyramid in which the base has at least one foot in weight-bearing contact with the performing surface.

B. General Guidelines

1. Cheerleading squads should be placed under the direction of a qualified and knowledgeable advisor or coach.
2. All practice sessions should be supervised by the coach and held in a location suitable for the activities of cheerleaders (i.e., use of appropriate mats, away from excessive noise and distractions, etc.).
3. Advisors/coaches should recognize a squad's particular ability level and should limit the squad's activities accordingly. "Ability level" refers to the squad's talents as a whole and individuals should not be pressed to perform activities until safely perfected.
4. All cheerleaders should receive proper training before attempting any form of cheerleading gymnastics (tumbling, partner stunts, pyramids and jumps).
5. Professional training in proper spotting techniques should be mandatory for all squads.
6. All cheerleading squads should adopt a comprehensive conditioning and strength building program.
7. All jewelry is prohibited during participation. **(Jewelry of any kind is prohibited. Religious medals and medical medals are not considered to be jewelry. A religious medal without a chain must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.)**
8. An appropriate warm-up routine should precede all cheerleading activities.
9. Prior to the performance of any skill, the immediate environment for the activity should be taken into consideration including, but not limited to proximity of non-squad personnel, performance surface, lighting and/or precipitation. Technical skills should not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
10. As a general rule, all programs should qualify cheerleaders according to accepted teaching progressions. Appropriate spotting should be used until all performers demonstrate mastery of the skill.
11. Supports, braces, etc., which are hard and unyielding or have rough edges or surfaces must be appropriately covered. A participant wearing a cast (excluding a properly covered air cast) shall not be involved in stunts, pyramids, tosses or tumbling.
12. Squad members must wear athletic shoes (no gymnastic slippers).
13. When discarding props (signs, etc.) that are made of solid material or have sharp edges/corners, team members must gently toss or place the props so that they are under control.

C. Partner Stunts, Pyramids and Tosses

1. All pyramids and partner stunts are limited to "Two persons high".

2. The top person in a partner stunt, pyramid or transition may not be in an inverted position and cannot transition to another stunt, the ground or a dismount in an inverted position. Exceptions to this rule are the following:
 - a. Double based suspended forward rolls where the top person has continuous hand-to-hand contact with two primary bases or with two posts who are controlling the top person are allowed to a cradle or the performing surface. They may not land in a loading position for a stunt. The top person cannot have contact with one base and one post.
 - b. The top person in a stunt may begin in an inverted position on the performing surface and be loaded into a non-inverted position shoulder height or below provided that they have constant contact with a base or spotter until they are in the non-inverted position. A base or additional spotter if necessary must be in a position to protect the head, neck and shoulder area of the top person.
3. Suspended splits in a transition are allowed provided there are a total of four bases that support the top person; at least three of the bases must support under the legs of the top person, and the fourth base may support under the legs or make contact with the hands of the top person. Top person must have hand contact with bases during transition.
4. Partner stunts and pyramids higher than shoulder stand level must have a continuous spotter for each person over shoulder stand level. Spotters are considered part of the squad with regard to the squad member maximum limitation. For single-based extended stunts, the spotter may hold at the ankle of the top person and / or the wrist of the base. If the spotter is supporting under the sole of the foot in any way, they are considered to be a base and would require an additional spotter.
5. **Released transition stunts must be braced on at least one side.** Note: This applies to stunts such as tic tocs where a stunt has taken place and is then released to another stunt. It does not apply to releases during load-in stunts such as a Switch Liberty from the ground. An additional spotter for the bracer(s) is not required unless the release meets the definition of a “Released Pyramid Transition”.
6. When one person is bracing another (including overlapping of arms), one of the individuals must be at shoulder height or below. Exceptions to this rule are the following:
 - a. Extensions (double or single based) may brace other extensions.
 - b. Double Cupies/Awesomes (two cupies/awesomes being held by the same base) are allowed. If the stunt is dismounted to cradles, there must be three people for each top person being cradled. This exception does not include variations such as Double Heel Stretches.
7. If a person in a partner stunt or pyramid is used as a brace for an extended stunt, that brace must not be supporting a majority of the top person's weight. (To demonstrate this, the foot of the top person's braced leg must be at or above the knee of their supporting leg.)
8. Extended Straddle Lifts must have an additional spotter for the head and shoulders of the top person (similar position to a Double Based Elevator/Extension Prep).
9. The bases of any extended stunt must have both feet in direct weight-bearing contact with the performing surface.
10. Hanging pyramids must have a continuous spotter for each shoulder stand involved in suspending another person. Hanging pyramids are not allowed to rotate.
11. In a Released Pyramid Transition the following rules apply:
 - a. At least 3 bases must be under the top person throughout the transition.

- b. Bracers at shoulder level must have a spotter in place during the transition movement. Exception: Shoulder sits and double based thigh stands do not require an additional spotter.
 - c. The top person must be in hand/arm to hand/arm contact with at least one bracer during the entire transition.
 - d. The top person may not be supporting their weight on any other body part of the person(s) assisting (i.e. Shoulders of the bracer).
 - e. The top person must be continuous in motion and cannot be supported so that they pause at the top of the transition.
12. Basket tosses, toe pitch tosses, elevator/sponge tosses or similar tosses are limited to no more than four tossers and must be dismounted to a cradle position by two of the original bases, plus an additional spotter at the head and shoulder area. These tosses may not be directed so that the bases must move to catch the top person. The top person may not hold any objects (poms, signs, etc.) during the toss. (This rule does not apply to a “Quick Toss.”)
 13. Participants may not pass over or under other participants from tosses. Exceptions to this rule are the following:
 - a. Single based tosses can go over another person.
 14. Free falling flips or swan dives from any type of toss, partner stunt or pyramid are prohibited.
 15. Partner stunts, pyramids and participants may not pass over, under or through other partner stunts or pyramids.
 16. Single based stunts in which the top person is parallel to the performing surface and the bases’ arms are extended must have a continuous spotter at the head and shoulder of the top person. (i.e. Bird, Side T, Single Based Flatback, etc.)
 17. Multi-based tosses that land in stunts (i.e. basket to elevator/extension prep, etc.) are allowed; however, they cannot significantly exceed the height of the intended stunt and cannot include a skill (twist, toe touch, etc.) during the toss. Multi-based tosses cannot land in a loading position. Multi-based tosses that include a skill (twist, toe touch, etc.) must be cradled. (This rule does not apply to a “Quick Toss.”)
 18. A single based toss (one base touching during the toss movement) is allowed into a loading position to that original base.
 19. Backward suspended rolls and single based suspended rolls are prohibited.
 20. Cradle dismounts from partner stunts or pyramids shoulder height or above require one spotter in addition to the original base(s).
 21. Cradle dismounts from multi-based tosses require one spotter in addition to the original base(s).
 22. Cradle dismounts from partner stunts (other than basket tosses, elevator/sponge tosses or similar tosses) to another set of bases must be caught by three bases. Any type of gymnastics movement (1/2 turn, twist, toe touch, etc) is prohibited.
 23. The total number of twists in a dismount from stunts or tosses cannot be greater than two rotations. Exception to this rule:
 - a. Side facing stunts and tosses (i.e. Arabesque, Scorpion, Kick Double Full Basket, etc.) may add a one-quarter twist in order to cradle to the front.
 24. **A minimum of three catchers are required when the top person falls away from the bases to a horizontal, flat-body position.**
 25. Tension drops are prohibited.

26. Helicopter tosses greater than a 180 degree rotation (half-turn) are prohibited. Helicopter tosses require 4 bases to be in position during the entire release. There must be a base at the head/shoulder area during the initiation of the toss as well as the catch. The bases are not allowed to change positions during the release.
27. Single based split catches are prohibited.
28. The use of mini-trampolines, springboards, spring-assisted floors or any other height-increasing apparatus is prohibited for competition or performance. These devices may be used for skill development and practice under the supervision of a coach trained in their use.
29. Basket tosses, elevator/sponge tosses and similar multi-base tosses are prohibited on surfaces other than a mat, grass or rubberized track.

D. Tumbling and Jumps

1. Dive rolls are prohibited.
2. Flips greater than one rotation are prohibited.
3. Twists greater than one rotation are prohibited.
4. A forward three-quarter flip to the seat or knees is prohibited.
5. Participants may not tumble over, under, or through partner stunts or pyramids, or over or under individuals.
6. Participants may not tumble over a prop including poms. Example: Back handspring or back tuck with poms in the hands are illegal. Exception: A forward roll over a prop is legal. This rule does not apply to inverted load-in skills as they are not tumbling and are required to have a head and shoulders spotter.
7. Participants may not land in a partner stunt or in a catching position from an aerial tumbling skill. (Example : A back flip from a tumbling pass into a cradle is prohibited, however, rebounding from a back handspring into a cradle is allowed.)
8. Landings for all jumps including knee drops must bear weight on at least one foot. (Example : A toe touch jump or kick to a hurdler position, to the seat, knees, or landing with both feet back, or to a push-up position are prohibited.)
9. Any type of hurdler position or the position with both feet back (sitting, landing or lying) is prohibited with the exception of a "Z" sit.
10. Airborne drops to a prone position on the performing surface are illegal. (Examples: A back flip or a jump landing in a pushup position is illegal. A handspring to a pushup position is legal as it is not airborne prior to the prone landing.)

E. Specific Basketball/Indoor Court Restrictions

1. The following skills are prohibited at basketball and other athletic contests conducted on courts, except where the area is free of obstructions and non-cheer personnel, and all skills are performed on a matted surface.
 - a. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
 - b. Partner stunts in which the base uses only one arm to support the top person.
 - c. Released twists into or from stunts or pyramids.
 - d. Twisting tumbling skills.

USA – SPECIFIC RESTRICTIONS

In addition to all rules covered in the “2010-11 AACCA School Cheerleading Safety Rules,” above, the following additional restrictions also apply to junior high/middle school/youth sports teams entering a “Show Cheer – Novice or Advanced” division.

Show Cheer – Novice Division Limitations

Tumbling

1. All tumbling, both standing and running must have both hands and/or feet on the performance surface at all times. Therefore, skills including, but not limited to the following are not permitted: aerials, back tucks, punch fronts, layouts, fulls, etc.

Stunts/Pyramids/Tosses

1. Extended freestanding one-legged stunts are limited to a liberty only.
2. All other extended one-legged stunts (i.e. arabesque, hitch, heel stretch, etc.) must be braced on at least one side by another top person who is at shoulder stand height or lower.
3. Free from contact twist dismounts and/or free from contact twist skills to/from a stunt of any type are prohibited (i.e. full down/full twist cradles, single log rolls, etc.). Exception: $\frac{1}{4}$ dismounts to cradle are permitted.
4. Basket, sponge, elevator or similar type of tosses are not permitted.

SECTION SEVEN

Mitey Mite Rules

7.0 The following rules apply to the Mitey Mite level only.

- A. In Mitey Mite play it shall be allowed to have up to two (2) coaches from each team on the field during the game. They shall remain at least five (5) yards behind the deepest player on the field during each play.
- B. All offensive lineman and defensive players on the line of scrimmage and within the free blocking zone shall be in a three (3) or four (4) point stance and heads up. The free blocking zone, in this instance, is defined as between the outside shoulders of the offensive lineman.
- C. The offense will have a thirty five (35) second time limit once the ball is put into play by the officials or a delay of game (5 yard) will be assessed.
- D. There shall be no blitzing of linebackers and/or defensive backs. The linebackers and/or defensive backs must line up no closer than four (4) yards behind the line of scrimmage. Defense must have a minimum of five (5) players rushing the offensive line heads up. In addition, if offense has one or two tight ends, defense may cover one of them. Minimum of 5, maximum of 6 defensemen heads up. Inside the 5 yard line all can rush. No “NO HUDDLE” offensive plays except in the last two (2) minutes of the first and second halves.
- F. A punt is an offensive play. May not have punt teams or punt return teams. The offensive coach must advise the officials and the opposing coach of the intent to punt. The defense shall not rush the punter and blocking on the line can only be

initiated after the kick is away. No fake punts or loss of down. The punting rules do not apply to quick kicks. No kicking P.A.T.'s or Field Goals.

- G. A Mitey Mite game that has a tied score at the end of regulation play shall stand as a tie.
- H. On game day players can only play on 1 side of the ball. If you have less than 22 players then you must designate, at weigh-ins, which player/s will be playing on both sides of the ball. Ex. If you have 18 players you need to pick 4 players who will play the game on both sides of the ball.
- I. P.A.T.s: a successful P.A.T. will result in one (1) point for a rushing play and two (2) points for a pass play.
- J. All kickoffs must travel at least 20 yards; any kick that does not travel 20 yards will be blown dead and the receiving team will receive the ball at that spot. In the fourth quarter, if a team is trailing they can attempt a traditional onside kick.
- K. A Mitey Mite game ball is the same size ball used at the JPW and PW level.

DEFINITIONS TITLES AND PHRASES

AFFILIATE ASSOCIATION – An independent assembly of four football teams and cheerleading squads that identify with a specific community, region or school. Affiliate Associations participate within the North Bay Youth Football and Cheer Inc. organization in the accordance with a participation agreement between the independent associations and the League.

NORTH BAY YOUTH FOOTBALL AND CHEER – Organized to promote Youth Tackle Football and Cheerleading in the North Bay of California Region.

AWAY JERSEY – The white jersey that teams customarily wears when on the road.

BENCH-BENCH AREA – The sideline part of the football field generally understood to between and bounded by the 30 yard line markers.

BENCHING – The action removing a player or cheerleader from a game, either temporarily or for the remainder of the game.

BYE – Is a situation that exists when a team does not have a scheduled opponent, within *the regular season*.

CERTIFICATION – The process by which individuals and teams are qualified to participate in league activities.

CHEER – (CHEERLEADING – CHEERLEADER – SPIRIT LEADER) An essential adjunct to youth tackle football.

COACH'S BOX - The sideline area that is between the 25 yard lines.

DE CERTIFY – DECERTIFICATION – The process by which an individual Affiliate Association is disqualified from participation in all NBYFC activities

EXCESSIVE SCORE MARGIN – A situation that exists when there is a 28 point differential in the score.

FOREIGN YOUTH FOOTBALL TEAM – A youth football team that does not belong to the NBYFC.

HOME JERSEY – The jersey that is colored with the teams colors.

LEAGUE – NBYFC is generally referred to as the “League”

PARTICIPANT – Anyone who is registered as a player or cheerleader or an adult who volunteers for any length of time.

PARTICIPATION (AGREEMENT) – A contract specifying terms and limitations Between the NBYFC and Independent Affiliate Youth Football and Cheer Associations.

PLAY ALLOTMENT RULE – PAR – The system by which individual players are monitored to tally then number of plays they participate in each game.

POST SEASON – The part of the season between the end of the regular schedule and the final championship game of final authorized invitational bowl game.

PRE SEASON – The football year between the final event of the preceding season and the first scheduled game of the current football season.

PRESIDENT – The accepted head of the Affiliated Association organization. Also may be referred to as General Manager.

WEIGHT MASTER – A certified individual responsible for verifying the weight of individual football players.

MEETINGS

The North Bay Youth Football and Cheer Inc. Shall conduct monthly General Meetings between January and July. The Director shall determine the location, date and time of the General Meeting. Between August and November general meetings will be held only at the discretion of the Board of NBYFC or by request of 50% of the affiliate associations in good standing.

NBYFC Director, Athletic Director, Cheer Director NBYFC Secretary, NBYFC Treasurer, NBYFC Webmaster, Association Presidents, Athletic Directors and Cheer Directors are entitled to attend general meetings.

Coaches, Administrators and other certified staff are welcome as space permits, but do not have voting privileges.

Each Association has TWO votes on any NBYFC voting matter.

FEES:

Association's fees for a calendar year will be \$300.00 per organization due on July 1st of each year.

Cheerleading fees per cheerleader is \$15.00 due by Oct. 1 of each season.

Hosting fees for playoffs and Cheer competition are \$200.00 per site and due by Oct. 15 of each season. Playoff teams are \$ 100.00 per team due by Oct. 30 of each season.

Contracts for participating associations are 1 year contracts per year and renewed each July 1st.