

2019 CVYFC (revised 7-11-19)

FOOTBALL AND CHEER RULES		
TABLE OF CONTENTS		
Section	Subject	Page
1	Introduction	3
2	Definitions	3 & 4
3	Meetings	4 & 5
3.2	Association Representation	5
3.3	Agenda	5
3.4	Rule Changes	5
3.5	Fees	5
4	Affiliation Requirements	6
5	The Association	6
6	Scheduling	7
7	Age, Weight Divisions, X-men	8
8	Team Assignments	9
9	Practices	9 & 10
9.4	First Aid Requirements	10
9.7	Insurance	10
9.8	Persons Authorized to Attend Practice Sessions	10
9.9	Smoking, Drinking, Drug Use, Vulgar/Abusive Language	10
10	Recruiting	11
11	Weigh-Ins	12
11.12	Player Conduct during Weigh-Ins	13
11.13	Weigh in Order	13
11.14	Exiting Weigh in Area	13
12	Football/Cheerleader Certification	14
12.1	Proof of age	14
12.2	Team Binders	14
12.3	Team Rosters	14
12.3k	Round Robin	15
12.4	Adding/Dropping Players	15
12.5	Moving Players between Divisions	15
12.6	Book Certification	15
13	Coaching and Conduct	16
13.1	Adult Coaching Staffs	16
13.2	Standards of Conduct	16&17
13.3	Behavior from Sidelines	18
14	Playing Rules	18
14.1	Equipment Required	18
14.2	Game Jerseys	18
14.3	Games and Playing Rules	18
14.3	Teams taking the field	18
14.4	Basic Rules	19
14.4a	Length of Quarters	19

2019 CVYFC (revised 7-11-19)

14.4c & d	Kick Off/Kick Return	19
14.4t	Gordon Rule	20
14.4v	Mercy Rule	20
14.5	Additional Starts Rules	20
14.6	Player Guidelines	21
14.7	Camps, Games and Scrimmages	22
14.8	Regular Season	22
14.9	Championship Playoffs	23
14.1	Conduct towards Game Officials	23
14.11	Tie Games	23
14.12	Reporting Game Scores	23
14.13	Team Rankings	23
14.14	Game Balls	23&24
14.15	Bench/Sideline Areas	24
14.16	Game Protests	24
14.17	Game Day Requirements	24
14.18	Sideline Crew	25
14.19	Announcers Booth	25
14.20	Visitors Roster	25
14.21	Medical Personnel	25
14.22	Arrival Introductions	26
14.23	Admission Charges	26
14.24	Coaches Sideline Attire	26
14.25	Players with Cast/Splints	26
14.26	Arrival Introductions	26
15	Awards	26
16	Referees	27
17	Complaints and Protests	27
18	CVYFC Hearings	28
18.4	Hearing Procedures	28
18.5	Conducting a Hearing	28&29
19	Penalties	29
19.1a	Probation	29
19.2	Suspensions	30
19.3	Expulsion	30
20	Cheer Rules	30
20.1b	Binders	30
20.2	Age/Divisions	30
20.4	Coaching Staff	31
20.6	Dress Code	32
20.9	Game Conduct	32&33
20.12	Clinics/Camps	33&34
20.13	Cheer Competition	35
20.14	Outside Competition	35
20.15	Cheer Guidelines	36
20.16	Starts Cheer Guidelines	36
20.17	Cheer Conduct Guidelines	36

2019 CVYFC (revised 7-11-19)

20.18	CVYFC Meetings	37
20.19	Appendix 1 - USASF Cheer Safety Rules (as written)	

2019 CVYFC (revised 7-11-19)

CENTRAL VALLEY YOUTH FOOTBALL & CHEER RULES AND GUIDELINES	
SECTION 1	
INTRODUCTION	
1.1	CVYFC Operating Guidelines are comprised of input and contributions from many youth football organizations. It purposely avoids involvement or intervention in many areas that are considered to be solely the interests or internal affairs of individual conferences of associations. A copy of CVYFC by-laws shall be issued to each association. The Officers will be elected as per the Bylaws. In the event a position becomes vacant during the season, the Executive Board may vote an interim who will fill that position for the remainder of the season. The position will be elected for the following season.
1.2	The National Federation of State High School Associations' Rule Book is used for the actual playing rules for CVYFC games. Copies of this rulebook may be obtained by writing to CIFCS.ORG
1.3	These CVYFC Operating Guidelines are meant to be a supplement to the CIFCS rules and the Standard Operating Procedures of your association. Because of special needs or differences, such as geography, your Standard Operating Procedures may contain certain items that vary from the CVYFC Operating Guidelines. CVYFC Guidelines take precedent over your Standard Operating Procedures.
1.4	Individual organizations are free to make their own rules more exacting or stricter for the purpose of good government within their respective organization but may not make them less astringent.
1.5	CVYFC will annually provide a schedule of fees and due dates to each affiliate association by February 1 st . of each year.
1.6	Where the pronoun denoting the masculine gender is used in these Operating Guidelines, it is always intended to include the feminine gender as well.
1.7	Any person suing the CVYFC may not be badged during litigation (the process of suing/settling). All Associations will be required to purchase Board Insurance coverage through the league.
SECTION 2	
DEFINITIONS	
2.1	AGE-WEIGHT DIVISION - A classification of players/cheerleaders by age and weight.
2.2	ASSOCIATION - One or more teams banded together under a single entity, usually of a common locality, with a common body of leadership, administration and sponsorship. Associations may be independent or affiliates of a conference.
2.3	BOOSTER CLUB - An organization of people banded together to support, through moral and/or financial means, the activities of one or more youth football teams. An association can perform the functions of a booster club. A booster club cannot perform the functions of an association. Booster club members do not set or establish association policy and are not automatically entitled to association membership.
2.4	BYE GAME - A bye occurs anytime a team does not have an opponent between the time of their first regular season game and their last regular season game. A bye game could be inter-league or intraleague and does not count towards a teams' won/loss record for determining a championship. CVYFC approval is required to fill any bye game.

2019 CVYFC (revised 7-11-19)

2.5	EXHIBITION GAME - An exhibition game is a game played in the pre- or post-season with a non-CVYFC association or league. CVYFC approval is required. Exhibition games have no bearing on league standings and are played primarily for the purpose of publicizing youth football.
2.6	PLAYOFF GAME - Games that include Association Division and Conference Championships.
2.7	POST SEASON GAME - Any game played after the last regular season game. Association and CVYFC approval are required.
2.8	PRACTICE SCRIMMAGES - Controlled scrimmages between different teams in the same age/weight divisions may be held after the first week of contact practices. Association and CVYFC approval are required.
2.9	PRE-SEASON GAME - Pre-season games are played prior to the first regular season game and require CVYFC approval. They are either inter-league or intra-league games and have no bearing on the current season league standings.
2.10	REGULAR SEASON GAME - The consecutive games that take place starting in August, as approved by CVYFC
2.11	CHEERLEADER - A Cheerleader is a song-leader, cheerleader and/or mascot in any combination form.
2.12	SPONSORS - Civic and service clubs, fraternal organizations, and/or similar community minded local organizations or individuals whose purpose is to render financial or other assistance to an organization or association. Business or commercial enterprises shall be permitted as sponsors only when the activity of a firm or company is not detrimental to the welfare of the youth. Sponsors do not set or establish association policy and are not automatically entitled to association membership.
2.13	GENERAL MEETING. The football and cheerleader Boards of Association Representatives, hereinafter called the Associations Board and Cheerleaders Board, shall meet periodically as determined by the Directors of CVYFC, who shall also designate the time and place of each meeting.
SECTION 3	
CVYFC MEETINGS	
3.1a	General meetings are for all CVYFC affiliates to attend for the purposes of developing policies, procedures and rules for the benefit of all CVYFC, share common problems and successes and develop needed programs for the betterment of youth football and cheer.
3.1b	The Executive shall meet not less than four times between January and December of each calendar year.
3.1c	A calendar of CVYFC dates shall be distributed annually.
3.1d	Notice of general meetings shall be given to each Association in person, by phone, or e-mail at least ten (10) days prior to the date set for each meeting.
3.1e	The CVYFC COB shall chair all general meetings. The meetings will be conducted in an orderly manner with all representatives given a fair opportunity to be heard. Unless authorized by the Executive Board, only designated representatives will be heard.
3.1f	The rules contained in Roberts Rules of Order, Newly Revised shall govern all CVYFC meetings in all instances in which they are applicable and in which they are not inconsistent with CVYFC rules and regulations.

2019 CVYFC (revised 7-11-19)

3.1g	The CVYFC Associations and Cheerleaders Boards shall hold annual rules meetings seperately.	
3.1h	Every team must have a Team Representative at every league meeting. If a Team Representative can't make it they need to send an alternate. Teams not showing up without prior notification could result in a fine of \$250 per meeting missed. If your team is fined and the fine not paid, that team will be considered to be in bad standings with the League. (Team Representatives and/or alternate needs to be consistent) Each team will need to notify who their Representatives are and Alternates. Meetings will start no later than 10 minutes after the scheduled time. If a team is late it will be their responsibility to get any information they may have missed.	
3.1i	Any Association that fails to attend three (3) consecutive CVYFC Associations Board meetings will lose voting rights for 1 calendar year and have possible dismissal from CVYFC	
3.2	ASSOCIATION REPRESENTATION: Each association sponsoring one (1) or more non-school youth tackle football teams and in good standing with CVYFC shall have one (1) seat and (1) vote on matters brought before them by the CVYFC Board of Directors.	
3.2a	Each association shall designate a primary and an alternate representative to the Boards.	
3.2b	If either the primary representative or the alternate representative cannot attend the meeting the association may appoint another representative to attend in their behalf.	
3.2c	The CVYFC COB must be notified prior to the meeting who the substitute representative will be.	
3.3	AGENDA: The CVYFC League Secretary shall be responsible for preparing an agenda for each general meeting.	
3.3a	The deadline for submitting agenda items by an affiliate association shall be five (5) days prior to the meeting.	
3.4	RULE CHANGES	
3.4a	Associations wishing to propose new rules or rule changes, additions or amendments for football or cheerleading shall submit their proposals in writing to the first CVYFC general meeting of the current year. All proposals will be taken under advisement by the E-Board on form.	
3.4b	Rules passed during the off-season will go into effect the following season, unless it is a safety issue.	
3.5	FEES: Team fees shall be set annually by the CVYFC E- Board. Insurance premium costs will be determined by the insurance agent and communicated to the CVYFC Designee, who will inform and will be voted on ny the E-Board.	
3.5a	All fees are paid to CVYFC, unless otherwise specified. The annual schedule of fees shall provide due dates for payment of association team and insurance fees.	
3.5b	Failure to pay team fees by due dates shall result in immediate suspension and/or fine(s).	
3.5c	Insurance coverage will be provided by the CVYFC League at each team's expense.	
3.5d	Failure to pay insurance premiums on time will result in cancellation of all CVYFC sanctioned activities (e.g., practices, fund raisers, sign-ups,etc.).	

2019 CVYFC (revised 7-11-19)

3.5e	Criminal Offender Record Information Policy - the overall responsibility for the administration of a criminal history/background check rests with the (Designated individual: PRESIDENT or VICE PRESIDENT of association team.) CVYFC must approve of companies used for background checks by May 1st. Background checks must be submitted to the CVYFC Executive Board no later than June 15th of each season. The CVYFC League Board must approve all coaches, board members and volunteers before they receive a League badge.
3.5f	Coaches information for background checks and pictures for badges must be turned in by June 15th. August 1st will be deadline to add ANY new coaches unless a team drops below 5 coaches on a level.
3.5g	Add on of Badged Personnel after June 15th deadline- Once Teams have submitted the background checks and picture of individuals to be badged to CVYFC, CVYFC has two weeks (14 days) to provide that team with that individual's badge.
3.5h	Organizations are limited to the following numbers of badged personnel... Eight (8) Football Coaches/Personnel per level, and Ten (10) Executive Board Personnel. For cheer, squads with 12 or less cheerleaders can have three badges. Squads with 13 or more cheerleaders can have 5 badges. Same applies if you have a seperate mascot squad. This limits all organizations to a maximum of Sixty Two (62) badged personnel (67 if you have a mascot squad). (also removed verbage regarding MPR badges). 8 Team parent badges.
SECTION 4	
AFFILIATION REQUIREMENTS	
4.1	New organizations wishing to affiliate with CVYFC for the upcoming season must submit a written application and appropriate team fees by no later than Feb 15th of the current year, unless otherwise determined by the E-Board. All Associations within the same town must have approval from the teams within that town to apply as a new team. Teams formed by a break off group from an existing CVYFC will not be accepted into the league. This excludes expansion teams. New teams can be removed by the Executive Board during their first year of probation with or without cause.
4.1a	The E-Board must vote to remove a core team who is no longer on probabation with 2/3 vote
4.2	All other organizations wishing to affiliate with CVYFC for the following year season, must execute an annual contract turned in 2 weeks after end of year CVYFC meeting.
4.3	All organizations must agree to support and promote CVYFC programs and philosophies and must agree to abide by CVYFC policies, procedures, rules and regulations. The E-Board will meet with all new teams annually to orient them to the CVYFC.
4.4	All organizations must agree that the CVYFC League Rules will be distributed, read and understood by all administrative and coaching personnel in their organization.
SECTION 5	
THE ASSOCIATION	
5.1	INCORPORATION: Incorporation is mandatory for all CVYFC affiliate associations.
5.1a	A copy of each association's Articles of Incorporation and proof of annual filing must be supplied to CVYFC upon request by the E-Board.
5.1b	BYLAWS: A copy of each association's current operating policies and procedures must be available upon request by the E-Board.
SECTION 6	
SCHEDULING	

2019 CVYFC (revised 7-11-19)

6.1	SCHEDULING: All scheduling of games will be done by CVYFC committee to ensure parity, equality and protection for all CVYFC teams. The League will set dates for all CVYFC events. The League will not schedule any Sunday Games if at all possible. Sunday Games will be a last resort with documented effort being made to secure a Saturday location.
6.1a	SCHEDULING REQUESTS: Requests for scheduling (e.g., home field availability or requested opponents) must be made in writing to the CVYFC Board by March 1st in order to receive consideration.
6.1b	TENTATIVE SCHEDULE: By March 15th, each association will receive a proposed regular season schedule.
6.1c	All problems/conflicts with the proposed schedule must be made in writing to the CVYFC Associations Board by June 1st.
6.1d	All schedule adjustments will be made by June 15th
6.1e	The schedule will be considered final on July 1st.
6.1f	BYE GAMES: The executive board will try to avoid scheduling bye games. Ultimately it is the number of teams that are in the league that creates or avoids a bye game.
6.1g	All teams must provide addresses of their home fields prior to Aug 1st. League will send out to all teams.
6.1h	League Events: League events will be scheduled by the Executive Board keeping in mind to create parity in the league and location. Any badge holder may represent their association to fulfill volunteer obligations.
6.1i	Round Robin: League keeps gate, league pays for refs and supplies, league pays 50% of field costs (reimbursed to hosting team), team keeps snack shack
6.1j	Cheer Competition: League keeps gate, pays for judges, trophies, mat fees, 50% of facility (reimbursed to hosting team). Team keeps snack shack.
6.1k	Super Bowl: League keeps gate, pays refs, trophies, supplies, 50% field cost (reimbursed to hosting team). Host provides field supplies and keeps snack shack.
SECTION 7	
AGE-WEIGHT DIVISIONS	
All weights will allow for a 4oz. Variance. (.25 lbs)	
League waivers for younger kids desiring to move up levels, due to weight issues, will be required to be	
7.1	AGE WEIGHT DIVISIONS: Following are the ages and weights that will be used for certification of players throughout the season. The maximum age is the age the football player may turn on or before July 1st (League Fundamental Rule - LFR), of the current year. Each organization will field to the best of their ability the following age divisions:
7.2	Starts Ages 6, 7, 8 year olds There are no Older-Lighters on Starts. There will be no maximum weight. 5 year olds must turn 6 during the season ** X-Man weight is over 100Lbs (see **7.5a through 7.5e below)
7.3	Rookies Ages 8, 9 and 10 year olds.

2019 CVYFC (revised 7-11-19)

	There will be no maximum weight. ***Only Rookies have Older-Lighter	
	** X-Man weight is over 125lbs hard weight no change weekly (see **7.5a through 7.5e below)	
7.3a	Rookies Older/Lighter Age 11 years old. The max weight for Rookie older-lighters is 75 + 1 pound/week after 1st game. (Limit of 5 older-lighters per team).	
	* 11 year old Older/Lighters may not turn 12 until after the SuperBowl	
7.4	Jr. Varsity Ages 10, 11, 12 and NO 13 y/o 7th or 8th graders on JV	
	There will be no maximum weight.	
	** X-Man weight is over 155lbs (see **7.5a through 7.5e below)	
7.4a	No JV Older-Lighters	
	*12 year old JV players must provide picture and grade verification to ensure they are not in 8th grade. This does not apply to 12 yr old 8th graders that are 110 or less lbs + 1lb/week after first game. NO 13 y/o on JV	
7.5	Varsity Ages 11*** over 120 lbs that desire to more up, 12, 13, and 14*	
	There will be no maximum weight.	
	*14 year olds may not turn 15 until after the CVYFC Superbowl.	
	NO Xman	
	***11 year olds must weigh over 120 pounds.	
	**** All 8th graders must play at the Varsity Level if over 110 lbs. If 110 lbs or below, a 12 year old 8th grader may play JV level.	
7.5a	Once players are designated as X-Men; they remain X-Men throughout the season, (Even if they lose weight). X-Men must be identified by an X on the back AND front of the helmet. The X must be a contrasting color in front of helmet and clearly visible. Each leg of the X must be 1" thick by 5" long on the back.	
	The "X" on the front of the helmet shall be 2" X 2". CVYFC will provide X's	
7.5b	The X-Man must play as a defensive or an offensive ineligible player. They must line up on the LOS from inside chest to inside chest (half the body) and they cannot be on kick-off or kick return teams (except during punts while on the LOS). A defensive X-man must line up within the inside chest of the offensive tackles. Have to make contact and cannot drop back of coverage.	
7.5c	X men rule- ball on 25-yard line if team has too many x men for kick off or kick return.	
7.5d	X men may be kicker on PAT but must kick the ball. If a play-fake is ran, ball is ruled dead and no points will be awarded. If ball is fumbled then play is ruled dead.	
NOTE: The above age-weight categories must be strictly adhered to by all associations at all levels. There will be no		
7.6	INDUCING A PLAYER TO LOSE WEIGHT is not allowed	
7.6a	No one connected with the program may ever suggest to a player or parent that a player lose weight to make a team. The use of "rubber suits" is forbidden. Players may not "run" before weighing in.	
7.8	INELIGIBLE PLAYERS	
7.8a	Any coach, administrator or individual who knowingly allows an ineligible football player/cheerleader to participate in a game or scrimmage will immediately be suspended for the remainder of the season and the following season, participation reviewed per Eboard, forfeit the game that the ineligible player participated in and a \$250 fine will be charged to the organization.	

2019 CVYFC (revised 7-11-19)

7.8b	Ineligible player is defined as but is not limited to; Player not of age or weight for level certified to, suspended players. Or, an X-man posing as a NonX-man	
SECTION 8		
TEAM ASSIGNMENTS		
8.1	Team assignments are made by the organization.	
8.2	No one may establish a limit to the number of players on a team if the limit is fewer than thirty (30) .	
8.3	An Organization may add players up to a roster size of 40 up until the Friday prior to Game 3. A player may never be waived to a level below once they have been certified to a level. Any recruits prior to Game 3, must complete 10 hours of conditioning.	
8.4	TEAM SIZE: Football teams shall not exceed the maximum/minimum number of participants stated below:	
8.4a	FOOTBALL: A football team shall have not less than twelve (12) and no more than forty (40) players certified to its roster.	
8.4b	The maximum roster size for football shall be 40 participants. EXCEPTION: If a player fails to make weight at certification, that player may be waived to the next level up with no penalty to the association for being over roster limit.	
8.4c	MINIMUM PLAYERS FOR GAME: A minimum of eleven (11) players is required to play a game. Referees will be used	
8.4d	If it was the visiting team that showed up with less than 11 players, they will pay the home team for all the referees for that scheduled game within 72 hours. Unless pre-arranged with Assignor	
8.4e	The game will be a forfeit-win for the team with sufficient number of players.	
8.5	CVYFC should be notified immediately, in writing, anytime a team drops below the minimum number of players to play a game. The Assignor will be notified.	
8.6	Teams with less than 11 players may scrimmage with agreement of both teams, if other team has been properly notified ahead of time (No Refs).	
SECTION 9		
PRACTICES		
9.1	FIRST DAY OF PRACTICE: The first day of practice for CVYFC football teams shall be July 1st unless otherwise specified by CVYFC.	
9.2	CONDITIONING PERIOD	
9.2a	A minimum of the first ten (10) hours of practice sessions must be devoted to conditioning for all participants (both football players and cheerleaders). No Conditioning session can exceed 2 hours in a 24 hr period.	
9.2b	During this conditioning period, no protective football gear, except helmets and mouthpieces, may be worn. Absolutely no player may engage in contact.	

2019 CVYFC (revised 7-11-19)

9.2c	The conditioning period may be waived if the player can show proof that they have played another sport within 2 weeks of joining the team.	
9.3	PRACTICE SESSIONS	
9.3a	No practice session may last longer than two (2) hours. Double practice sessions during any 24-hour period are prohibited.	
9.3b	Practice sessions are limited as follows: FIRST WEEK: After 1st week 8 hrs/wk (No more than 2 hrs in a 24 hr period)	
9.3c	Equipment hand-out is not a practice	
9.3d	CONSUMPTION OF LIQUIDS: Since heat prostration is by far the number one killer of football players, frequent water breaks for both Football players and cheerleaders should be given in accordance with heat, humidity and level of activity.	
9.3e	No limit, within reason, should be placed on a football player/cheerleader's intake of water.	
9.3f	No football player/cheerleader will ever be denied water if requested.	
9.3g	Water breaks will be given at a minimum of 30-minute intervals.	
9.4	FIRST AID REQUIREMENTS	
9.4a	A First Aid Kit must be on the field at all practice sessions.	
9.4b	At least one individual with a current Red Cross Multi-Media First Aid card must be present at all practice sessions.	
9.5	FORBIDDEN DRILLS	
9.5a	No drill may be used (such as "bull in the ring") where a group of players are instructed or encouraged to administer physical abuse or excessive contact upon a single football player/cheerleader. A coach may be held liable by a court of law for instructing any drill or technique that result in a football player/cheerleader's injury.	
9.6	FOOTBALL PLAYER/CHEERLEADER REQUIREMENTS	
9.6a	No football player/cheerleader may be permitted to participate in a practice session until s/he has turned in the following: (1) Signed Parent Form. (2) Current physician's certificate of approval to participate. (3) Player Application.	
9.6b	Any football player/cheerleader who has been under the care of a physician must present a medical release before returning to his team to participate in practice sessions or games. Unless the note already signifies an end date.	
9.7	INSURANCE	

2019 CVYFC (revised 7-11-19)

9.7a	A valid football accident insurance policy must be in effect prior to any practice sessions taking place.	
9.8	PERSONS AUTHORIZED TO ATTEND PRACTICE SESSIONS	
9.8a	Every practice session must be attended by at least one member of the association board. This is for the coaches' as well as the football players/cheerleaders' protection. The representative keeps unauthorized personnel off the practice field areas, insures football players/cheerleaders are not mistreated and fields questions from parents, prospective players, etc.	
9.8b	Besides CVYFC or association representatives, only coaches, players and support personnel (equipment managers, water boys, etc.) requested by the head coach may be present on the practice field.	
9.8c	Only badged personnel are allowed on the practice field or sideline areas.	
9.9	SMOKING, DRINKING, DRUG USE OR VULGAR/ABUSIVE LANGUAGE	
9.9a	Smoking cigarettes, cigars, vaping, or pipes or chewing tobacco in the presence of football players and/or cheerleaders at practices by coaches, administrators or support personnel is prohibited, unless in a designated smoking area. Smoking is prohibited on school grounds.	
9.9b	Alcohol and/or narcotics consumption is prohibited at any function attended by football players or cheerleaders.	
9.9c	Individuals may not leave a practice site and go to a parking lot, for instance, to consume alcohol or take narcotics in any form.	
9.9d	Vulgar and/or abusive language will not be used in the presence of football players or cheerleaders.	
9.9e	Coaches, administrators or support personnel violating this section will be subject to review by the E-Board to determine consequences.	
SECTION 10		
Recruiting		
10.1	Football players/cheerleaders may never be recruited from other teams within the league with the promise of financial rewards or free goods or services.	
10.2	No one may try to induce or recruit a football player/cheerleader from one organization to another after that football player/cheerleader has been assigned to a team.	
10.2a	If a coach or other individual attempts to recruit a football player/cheerleader from another CVYFC Associate's organization that has signed an application for the upcoming season, that coach or individual will be immediately sanctioned at the discretion of the E-Board.	
10.3	No waivers will be necessary to switch teams within the CVYFC League after the season's end. Players may not change teams within the CVYFC League, once a player contract is signed, unless their team releases them in writing.	
10.4	Participants may participate in only one tackle football or cheerleader program (i.e., high school or youth program) during the CVYFC season.	

2019 CVYFC (revised 7-11-19)

SECTION 11		
WEIGH-INS		
Weigh masters are required to be at weigh in area on time regardless if their team is there or ready to go		
11.1	WEIGH-INS: Player weigh-ins is mandatory for all games.	
11.2	The home team must provide privacy if a place must strip down .	
11.3	No one is allowed inside the room where certification weigh-ins takes place except the certifying official(s) and his/her assistant(s).	
11.3a	The certifying official may be a president, or designee from any association other than that of the certifying player. Both Head Coaches are allowed in the weigh in room while the opposing team is weighing in.	
11.3b	Associations will be weighed in by Head Coaches or a badged designee . The Head Coach or a badged designee from each team is required to conduct the weigh-in together.	
11.3c	One coach will be allowed to be at weigh in area with football players.	
11.3d	Weigh masters may be male or female. An adult female must be present in the weigh-in room for weighing of all female players.	
11.4	The certifying official, at his discretion, may excuse all other personnel from the room with the exception of at least one assistant.	
11.5	Each player may weigh once. If s/he does not make weight, s/he may strip and immediately weigh once more. If a player fails to make weight on his/her second attempt, s/he is ineligible to participate in that game and the appropriate place on his/her player card will be checked and initialed by the opposing team's weigh master. Once a player doesn't make weight, s/he must move up if Older-Lighter, or 12 y/o 8th grader.	
11.5a	A player may never leave the weigh-in room between his/her first and second attempt to make weight.	
11.6	A player may wear all or part of his/her uniform, except helmet, when being weighed.	
11.7	Trade-offs, where one team agrees to let an overweight player participate if the opposing team allows one or more of their overweight players to participate, are forbidden.	
11.8	ILLEGAL WEIGH-IN: No player may be weighed prior to the beginning of the official weigh-in with the exception of Older-Lighters and borderline X-men. They may weigh-in earlier than their game during any level's weigh-in time. Thereby, allowing players to eat prior to their weigh-in. Early weigh-ins must be conducted by a badged Member from the opposing team.	
11.9	During weigh-in, team weigh masters are considered CVYFC officials.	
11.9a	The opposing team's weigh master is always in charge during a team weigh-in.	

2019 CVYFC (revised 7-11-19)

11.9b	CVYFC Board Members may attend weigh-ins as observers. In the case of a discrepancy at the weigh-ins, both Board Members shall have the authority to render a decision. In the event an agreement can't be reached, the League Board will be consulted.	
11.10	Football player/cheerleader ID cards and certified team rosters will be available in team books for review. The teams will exchange numerical rosters.	
11.10a	The weigh master will sign and date every player ID card, indicating whether a player is O.K., injured (I), (X-Man), absent (A), or removed (R), sick (S). Player "drops" are to be marked by the Presidents of both teams during weigh-ins.	
11.10b	On completion of weigh-in, the weigh master will date and sign the numerical roster.	
11.11	NO bathroom scales are allowed	
11.12	PLAYER CONDUCT DURING WEIGH-INS: During the weigh-ins, players must remain silent and lined up single file in numerical order with X-men first, older/lighter players, then remaining players.	
11.12a	Chants, yells or verbal exchanges between players or teams are forbidden during weigh-ins.	
11.12b	Weigh masters should always remember to be courteous to opposing players, but absolutely firm in maintaining silence and order in the weigh-in area.	
11.13	WEIGH-IN ORDER: The away team shall be weighed first, unless all players or binders are not ready at time of weigh in, 45 minutes prior to the scheduled start of the game, the home team may be weighed first.	
11.13a	Players arriving after the start of the game shall be allowed to weigh in at halftime by the opposing teams weigh master.	
11.13b	No player shall be allowed to participate in a game that does not arrive prior to the end of half time.	
11.13c	No player shall be allowed to participate in a game until he/she has properly weighed in.	
11.14	EXITING THE WEIGH-IN AREA: Teams must always leave the locker room, etc., in a clean and orderly fashion. All gear or personal effects should be taken with the players/coaches to the sidelines when a team takes the field for a game.	
11.15	Teams may warm up prior to weighing in.	
SECTION 12		
FOOTBALL PLAYER/CHEERLEADER CERTIFICATION		
Round Robin will be the official date of weigh in certification for football players and cheerleaders.		
12.1	PROOF OF AGE The following must be presented for football player/cheerleader certification:	

2019 CVYFC (revised 7-11-19)

12.1a	1. If a new player, a copy of the ORIGINAL certified copy of a birth record from a county courthouse (with embossed seal and contrasting ink). 2. A passport or immigration visa. 3. Out of country Birth Certificates will be handled on a case-by-case basis. 4. Foster/Adoption Children will require Original documentation from the state or county social worker. Player cards will be emboss stamped in lieu of Birth Cert. once Certified into league. Once a player is certified, it is not necessary to have a copy of the Birth Certificate in the binder. Previous certified Player Card from previous year is acceptable.	
12.1b	Players will have until League Book Certification to present proof of age.	
12.1c	Grade verifications must remain in binder for entire season.	
12.2	TEAM BINDERS	
	Each team must present the following paperwork, placed in a 3-ring binder, to the opposing teams weigh masters at weigh-ins for all games for each division...	
12.2a	Certified copy of main team roster and three (3) additional copies.	
12.2b	Binders must be in the following order for certification and throughout the season. 1. Player Card –Player must have a jersey number visible in picture and be downloaded as well as printed on the form. A. Players cards must be on white paper only B. Player/Cheerleaders pictures must be of current year 2. Player Application - This form will include a "no refund" statement. 3. Proof of Age (birth certificate, passport, etc.) At Certification only 4. Grade Verification as required 5. Physical form	
12.2c	If player cards are kept in plastic sleeves, the area for the weigh-master/cheer coaches must be cut out for ease of access.	
12.3	TEAM ROSTERS	
12.3a	Prior to certification all appropriate spaces on the roster must be filled in. Rosters must be typed. No handwritten entries allowed.	
12.3b	List all football players/cheerleaders in numerical order (X-Men, older/lighter first).	
12.3c	Only the columns for football player/cheerleader name (first and last), age, date of birth, jersey # for football players should be completed prior to certification jamboree. Leave all other columns blank for completion by certification officials.	
12.3d	In the event a football player or cheerleader who is listed on the roster is not fully certified, his/ her name may be lined out and initialed by the certifying official.	
12.3e	Each team must present the original and one copy of each team roster, signed by their association president, to a certifying official.	
12.3f	One copy is retained by CVYFC.	
12.3g	The original is retained by the team; additional copies may be made at the association's discretion. One copy must go into the binder with the football player/cheerleader player cards to be presented at all pregame weigh/check-ins.	

2019 CVYFC (revised 7-11-19)

12.3h	The certifying official will place their stamp directly under the last football player/cheerleader's name on the copy and the original roster, and sign both the copy and the original roster. If there are a minimum of eleven (11) football players who make weight and have all paperwork in proper order, a second stamp will be affixed to the roster in the upper right corner. A second stamp will be affixed to cheerleader rosters in the upper right corner if all paperwork is in proper order.	
12.3i	Every roster with a minimum of a (11) player roster must be certified prior to the first regular season game for a team to be eligible for post-season championship play.	
12.3j	All teams are required to have double-stamped rosters by 3rd game of the season to be eligible for postseason championship competitions.	
12.3k	Round Robin: Round Robin will be the official date of certified weigh-ins. Older Lighters must make weight at Round Robin or they will be moved up a level at that time.	
12.4	ADDING/DROPPING PLAYERS AFTER CERTIFICATION OF TEAM ROSTER	
12.4a	Players may be added to the roster up until Round Robin. Names must be TYPED in on the official roster. Handwritten names will not be accepted or allowed to play. NO Player/Cheerleader will be certified on Game day, must be done prior. At Round Robin official rosters must be given to the league commissioner or vice commissioner. He or she will then sign and emboss/stamp the roster and return to the teams before the next game. Those rosters are to be kept in the binder at all times. Any player added after Round Robin must make beginning season weight in order to play.	
12.4b	Additional football players/cheerleaders may only be certified by a certifying official.	
12.4c	Teams adding players after the certification date must get that player/cheerleader to a certifying official with the original old certified roster and a new typed roster with the new player/cheerleaders name on the new roster. Failure to present the old certified roster or the new type roster with the addition of the new player/cheerleader at the time of certifying the new player/cheerleader will deem that player un-certifiable. Paperwork must be in order and certified before player can be officially weighed.	
12.5	MOVING PLAYERS BETWEEN DIVISIONS	
12.5a	Once a football player/cheerleader has been certified s/he may not be moved between divisions without CVYFC approval, and then only until the regular season game. Exception: Players may be moved up to fill a roster at any time.	
12.5b	A football player/cheerleader may not be moved until s/he has been re-certified by the designated certifying official.	
12.6	Book Certification- Certification will be 1 to 2 weeks prior to Round Robin. Any errors must be fixed PRIOR to Round Robin. Any players not certified, may not play	
12.6a	If the required documentation and properly filled out forms are not presented in good order at a team's scheduled certification, the certifying official(s) has (have) the right to refuse to certify the player(s) and/or team(s). The association then must transport football players/cheerleaders to their area director, at a time and place convenient to the certifying official. The association should contact a certifying official prior to the scheduled certification to review procedures with them.	
12.6b	CERTIFICATION WEIGHT: Certification weight is the minimum/maximum weight listed in the age/weight schematic (Sect. 7). A player may never leave the weigh in room between his/her first and second attempt to make weight.	

2019 CVYFC (revised 7-11-19)

SECTION 13		
COACHING AND CONDUCT		
13.1	ADULT COACHING STAFFS	
13.1a	ADULT PERSONNEL: Adult team coaching personnel shall consist of one (1) head coach and no more than seven (7) assistants/trainees/instructors. JR Assistants are allowed but will be included in the number of coaches allowed.	
13.1b	The head coach of any team must be 18 years of age as of the first day of practice.	
13.1c	Assistant coaches must be at least 18 years of age as of the first day of practice.	
13.1d	Each team will be permitted three trainees/JR Assistants as three of the seven assistants who must be at least 15 years old or play/cheer for High School . Jr Assistant football coaches must pass the same USA coaching test as adult coaches.	
13.1e	COACH'S RULES MEETING: The Athletic Director from each association and a Head Coach or a designated assistant coach from each level, must attend a CVYFC sponsored coach's clinic to discuss/review rules.	
13.1f	COACHES' APPLICATIONS: All head coaches, assistant coaches, trainees and/or instructors and weigh masters are required to complete and sign a CVYFC "Coach's Application". All contracts must bear the signature of the association president as well as the person named on the individual contract. One copy of each coach's contract shall be retained by the association for that contracted season.	
13.1g	Any coach transferring from one association to another must obtain a release (in writing) from the first association prior to the start of practice. Not to extend pass the current season.	
13.2	STANDARDS OF CONDUCT	
13.2a	The standards of conduct in this section and the related penalties are designed to sustain a fair and creditable environment.	
13.2b	It is forbidden for any CVYFC affiliate to strike or "manhandle" a football player or cheerleader.	
13.2c	It is forbidden for any CVYFC affiliate to propose, encourage or otherwise facilitate any CVYFC affiliate youth to participate in any activity that is a violation of state or Federal law.	
13.2d	It is prohibited for any CVYFC staff member or affiliate association staff member knowingly allow an ineligible, uncertified or otherwise disqualified individual to participate in league activities.	
13.2e	The use of alcohol, drugs, vaping , and tobacco products while engaged in CVYFC sanctioned activities such as coaching; instructing, games and competition are prohibited.	
13.2f	Staff (coaches, administrators, team parents, etc) are expected to use tact when disciplining a player or cheerleader. The child is not to be berated publicly.	
13.2g	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.	

2019 CVYFC (revised 7-11-19)

13.2h	No betting on games, competition or any other CVYFC events.	
13.2i	Any coach that is ejected for un-sportsmanlike conduct during a game/scrimmage will be immediately suspended until further notice pending a review by the League Executive Board.	
13.2j	Coaches will be aware that their actions are always under scrutiny.	
13.2k	Coaches must always conduct themselves in a manner that exemplifies their team and the CVYFC.	
13.2l	The League shall have the authority to remove any adult from game day operations for just cause in violation of the rulebook. Badge removal and ban from league activities may be enforced pending board review.	
13.2m	Any coach that is suspended will not have contact with any person involved in their teams' organization, nor will they have contact with any other member of the League regarding football/cheer related issues.	
13.2n	Organizations may face fines, probations, suspension, and or removal from the League, and/or any combination of the above for violating League rules or for conducting their teams in a manner which does not reflect the best interests of the League.	
13.2o	Officials' actions and statements may be challenged with cause by the Board. Game results will not be changed due to alleged official misconduct. Only Head Coaches can ask for clarification regarding calls from referees.	
13.2p	BENCHING: The head coach may bench from a game or practice any football player/cheerleader for poor grades, misconduct, attendance or improper dress.	
13.2q	REMOVAL FROM SQUAD: The head coach may remove from a team/squad or bench from a game and/or competition, with the approval of the association president, any football player/cheerleader for misconduct, attendance or improper dress.	
13.2r	Comments and/or Actions posted on <u>ALL</u> Media types are prohibited. In cases, where it is noted of postings or comments being made that are deemed not suitable as a representation of CVYFC or when comments and/or postings and/or actions are deemed not appropriate for someone involved in youth sports, the CVYFC Executive Board, through investigation and majority vote, has the ability to remove the person of concern from CVYFC and remove their badge. Furthermore, if organizations are involved and/or know of the incident(s) and fail to act, it may result in fine and/ suspension/expulsion of entire organization for two years.	
13.3	BEHAVIOR FROM THE SIDELINES: No individual, be it coach or football player/cheerleader, in the sideline area shall make verbal exchanges with personnel from the opposing team.	
13.3a	All verbal remarks from the sidelines during a game can only be directed to one's own team. Remarks should be limited to coaching instructions and positive reinforcement and cheers for the efforts of one's own team.	
13.3b	Derogatory remarks are strictly forbidden.	

2019 CVYFC (revised 7-11-19)

13.3c	No member of an association, team or its staff may go to the opposing team's side of the field for the purpose of stealing play calls or signaling back to their team.
13.3d	Coaches are expected to be positive role models and shake hands regardless of the outcome of the game.
SECTION 14	
PLAYING RULES	
14.1	EQUIPMENT REQUIRED FOR PARTICIPATION IN CONTACT
14.1a	Organizations are responsible for checking each player's equipment for compliance.
14.1b	The following equipment is required for each player prior to his or her participation in contact: 1) HELMETS - All must bear NOCSAE stamp and facemask. FACEMASKS - All facemasks must be full cage, steel frame type. Plastic, nylon, polycarbonate, T-bar or double bar facemasks are not permitted unless NOCSAE approved and stamped. CHIN STRAPS - All helmets must have a 4-point chin strap with PLASTIC snaps (no metal snaps allowed). MOUThPIECE - All mouthpieces must be colored, have a strap and be tethered to the face mask. Exemption: Colored binki style mouth piece does not need a strap but must be a bright color (not clear, tan, white or black etc..) . 2) SHOES - Cleats shall not exceed 1/2 inch in length. Metal cleats are not allowed. 3) FACE SHIELDS - May be used but are not required. Shield must be clear. 4) KNEE BRACES - May be used but must have all metal parts padded.
14.2	GAME JERSEYS - last names only on jersey. Use first initial/last name if a duplicate. No first names/nicknames.
14.2a	NUMBER SIZE: Jerseys must have a minimum 8 inch front and 10 inch back number. Optional: 8 inch front and back numbers will be allowed on X-small and Small jerseys only!
14.2b	If a team has only one color jersey (No away Jersey), they must notify their opponent if they have the same color jersey by Wednesday prior to game day. Organizations with two jerseys should be accomodating to teams without.
14.3	PRE-GAME RULES
14.3a	National Anthem is to be played at all games. All players and staff are required to stand.
14.3b	No team will be permitted to warm up in the end zone or take the playing field area (sidelines, track, etc.) while another game is in progress.
14.3c	Each team must take the field in an orderly fashion.
14.3d	Each team shall proceed directly to their bench area and the half of the field designated to them for warm-ups.
14.3e	Teams may not cut across an opponent half of the field or their bench area.
14.3f	No verbal or physical gestures are to be exchanged between teams when taking the field.
14.3g	Yells or chants of a positive nature by each team in front of its own fans on their own side of the field are permitted.

2019 CVYFC (revised 7-11-19)

14.3h	Players may not yell or chant anything that refers to or is directed at the opposing team.	
14.3i	Team snacks must be allowed into games. Ice chest are subject to search. A badged member must bring in team snacks if they are in an ice chest. One ice chest per level will be allowed for football and cheer. Ice chest must remain on the field. Only fruit and water is allowed.	
14.4	BASIC RULES: All games will be played under the current National Alliance Edition Football Rules Book of the National Federation of State High School Athletic Associations, except where modified by CVYFC. There will be preseason referee meetings with coaches to clarify rules.	
14.4a	LENGTH OF QUARTERS: The length of all quarters for all divisions of play is ten (10) minutes, 10 min half time.	
14.4b	SCORING: Touchdown 6 points Field Goal 3 points Safety 2 points Point-After-Touchdown (PAT) by kick 2 points PAT by run 1 point on Rookies, JV and Varsity STARTS PAT 1 point by run, 2 points by pass	
14.4c	All kick offs will be from the 40-yard line with the exception of Starts. If there are not enough "Non X Men" to field a kick off or kick return team, the ball will be placed at the receiving teams' 25 yard line. Each organization is responsible for ensuring their squads are prepared for special teams by Game 1.	
14.4d	FREE KICK: If a defensive team gets a SAFETY, and the kick off or kick return team does not have enough "Non X Men" to field a kick off or kick return team, the ball will be placed at the receiving teams' 40 yard line.	
14.4e	There will be no blitzing allowed during the Round Robin.	
14.4f	All teams are required to attend the Round Robin. The fields used at the Round Robin must be set up with regulation width (53.5 yards).	
14.4g	Teams will be allowed to scout other teams using video or still cameras. An opposing team may scout DURING A GAME ONLY . This may include the charting of plays and hand written notes or electronic equipment.	
14.4h	Opposing teams will be provided an area to film at/or above booth. Non playing teams are not guaranteed booth rights.	
14.4i	Teams may use radio equipment between coaches. The use of radios in player's helmets will be allowed.	
14.4j	There will be only one player on the field at a time that has a radio.	
14.4k	Each player that is equipped with an on-field radio shall be designated by a 1" fluorescent green dot in the middle and back of the helmet.	
14.4l	There shall be no crashing of the center on Punts or PAT's.	

2019 CVYFC (revised 7-11-19)

14.4m	Each team will be allowed 3 time outs per half.	
14.4n	No games will be scheduled to start prior to 9:00 a.m. An organization with more than one team may only double book a game with the opponent's approval. If the situation occurs it will be handled on a case-by-case basis.	
14.4o	Injury time outs called by the officials will not count against the team.	
14.4p	The officials shall stop the clock on change of possession and will not restart it until the ball has been snapped (Definition of Varsity Time). This is only within the last two minutes of each half.	
14.4q	On Starts level only, 1 coach and 2 players may roam from 25-yard line to the goal line.	
14.4r	Blocking below the waist will be allowed on the Offensive line from tackle to tackle only!! Blocking below the waist must be targeted at the upper thigh. Blocking below the waist downfield and in the backfield is NOT allowed!	
14.4s	Teams will be allowed a 2-minute warning at the end of the first half and at the end of the second half. Varsity time clock will be run during the last 2 minutes of each half (see 14.4p).	
14.4t	"Gordon Rule" : Any team with a lead of 1 point or more, who has ball possession and has the ability to run out the clock by taking a knee, must do so. Ex: If there is 1:19 left in the game, you are in possession of the ball at the opponents' 22-yard line and the opponent has not time outs , you must take a knee to run out the clock. No rushing to the LOS to run another play, or trying to score. No field goal attempts. No team may stack the box on defense with more than 8 players during this rule adjustment.	
14.4u	There is no penalty for defensive penetration when a player is taking a knee. Exception to rule: "Gordon rule" (rule 14.5) When a team is mandated to taking a knee to abide by this rule.	
14.4v	"Mercy Rule" If a team is up in score by 28 or more points than the Mercy Rule will be in effect. Both teams will play regular football with a running clock. If point spread falls below 28 points, then Mercy Rule is over and clock returns to normal. It is recommended for the winning team, if available, to play second or third string players on the field in the spirit of sportsmanship as well as to avoid running up the score. There will be no onside kicks or "accidental" onside kicks after a 28 pt spread or it's a personal foul and penalty of 15 yards. (Starts 10 yds)	
14.5	Additional Starts Rules (in addition to above rules)	
14.5a	The Starts division will keep score. There will be Refs on the field as well as one Coach from each team. Once the huddle breaks, the Coach is required to stay 15 yards back off the LOS and have no further physical contact with the Players. Penalties for breaking this rule: 1 st offense; verbal warning, 2 nd offense; coach will be removed from the field and NO other coaches may be on the field for the remainder of the game.	
14.5b	There will be no punts at this level. On 4 th down if the possession team wants to punt, they will declare punt to the officials and the officials will mark off a 25-yard punt and the opposing team will take possession. If the ball is inside the 25, ball will be placed 1/2 the distance to the goal on a punt.	
14.5c	The maximum penalty assessed at Starts will be 10 yards.	

2019 CVYFC (revised 7-11-19)

14.5d	Kick offs are allowed on the starts level. Kick offs will be from the 45-yard line. No X-men are allowed on the kick off or kick return teams.	
14.5e	Starts will use regular High School Football Rules	
14.5f	All Teams must have a Starts Division	
14.5g	Bear crawls are allowed.	
14.5h	Lineman at the Starts level must line up within 3 feet of each other	
14.5i	Linebackers must line up 3 yards off the line of scrimmage.	
14.5j	At the STARTS level, the center will never be crashed. The defensive linemen must line up on the guard's, not over the center. They must make contact with the Offensive guards prior to entering the A gap. QB sneak may only occur from Pistol /Shotgun formation hands of QB not under Center.	
14.6	Player Guidelines	
14.6a	All Players will be required to read and agree to the player guidelines that will be listed on each application.	
	Any player who has not participated in a game due to a medical issue/injury with a doctor note, must have a medical release note form the Dr placed in the binder to return to active participation.	
14.6b	Any player ejected from a game will automatically be issued a 2 week/ 2 game suspension, including practice.	
14.6c	DISRESPECT FOR AUTHORITY: Any act of disrespect by a juvenile toward a Coach, Player, League Official or Team can result in disciplinary action by the League	
14.6d	FIGHTING: the League will not tolerate any act of fighting or otherwise abusive behavior by any player, cheerleader or team.	
14.6e	Neither the CVYFC, nor any CVYFC staff member can be held liable for the removal of any participant, parent or coach from any organization.	
14.6f	Players will be required to conduct themselves in an appropriate manner at all times.	
14.6g	Any player that commits an act which is found to be against the law and/or an act that is not in the best interest of the league; will be subject to disciplinary action from the League.	
14.6h	The following are reasons, at the organizations discretion, for suspension during the season: 1) Any player who misses four (4) consecutive practices without notifying the Head Coach can be cut at the coach's discretion, with notification to the League. 2) All players must practice a minimum of 4 hours in one week (assuming there is no bye week) cannot play in that week's game	
14.7	CAMPS, GAMES AND SCRIMMAGES	
14.7a	CAMPS: Associations may participate in instructional camps geared to the age groups represented in CVYFC.	

2019 CVYFC (revised 7-11-19)

14.7b	Participation in football or cheerleader instructional camps is left to the discretion of the individual association and participants.	
14.7c	Participation in camps or clinics before the start of the regular season, does not count toward the mandatory 10 hours of conditioning.	
14.7d	Camps/Scrimmages count as practice time.	
NOTE: Camps or clinics hosted by CVYFC are exempt from Rules 14.7d		
14.7e	WEIGH-IN: No player may participate in a jamboree, scrimmage, practice game or regular game who fails to make the prescribed weight for his/her respective age-weight division as required for the first regular season game. Any player who participates in a scrimmage, practice game, or tournament must participate at a comparable age/weight limit.	
14.8	REGULAR SEASON	
14.8a	The length of the regular season may vary from eight (8) to ten (10) weeks, and will be established annually by CVYFC Board. CVYFC will make every effort to schedule each team with an equal number of home and away games. This will allow those teams who wish to wrap up their season at the end of regular season play to do so.	
14.8b	The first day of the regular season shall be as designated by CVYFC.	
14.8c	PRE-GAME CONTACT: It is the responsibility of the home team to contact the visiting team 5 days prior to their game to insure that game times and place have not been changed. As a courtesy, the home association should take the responsibility of sending directions to game site, game times, jersey colors, whether chairs are needed, etc., to all visiting associations at the beginning of the season well before scheduled games.	
14.8d	It is the visiting team's responsibility to show up on the right day at the right place and time.	
14.8e	Failure of a team to show up for a game will result in forfeiture of the game, the association being placed on probation for one (1) year, and a \$500 per game fine to be paid to the hosting team within 72 hours of the scheduled game(s). This fee will cover costs for referees, medics, janitors or any other associated game day costs, including perishable food. Further CVYFC action may be taken. If a team walks off the field during a game and quits, a fine of \$250.00 will be owed to the Hosting team.	
14.8f	Failure of a cheerleader squad to show for a game, including play-off games when their division team is participating, will result in a fine of \$250 per game. Further CVYFC action may be taken, (if applicable).	
14.9	CHAMPIONSHIP PLAY-OFFS: CVYFC Championship Play-offs will begin no earlier than the first weekend after the end of the regular season. Eight teams from each division will go to Play-Offs.	

2019 CVYFC (revised 7-11-19)

14.9a	Teams invited to participate in CVYFC Championship Play-offs may not decline the invitation. That team must advance to the next level of play each week if they are victorious.	
14.9b	League standings will be determined by League record, Head to head, and then least points allowed then points for. No team may benefit from a forfeit. If still not determined, an average of points allowed will be taken.	
14.9c	Playoff seeding will be based on the League Standings. The Higher Seed will be allowed to choose which side of the field they want their team to be on.	
14.9d	All final ties for post season will be determined by coin toss.	
14.9e	All tie games will be played off following the National Federation Rules.	
14.9f	All teams in good standing will be eligible for post- season play. Good standing will be defined by, and enforced by the Executive Board.	
14.9g	The playoff format will be based on the best seeded team facing the last seeded team.	
14.10	CONDUCT TOWARDS GAME OFFICIALS: The head coach, his staff and players must accept the decisions of game officials as being fair and called to the best of their ability.	
14.10a	The head coach may request a time out to talk to the referees concerning a rule interpretation. If the referee made the wrong call or ruling, according to the current rules, no time out will be charged to the team. If the ruling stands, the team requesting the time will be charged with a time out.	
14.11	TIE GAMES	
14.11a	All games, regular season or play-off, ending in a tie score at the end of regulation play will employ the tie breaker system listed in the current NFSHSA rule book under supplement (10-Yard Line Overtime Procedure).	
14.11b	Each team will be allowed a maximum of three (3) sets of downs to break the tie at the end of regulation play during the regular season. If a tie still exists at the end of these downs, it will be recorded as a tie.	
14.12	REPORTING GAME SCORES: Game scores are to be reported by the hosting association (home team) within 24 hrs of last game.	
14.13	TEAM RANKINGS: Weekly divisional rankings will be supplied to associations by CVYFC after the second week of the regular season.	
14.14	GAME BALLS	
14.14a	Ball size - Starts must use a Pee Wee sized football, Rookies must use a Junior sized football, JV must use a Youth sized football only. Varsity must use a Youth sized football. Game balls must have size clearly marked on ball from manufacturer. No altering color. Must not be same color as home team jersey. The ball must meet the CVYFC size requirement but can be any brand.	

2019 CVYFC (revised 7-11-19)

14.14b	Failure to use the required game balls will result in an illegal equipment penalty which is an unsportsmanlike penalty on the Head Coach resulting in a 15 yard penalty. (starts 10 yards)	
14.15	BENCH AND SIDELINE AREAS: The bench area is reserved exclusively for players and coaches. Only coaches, wearing their ID cards from the team actually playing, and the players from that team are permitted in the bench area.	
14.15a	Two (2) water persons and one (1) ball person under the age of 15, may be designated by the Head Coach.	
14.15b	Team statisticians (MPR), Press photographers, with a press card and association approval, and one administrative representative from each association are the only individuals permitted on the sidelines, but they must remain outside the bench area along the sidelines and have a volunteer badge.	
14.15c	No member of a team or its staff may go beyond the twenty five (25) yard line along the sidelines.	
14.16	GAME PROTESTS	
14.16a	Game protests must be in writing, signed by the head coach and association president, and postmarked no later than forty-eight (48) hours after the end of the game. Protests must be sent to CVYFC Board. Include all names, addresses and phone numbers of witnesses.	
14.16b	The decision to file a game protest alone is not sufficient grounds not to play the game, nor pull your team from the field before the official end of the game.	
14.16c	The head referee is the only person who can make the decision to suspend a game due to safety reasons.	
14.16d	Interpretation(s) of the CVYFC rule book that affect the outcome of a game are grounds for filing a protest. Calls by referees are not grounds for a protest. No CVYFC Board Member or Association President can dispute <u>calls</u> from referees. Head Coaches only! This doesn't apply to rule clarifications.	
14.16e	CVYFC decisions involving protests are final, and there is no right of appeal.	
14.20e		
14.17	GAME DAY REQUIREMENTS	
14.17a	PLAYING FIELD: The home team is responsible for providing a standard 100 x 53-1/3 yard playing field, working scoreboard, goal posts, stands, bathrooms and drinking water facilities for spectators. There is a one week requirement for change of venue with the exception of an emergency as determined by the Board.	
14.17b	FIELD MARKINGS: All fields shall be properly marked to include yard markers and end zone pylons. A yardage chain and down marker shall also be provided.	
14.17c	CROWD CONTROL: Crowd control is the responsibility of both the home and visiting associations.	
14.17d	There shall be a crowd control barrier extending the entire length of the field on both sides. The barrier shall be a minimum of ten (10) yards from the playing field. (If no bleachers are provided)	
14.17e	All spectators belong in the stands during the game except when entering, leaving or going to and from the snack bar or restroom. Spectators should at all times be behind the field barrier off the field entirely, including the track if one surrounds the field.	

2019 CVYFC (revised 7-11-19)

14.17f	If spectators gather to view the game from anywhere but the stands and fail to return to the stands after a warning from the P.A. announcer, the game should be stopped until all spectators return to the stands.	
14.17g	The entire field and end zones shall be kept clear of individuals prior to the game, as well as during halftime. Youngsters playing or playing catch anywhere near the vicinity of the playing field or stands should be considered a safety hazard and not permitted.	
14.17h	The head coach is directly responsible for the conduct of his team's fans.	
14.17i	When a scoreboard clock is unavailable or inoperative, the time will be kept on the sidelines. The time will be kept by the referees or by a representative from both the home and visiting teams with a single stopwatch. The home team representative will hold and operate the stopwatch on the commands, which the visiting team representative receives from the referee.	
14.18	SIDELINE CREW: The visiting team will furnish three (3) individuals, 16 years of age or older, for the yardage chain and down marker crew.	
14.19	ANNOUNCER'S BOOTH.	
14.19a	P.A. announcers for games are to remain objective and neutral at all times. They are not play-by-play announcers, but should limit themselves to introduction of players, relaying information about the down, yards-to-go, yard line ball is on, play gains or losses, players involved in the preceding play, both offensively and defensively, officials decisions on penalties, time left in game, etc. Only appropriate music allowed.	
14.19b	Announcements pertaining to the home team affairs or activities should be limited to timeouts, half time or between quarters.	
14.20	VISITORS ROSTER: The visiting team will provide the home team representatives with a numerical roster of their team for the use of the public address announcer.	
14.21	MEDICAL PERSONNEL: A medical Para-professional (EMT 1 qualified as minimum) must be in attendance at all games and cheerleader competitions. EMT must be able to show proof of qualifications and wear clearly marked clothing.	
14.21a	EMT should be sitting under same awning as referees. Both EMTs and Referees have the ability to pull a player from the game due injury/illness.	
14.21b	It will be the responsibility of the host association to notify the visiting association and game referees of the identity and location of said medical personnel.	
14.21c	No games or controlled scrimmages can be started until a qualified medical paraprofessional is in attendance.	
14.21d	A one-hour delay may be allowed to await the arrival of the medical responder. Should the medical responder not arrive the game will be cancelled and it will result in a forfeit by the home team.	
14.21e	In the event the home (hosting) association fails to provide the proper medical Para-professionals; the following penalties will be imposed: Forfeit	
14.21f	If the visiting association has a qualified medical Para-professional in attendance, the games may go on as legal games.	
14.21g	EMT must have basic first aid kit and must have ice packs.	

2019 CVYFC (revised 7-11-19)

14.22	ARRIVAL/INTRODUCTIONS: Upon arrival, the home and visiting associations and/or teams will identify to each other their respective weigh master(s), head coach(s) or coach in charge and adult cheerleader representatives. In addition, the home team and/or association will identify their association officer in charge.	
14.23	ADMISSION CHARGES	
14.23a	The admission charge to a regular season game is \$6.00 for adults and \$4.00 for seniors and children 6-17 years of age. Five (5) and under are free.	
14.23b	The admission to a post-season game and cheer comp is \$7.00 for adults and \$5.00 for seniors and children 6-17 years of age. Five (5) and under are free.	
14.23c	Only coaches and administrators with ID cards are admitted free to all CVYFC events.	
14.23d	Football Players and Cheerleaders from the visiting association are admitted free when they are in their game gear. Players and cheerleaders of visiting teams who are not playing that day may be charged to enter at the discretion of the hosting organization. No one without their jersey or cheer outfit will be permitted for free.	
14.23e	No outside food or drinks will be allowed into games. No tailgating allowed.	
14.23f	Organizations may bring in one team ice-chest each for football and cheer (total 8 for the day). Only water and fruit may be brought in for the players/cheerleaders.	
14.24	COACHES SIDELINE ATTIRE: Coaches must present a professional appearance as youth leaders. (No tank tops, muscle shirts, backwards caps, sagging pants or sagging shorts)	
14.25	PLAYERS WITH CASTS/SPLINTS: Any player wearing a hard cast or splint may play with Association Board approval, doctor's clearance and referee clearance. The cast or splint must be padded with a ½ inch of padding all the way around to prevent injury to others. No foreign matter may be used under or to reinforce protective pads.	
SECTION 15		
AWARDS		
15.1	CVYFC CHAMPIONSHIP AWARDS	
15.1a	All players and coaches of teams in the CVYFC Super Bowl will receive an award.	
15.1b	Trophies will be awarded to the coach AND organization's that are in the SuperBowl. Awards will be provided by CVYFC approved by majority vote from the Presidents.	
SECTION 16		
REFEREES		
16.1	GAME REFEREES	
16.1a	GAME REFEREES: The CVYFC is responsible for providing, and the home team is responsible for paying a minimum of four (4) referees per game.	

2019 CVYFC (revised 7-11-19)

16.1b	Any individual affiliated with any association, in any way, may not referee any game for any team of that association.	
16.1c	A minimum of four (4) referees are required for each CVYFC League game.	
16.1d	GAME PLAY WITH LESS THAN MINIMUM REFEREES: A game may be played with three (3) referees if only 3 referees show up.	
16.1e	If only two (2) referees are present, the game may be delayed for one hour.	
16.1f	After that time, the teams may have a controlled scrimmage.	
16.1g	The game will be recorded as a forfeit by the home team if CVYFC determines the home team is not entirely free of fault for the game officials not showing up as required.	
16.1h	REFEREE QUALIFICATIONS: All referees must be certified and be from a referees association that is approved by CVYFC.	
SECTION 17		
COMPLAINTS AND PROTESTS		
17.1	A complaint may be filed against any adult or child who breaks or abuses any rule or philosophies designed for the common good of youth football. Teams must notify the Chairman in writing of an such occurrences including the sanction given to those involved. Complaints must be addressed at the organizational level first.	
17.2	Complaints must be made in writing (email) due within 24 hours following the game and with copies sent to the Chairman to conduct an investigation. The person filing the complaint and his association president must sign the complaint. Include the names, addresses and phone numbers of all witnesses. Team must also provide proof of allegations. Ex. Video tape. If it is determined the complaint is legitimate, the outcome will be sent out to the Presidents for a vote if necessary. If consequences are given to any teams, the Board of Presidents will all be notified. If the Hearing Board determines the allegation to be false, the team making the false allegation will be fined \$250.00.	
17.3	When money is owed to a team by another team, said team will have the opportunity to pay the other team within 5 days. If payment is not made they will forfeit their next home game and/or any League Event. If the payment is not made within 5 days, CVYFC will pay the team that is owed the money. The team that owes must pay CVYFC within 5 days. If money is still not paid by due date, team may be ineligible to play and/or forfeit any upcoming games or league events.	
SECTION 18		
CVYFC HEARINGS		
18.1	HEARING REQUESTS	
18.1a	All requests for a hearing must be made in writing and postmarked within forty-eight (48) hours of the event. Must be sent to League Chairman.	
18.1b	All hearing requests must be signed by the association president.	

2019 CVYFC (revised 7-11-19)

18.1c	Hearing requests can only be made for matters that cannot be resolved through the normal course of an individual association's hearing procedure.	
18.2	PERSONS ENTITLED TO HEARINGS: Coaches and administrators are the only individuals who have the rights to a hearing.	
18.2a	Parents and other adult personnel affiliated with an association do not have hearing privileges at the CVYFC level. Hearings at the association level may be conducted utilizing the same procedures and rules as for CVYFC hearings.	
18.2b	Hearings are not a court of law. Hearsay evidence may be admissible.	
18.2c	Many of the restrictions imposed on a legal trial (e.g., sworn witnesses) have no bearing on a CVYFC hearing.	
18.3	HEARING OFFICER AND BOARDS: The Hearing Board will consist of all Presidents or alternate E-Board members from each organization that are not involved in the incident.	
18.3a	Each hearing board shall consist of a minimum of three (3) Presidents or Alternate. One member shall be designated chairman, one member Sergeant-At-Arms and one secretary.	
18.4	HEARING PROCEDURES: Hearings must begin with the Chairman of the Hearing Board explaining the steps and procedures of the hearing to all parties involved. Hearings will conclude when the Hearing Board has concluded their investigation.	
18.5	CONDUCTING A HEARING	
18.5a	Hearings are to be absolutely private, with no attendance allowed by the general public or news media.	
18.5b	Only the accused individual and/or the actual representative(s) of the accused organization (usually board members), hereafter referred to as "defendant", may be present. The hearing board has the right to limit the number of representatives in attendance at a hearing. Any hearing board member who has affiliation with the accused organization must remove his/herself from the hearing board.	
18.5c	Witnesses, or persons there to speak on behalf of the association, must remain outside the actual hearing room. The Sergeant-At-Arms is in charge of calling witnesses at the appropriate time to give their testimony.	
18.5d	Both parties have the right to inspect each document offered in evidence and render a statement in regard to any such evidence offered or presented.	
18.5e	Minutes of the hearing must be kept by the hearing board secretary.	
18.5f	The hearing board secretary will read the charge(s) and specifications to the defendant(s).	
18.5g	Witnesses called may simply issue a statement in support for or against the individual or association. They may be asked specific questions by the hearing board.	
18.5h	Physical evidence may be submitted by both parties prior to, or at the hearing.	

2019 CVYFC (revised 7-11-19)

18.5i	At any time, the hearing board chairman may declare the hearing out of order, and the hearing board will immediately adjourn to render their findings based solely on the evidence presented to the point of adjournment.	
18.5j	After all witnesses and evidence have been presented, the hearing board will adjourn privately to consider their findings.	
18.5k	The hearing board may recommend sanctions appropriate to the offense(s).	
18.5l	Within seven (7) days of the hearing, all parties involved must receive the written findings.	
18.5m	All findings by the Hearing Board are final. There are no rights for appeal.	
SECTION 19		
PENALTIES: Related to all aspects of League where penalties are not previously specified in the rulebook.		
19.1	Penalties may be assessed if rules are broken: Warnings, Probation, Fines, Suspensions, Expulsions, or other sanctions deemed appropriate by the Board	
19.1a	PROBATION: Probation is usually set for a period of one (1) season or more and may carry any number of conditions. For Associations, the following conditions are suggested:	
19.1b	No participation in post-season play.	
19.1c	Pay off all outstanding liabilities.	
19.1d	Any other conditions which will assist the association to improve their program.	
19.2	SUSPENSIONS	
19.2a	Any individual or association may be suspended from CVYFC by a 2/3rds majority vote.	
19.2b	Boards of affiliated associations, and association presidents, are empowered with the same rights to suspend individuals as described above for the protection of their organization.	
19.2c	Any individual suspended for seven (7) days or less is not entitled to a hearing.	
19.2d	Any individual suspended must be informed of either the period of time of the suspension or if it is an "indefinite" suspension. A time limit may later be imposed on an "indefinite" suspension.	
19.2e	Any individual suspended is automatically relieved of all duties, rights and privileges with the organization. S/He must leave the stadium. S/He are not to attend any organization affairs or functions during the period of his/her suspension.	
19.2f	Anyone breaking his or her suspension will be subject to Board sanctions.	
19.2g	Any team or association put on suspension may request a hearing.	
19.3	EXPULSION	

2019 CVYFC (revised 7-11-19)

19.3a	Expulsion requires a two-thirds (2/3) vote of the expelling body.	
19.3b	The length of the expulsion is determined by the expelling body.	
19.3c	Individuals or organizations proposed for expulsion may request a hearing.	
SECTION 20		
CHEERLEADER SAFETY AND COMPETITION RULES		
This section focuses on rules that are specific or unique to cheerleading events. Cheerleaders are integral to		
20.1	General Information	
	1. Cheerleaders must have a physical in order to cheer.	
	2. All Cheerleaders should receive proper training before attempting any form of cheerleading, gymnastics, jumps or stunts.	
	3. All cheerleading squads should adopt a comprehensive conditioning and strength-building program.	
	4. Cheerleading squads should be placed under the direction of a qualified and CVYFC Certified coach.	
	5. All organizations must have a cheer program. If unable, the organization needs to meet with their prospective Cheer Committee to establish all efforts were made to have a program.	
20.1a	Book Checks/Rosters	
	Book Checks are required 30 minutes prior to the start of each game. Both teams will meet at the goal posts closest to the entrance of the field. If a team is not ready, send badged member to check in the team.	
	1. No cheerleader may be added to the roster after 3rd game .	
	2. Any cheerleader added after certification will need to get that cheerleader certified before he/she can participate.	
20.1b	Binders:	
	The following documents must be in the binder(s) in the following order to certify cheerleaders. Only League paperwork is to be in the binders for certification. Binders should be separated for Large programs.	
	1. CVYFC Cheer Player Card-Must be typed and have photo downloaded onto card, cut windows for Certifications and Check In.	
	2. CVYFC Application	
	3. Proof of Age (embossed birth certificate, passport, etc.) or previous year's Certified Player Card.	
	4. Physical - stamped by Dr and checked "Cleared"	
20.2	AGE CHART / DIVISION AGES	
20.2a	Mascots may cheer at any level at the discretion of each organization. If desired, a separate mascot squad may be developed. Mascots may stunt (Level 1 only) among themselves, or with Starts. (NOT other levels).	
20.2e	Mascots are age 4-5.	
20.2f	Starters 8 and under - Level 1	
	Rookies 10 and under- Level 1	
	Jr. Varsity 12 and under - Level 2	
	Varsity 14 and under - Level 2	

2019 CVYFC (revised 7-11-19)

	Varsity 12, 13 and 14* (Maximum of 25 per squad) Once a cheerleader is certified at a level they may not move up or down. This is intended for competition within the League). *14 year olds may not turn 15 until after the League Superbowl. Cheerleaders may cheer on the sidelines during any game including post-season to boost spirit.	
20.2 g	For ages that cross over two (2) different divisions, the Organization Board has final say on placement of the cheerleader. See section 8.1 above.	
	the final placement of the cheerleader.	
20.3	COACHING STAFF	
20.3a	Coaches will adhere to the CVYFC code of Ethics.	
20.3b	Squads with 12 or less cheerleaders can have three coaches. Squads with 13 or more cheerleaders can have 5 coaches. Same applies if you have a seperate mascot squad.	
20.3c	Head coaches must be at least 18 years of age.	
20.3d	Assistant coaches must be at least 15 years of age.	
20.3e	Assistant coaches must be at an age greater than participation age or cheer for High School. At the discretion of each organization	
20.3f	Head/Assistant Coaches may step in to assist with stunt in the event a cheerleader(s) is absent	
20.3h	Each organization must have one cheer rep. at all cheer meetings	
20.4	COACHING STANDARDS	
	All of the below standards apply to coaches and instructors.	
20.4a	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:	
20.4b	Coaches shall refrain from nicotine products , consumption of alcohol or use of illegal drugs during games and practice.	
20.4d	Hands on Coaches will set an example in personal appearance at all times.	
20.4e	Coaches will refrain from using abusive and profane language.	
20.4f	Music and dance/cheer moves must be appropriate. Any violation of this rule may be subject to review by Board	
Note: Please see section 13 in the Coaching and Playing Rules for more information.		
20.5	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.	
20.5a	The Head Coach (with approval of the Cheer Coordinator or Association President) may remove any cheerleader for misconduct, attendance or improper dress.	
20.5c	Badges must be worn during practices, games and all CVYFC functions.	

2019 CVYFC (revised 7-11-19)

20.6	DRESS CODE	
	Dress code will be strictly enforced.	
20.6a	Short shorts are not allowed. Training shorts are allowed if they have a 2 inch inseam.	
20.6c	Tennis type shoes and shoelaces must be worn to all CVYFC local association events if cheer activities are taking place. Buckles or VELCRO can't be worn at practices, games or competition. VELCRO tennis shoes may be worn by mascots only.	
20.6f	No zippers, buckles, buttons, snaps, any metal or nylons are allowed. Warm up jackets with zippers are allowed at team discretion. Exception: (camp polos are allowed).	
20.6g	If hooded shirts/sweatshirts are worn the hoods and strings must be tucked in at all times.	
20.6i	Participants should not wear shorts/sweats with loose fitting tops for practices. NO Spaghetti strap tops. Tank Tops may be worn if straps are at least 1" wide. No midriffs may be shown. Each team should use their own discretion.	
20.7	Hair and Nails	
20.7a	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.	
20.7b	Casts, hard plaster or soft, may cheer as long as there is a release from Physician allowing the participation. NO stunting allowed.	
20.7c	No false nails or nail polish can be worn for games, practices or competitions.	
20.8	MAKE-UP	
	The following guidelines are to be enforced at the individual association's discretion.	
20.8b	No jewelry of any kind, including beads in the hair, ankle bracelets, watches, rings, earrings including facial and body rings etc., is allowed at practices, games, competitions or other cheerleading events. Wrists guards are permitted to secure Medical ID bracelets. Medical ID bracelets can also be taped securely to wrist. Earrings can be covered with bandaids.	
20.9	GAME CONDUCT	
20.9a	Cheer Type and Sideline Conduct	
20.9b	All cheers are to be done in good taste.	
20.9c	ABSOLUTELY NO INAPPROPRIATE GESTURES OR MOVEMENTS WILL BE ALLOWED. No twerking, multiple pelvic thrusts or provocative body rolls.	
20.9d	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.	

2019 CVYFC (revised 7-11-19)

20.9f	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.	
20.9g	When applicable, when visiting and home teams share the same sidelines, cheers should be alternated between the two teams.	
20.9h	At no time are cheerleaders to be on, or take to the field while football teams occupy it, except for tunnels and run through for your own team and as stated below in 20.9i.	
20.9i	At the end of the game, the cheerleaders should cross the field & acknowledge the other Cheerleaders and football players. Their coaches must accompany cheerleaders at all times.	
20.9j	All cheerleaders and coaches are to attend games rain or shine.	
20.9k	Failure of a cheerleading squad to show for a game, including play-off games when their division team is participating, will result in the association being placed on probation for one (1) year and a fine of \$250 per game. Further CVYFC action may be taken. (if applicable)	
20.9l	Any cheerleader or staff member using social media to bully, put down or negatively target a fellow cheerleader, coach or staff member can be suspended and/or removed from the squad.	
20.10	Song Routines	
20.10a	Music for song routines must not contain any profanity or suggestive phrases.	
20.10b	Music routines may be performed at games during time outs, on the sidelines, as long as the music is played from the sidelines so as not to disturb the announcer or game play.	
20.11	Half Time Performance	
20.11a	Home and visiting teams will perform at halftime.	
20.11b	All music must be in the announcer's booth, cued and ready to go by the 2- minute warning. Each team is encouraged to have someone in the booth to help play music for halftime.	
20.11c	Visitors will take the field immediately after the football teams have vacated it. Their performance will start immediately.	
20.11d	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 re-taking the field.	
20.11e	Every team must have an opportunity to perform at half time.	
20.11f	Performance time on the field will not exceed five (5) minutes for either squad.	
20.12	TRYOUTS CLINICS, CAMPS & PLACEMENT	
	Tryouts are not permitted	
20.12a	Camps	
	Attendance at cheer/dance camps should be encouraged and highly recommended.	

2019 CVYFC (revised 7-11-19)

20.12c	Parades and exhibitions are encouraged to promote CVYFC and your association within the community.	
20.13	COMPETITION	
20.13a	Cheer Competition is a League event. Details must include and be finalized through the League Cheer Committee . Schedule must be finalized and sent to teams within 2 weeks of the event. All teams will be responsible for helping with the Cheer Competition as determined by the League Cheer Directors. Failure to do so will be subject to fines.	
	The order of appearance for competing will be determined by draw at a committee meeting . Each level will be pulled separately for order sequence.	
20.13b	Cheerleaders may practice 5 nights per week, 2 weeks before cheer comp. Not to exceed 2 hours per night.	
	Cheer Competition Requirements:	
20.13c	All certified teams must participate at cheer competition unless a squad has 5 or less cheerleaders. If a squad has 5 or less they may choose to combine with another level. If combined, the squad must compete at the level of it's oldest cheerleader. Cheerleaders may not move up more than one level when combining. Any squads combining for competition must notify the cheer director by the due date set by the committee . The Cheer Director and Head Coach will note and sign to verify this announcement. If there are any unforeseen circumstances week 3, it will be handled by the League Cheer Committee . ALL football players are required to attend if that team has a cheer squad competing.	
20.13d	All squads are encouraged to perform a combination of dance, cheer and stunting routine.	
	League Cheer Committee will determine categories for the competition.	
20.13e	Floor time requirements will be enforced check guidelines. Routines must be 1.5-2.5 minutes long.	
20.13f	Cheer rally's on and off the floor are allowed-Organized chants are not.	
20.13g	Timing will begin with the first organized move or movement.	
20.13h	The cheerleaders must remove all props, pom-poms immediately following a routine.	
20.13i	CVYFC will purchase 2 sets of trophies. One for Head coach and one for the Organization in each category. 50% of the teams in each Category will place, unless otherwise determined by the Committee.	
20.13j	The League is responsible for medals/ ribbons for each cheerleader. First-Fifth place medals will indicate what place was won and given to each winner . The rest of the places will be a generic participation ribbon . Mascots will be included.	
20.13k	Each team will pay a fee per cheerleader and mascot for competition. These fees are due two weeks prior to competition to avoid late fees. This will go to help with the cost of the mats and other extra equipment needed, as well as trophies, and medals. Fee amounts will be determined by the Cheer Committee.	
20.13l	Mat size is 42 feet x 42 feet	
20.13m	Program	
	1. The use of pom-poms is optional. No gymnastic stunt may be performed with pom-poms in hand.	
	2. No coach/instructor/coordinator may mimic the routine on the sideline during competition performance EXCEPT for the Starts Level (8 u)	

2019 CVYFC (revised 7-11-19)

20.13n	Props	
	A prop is the use of anything other than your assigned association uniform for the purpose of enhancing your routine. Only signs and/or poms may be used.	
	1. No mini tramps, springboards or any height prop/apparatus are allowed.	
	2 When discarding props (sign, etc) that are made of solid material or have sharp edges/corners, team members must hand down to front spotters.	
20.13q	Check In	
	1. All squads must present their certified official roster and binder at Cheer Competition.	
	2. No exposed jewelry.	
	3. Light Make-up will be allowed. Please use discretion. No loose glitter. Team hair color is permitted	
20.13r	Music	
	1. THE LEAGUE MUST PROVIDE AN ADEQUATE SOUND SYSTEM THAT WILL READ BURNED CD'S and include a phone adaptor. Music to be submitted to Committee a week prior to comp.	
	3. No vulgar or suggestive language will be allowed. This will result in immediate disqualification.	
	4. All music tapes/CD will be ready for pickup at the end of competition. Any tapes/CD not picked up may be destroyed. Those associations continuing on must pick up their music. Each team is responsible for picking up their own music.	
20.13s	Judging	
	1. All decisions and placements by the judges are FINAL.	
	2. League competition judging fees will be paid for by the League	
	3. There will be a minimum of 3 judges plus 1 rules judge not from the League. League will re-check judge's math on score sheets.	
	4. League Staff will be available for consult and clarification.	
	5. Teams will be given blank judging sheets at least two weeks prior to competition. Available online.	
	6. Each Judge will judge each category listed on the score sheet aligned with typical scoring.	
20.13t	Cameras	
	1. Video Equipment will be allowed at competitions under the following conditions:	
	2. Absolutely no flash cameras during performance.	
	3. All video equipment must be operated in a safe designated location.	
	4. All hand held video equipment must be operated from the spectators' areas .	
	5. Pictures, movies or videos may not be used for means of protest.	
	6. No lasers will be permitted. They will be confiscated.	
20.13u	Disqualification and Point Deductions	
	Disqualification from competition may be enforced for the following but not limited to:	
	1. Any association using improper music or moves. No twerking, multiple pelvic thrusts, provocative body rolls etc...	
	2. Any level performing illegal stunts intentionally will receive a penalty consistent with YCADA cheer level grid. Stunts are but not limited to, stunts that are not allowed for the level you are performing on per League rules or the YCADA cheer level grid.	
	3. Teams may practice on grass areas without restriction .	
	4. All squads must be in good standing prior to competition.	
20.13v	Point Deductions	
	All Penalties will be given consistent with YCADA cheer level grid. Exception: Intentional illegal stunt / tumbling moves deduction will be 5 pts per occurrence.	

2019 CVYFC (revised 7-11-19)

20.14	OUTSIDE COMPETITION	
20.14a	All CVYFC events must be FIRST PRIORITY over any outside events. Not following this rule could result in a fine and forfeit any of the following years picks for hosting events per league discretion.	
20.14b	Outside competitions cannot be made mandatory.	
20.14c	Cheer teams may practice year round for the sake of non-CVYFC cheer competitions/events.	
20.15	CVYFC GUIDELINES FOR CHEERLEADING	
	Based on USASF Cheer Grid 8u and 10 u are Level 1. 12 u and 14u are Level 2. YCADA rules are to be used as a guideline. League rules supercede any other rules. Other than League Competition, squads may level up one level.	
20.15a	See Appendix 2 for YCADA rules Level 1 and Level 2.	
20.16	Starters Guidelines	
20.17	CHEERLEADER CONDUCT GUIDELINES	
20.17a	All Cheerleaders will be required to read and agree to the player guidelines that will be listed on each application. Any player/cheerleader ejected from a game will automatically be issued a 2 game suspension, including practice, pending a review by the Executive Board .	
20.17b	DISRESPECT FOR AUTHORITY: Any act of disrespect by a juvenile toward a Coach, Player, League Official or Team can result in disciplinary action by the League	
20.17c	FIGHTING: The League will not tolerate any act of fighting or otherwise abusive behavior by any cheerleader or team.	
20.17d	Neither the CVYFC, nor any CVYFC staff member can be held liable for the removal of any participant, parent or coach from any organization. Should any CVYFC staff member be named in any legal proceedings regarding this, the organization responsible for action shall be responsible for reimbursement of legal fees.	
20.17e	Cheerleaders will be required to conduct themselves in an appropriate manner at all times. Any cheerleader that commits an act which is found to be against the law and/or an act that is not in the best interest of the league; will be subject to disciplinary action from the League.	
20.17f	The following are reasons, at the organizations discretion, for suspension during the season:	
	1. Any cheerleader who misses three (3) practices without notifying the Head Coach can be cut at the coach's discretion, pending approval by the League.	
	2. Missed practices are at the discretion of the individual organizations.	

