TRI COUNTY JR PRO FOOTBALL & CHEERLEADING



2025

OFFICIAL

RULE BOOK

**~PARENT & COACHES EDITION~**

**2025 TRI-COUNTY FOOTBALL LEAGUE OFFICERS**

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**TRI-COUNTY FOOTBALL LEAGUE GOVERNING RULES**

1. **LEAGUE ORGANIZATION**: The league is a non-profit organization established for the purpose of providing a recreational program for youth interested in tackle football and cheerleading. The league is composed of teams from middle Tennessee as approved by the League Officers and the Board of Directors. The league is governed by a Board of Directors and by elected officers. Elected officers shall hold a governing, in order, formal meeting.
2. **BOARD OF DIRECTORS**: Each team organization shall appoint a Director to serve on the Board of Directors. All Directors and League Officials must complete a background check. The Director or appointed representative shall represent that organization's major, minor and pee wee football and cheerleading teams at all board meetings. The Board of Directors is the only body that can remove a Director.

The Director has the final authority over all decisions made within their organization. The Director of an organization has the authority to appoint, dismiss or suspend football players/coaches and cheerleader players/coaches, cheerleading director, as well as parents and guests and will have general supervisory authority over each squad as he/she sees fit.

A new director is nominated or appointed by an outgoing Director but must still appear before the League Officers for approval. The outgoing Director must communicate with the League Officers prior to the next meeting/event for an introduction of the new incoming Director. The League Officers will then do the due diligence and bring the incoming Director in front of the Directors for a vote. In the event that an outgoing Director does not nominate/appoint a Director, or a Director is removed from the organization, League Officers will get involved in nominating/approve a new Director at that time. Any new Director must appear before the League Officers for approval before the season starts and must set up a good system of accounting and have two people sign checks. A husband and wife or 2 people living in the same residence cannot sign a check.

It is the responsibility of the Board of Directors to regulate and see that all matters are handled properly by the new Director. A Director has the option of setting up a separate checking account for the cheerleading squads or may choose to maintain only one.

When any organization changes its Director, the outgoing Director must provide the incoming Director with all books, receipts, rosters and other records as well as all assets belonging to the program, including but not limited to (Financial, Documental, Physical and Digital) before he or she leaves and the liability goes against the Director.

The Director of each organization is held liable for all actions within his/her organization. Legal action may be taken if such assets are not provided in a timely manner. The new Director is to bring bank statements for the past 12 months to the Board of Directors within 48 hours for review.

Every organization in the league will provide the bank statements to the Board of Directors for review every 3 months (March, June, September and December).

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1. **NEW ORGANIZATIONS INTO THE LEAGUE OR REMOVED FROM THE LEAGUE:** If a new organization would like to join Tri County Football and Cheer, or if a team decided to leave Tri County Football and Cheer - It must be presented to the Board of Directors for research.
2. **LEAGUE OFFICERS**: The Board of Directors shall, by a majority vote, elect persons to serve as League Officers in the following positions: President, Vice President, Secretary, Treasurer, North Football Commissioner, South Football Commissioner, League Football Commissioner, League Cheer Commissioner, North Cheerleading Commissioner and South Cheerleading Commissioner.

League Officers shall serve a two-year term as follows: 1. President, 2. Vice President, 3. Secretary, 4. Treasurer, 5. League Commissioners, 6. Commissioners. All positions will be for a two-year term. Even numbers will be up for vote in the year 2026, odd numbers will be up for vote in the year 2027. League Officers may be removed from office by a majority vote of the Board of Directors. League Officers may be compensated for out-of-pocket expenses approved by the President, Vice-President, Secretary or Treasurer. All league officers must complete a background check.

**• Highest ranked league officer that is not affiliated with an organization will be the tie breaking vote if there is ever an issue.**

1. **LEAGUE PURPOSE**:

Coaches, Directors, and Officers are enjoined to inform the players and their relatives of the League Purpose, which is:

 • Teach the fundamental skills and rules of football and cheerleading.

 • Teach the importance of teamwork and sportsmanship.

 • Teach youth to win with pride and lose with dignity.

 • To provide physical training, fun, enjoyment and a spirit of competition.

**PENALTY**: Any coach, Director or League Officer who does not practice the League Purpose may be called before the League Officers for a hearing which may result in disciplinary action against the individual. Any indefinite suspension or banishment from the League must be approved by a majority vote of the Board of Directors. Any other disciplinary action taken by the League Officers may be appealed to the Board of Directors. Normal protest fees will apply. $100.00 protest fee.

1. **Tri-County Jr. Pro Football and Cheer Board Position Descriptions**

**1. League President**

Reports to: Board of Directors

Role Summary: The League President is the chief executive of the organization, responsible for overseeing all operations of the football and cheer programs. This role provides leadership, ensures compliance with all governing rules, and serves as the public face of the league.

 Key Responsibilities:

 • Preside over all board meetings and general league meetings

• Serve as the primary liaison to local communities, school districts, and external organizations

• Ensure league compliance with national and regional youth sports rules and policies

• Support all commissioners and board members in fulfilling their duties

• Mediate disputes and serve as the final authority on league matters, subject to board review

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**2. Vice President**

Reports to: League President

Role Summary: The Vice President supports the League President and assumes leadership responsibilities in their absence. Works closely with all board members to ensure league continuity and assist in day-to-day operations.

Key Responsibilities:

• Assist the League President in all duties and preside in their absence

• Oversee and support the work of all commissioners

• Help coordinate scheduling and operations across football and cheer

**3. Secretary**

Reports to: League President

Role Summary: The Secretary is responsible for maintaining records of board activities and ensuring effective communication among board members and directors.

Key Responsibilities:

• Record minutes for all board meetings

• Update and distribute the Rulebook

• Organize and archive league documents and policies

• Manage league communications, including meeting notices

• Oversee and hold credentials throughout the season

• Help manage background checks

**4. Treasurer**

Reports to: League President

Role Summary: Responsible for managing all financial matters of the league, including budgeting, recordkeeping, and financial compliance.

Key Responsibilities:

• Maintain accurate financial records and ledgers

• Maintain and check all team bank statements quarterly

• Handle deposits, disbursements, and reimbursements

• Oversee budgeting process and financial planning

• Ensure tax filings and financial compliance are met

**5. League Football Commissioner**

Reports to: League President

Role Summary: The Football Commissioner oversees all football-related activities and ensures a consistent, safe, and positive experience for all players and coaches across the league.

Key Responsibilities:

• Coordinate with North and South Football Commissioners on game schedules, fields, and referees

• Ensure compliance with safety and coaching standards

• Resolve disputes related to football operations

**6. League Cheer Commissioner**

Reports to: League President

Role Summary: The Cheer Commissioner is responsible for the development, organization, and support of the league’s cheerleading program.

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Key Responsibilities:

• Coordinate with North and South Cheer Commissioners on practice schedules, uniforms, and events

• Provide guidance, rules, and expectations for cheer coaches

• Organize Cheer Competition, and other league-wide events

• Ensure a safe and inclusive environment for all cheer participants

**7. North Football Commissioner**

Reports to: Football Commissioner

Role Summary: Responsible for managing football operations for teams and activities within the northern region of the league.

Key Responsibilities:

• Help oversee scheduling, practice locations, and game logistics in the North

• Act as point of contact for North region coaches and parents

• Report regional updates and concerns to Football Commissioner

**8. North Cheer Commissioner**

Reports to: Cheer Commissioner

Role Summary: Manages and supports cheerleading operations in the northern region of the league.

Key Responsibilities:

• Act as point of contact for North region coaches and parents

• Report directly to Cheer Commissioner on updates and needs

• Help organize and attend events and competitions

**9. South Football Commissioner**

Reports to: Football Commissioner

Role Summary: Responsible for managing football operations for teams and activities within the southern region of the league.

Key Responsibilities:

• Help oversee scheduling, practice locations, and game logistics in the South

• Act as point of contact for South region coaches and parents

• Report regional updates and concerns to Football Commissioner

**10. South Cheer Commissioner**

Reports to: Cheer Commissioner

Role Summary: Manages and supports cheerleading operations in the southern region of the league.

Key Responsibilities:

• Act as point of contact for South region coaches and parents

• Report directly to Cheer Commissioner on updates and needs

• Help organize and attend events and competitions

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1. **CONDUCT OF COACHES, DIRECTORS, OFFICERS, AND PLAYERS**:

Coaches must always set an example for players. Use of profanity or fighting during a game will result in ejection from the game. Coaches who use profanity during practice or games may be barred from the League. Drinking alcoholic beverages or use of illegal drugs before or during practice, games or any other Tri-County sponsored event is prohibited. Any Director, Coach or Officer in violation of these rules shall be called before the League Officers of a hearing on the matter, which could result in an indefinite suspension or banishment from the League or other disciplinary action. Any indefinite suspension or banishment from the League must be approved by a majority vote of the Board of Directors. A list of all coaches, Directors and/or Officers banned from the Tri-County League shall be held by the President and/or Secretary.

**RULES**

1. **TEAM ORGANIZATION**:

**•DIVISIONS**: The Tri-County Football League consists of two divisions:

\*South Division: Centerville, East Hickman, Lewis County, Lewisburg, Mt. Pleasant, Fairview and Columbia.

\*North Division: Burns, Charlotte, Dickson, Houston County, McEwen, Stewart County, White Bluff, and Waverly.

Each division shall be governed by their respective Commissioner for issues throughout the season.

If there is an odd number of teams, we will be one division. For games & playoffs

Each organization shall have a Major, Minor and Pee Wee team when possible.

• **Major football teams** shall be composed of football players ages 10/12 – a player may not turn 13 years of age before December 1st of the current season.

•**Minor football teams** shall be composed of football players ages 8/9.

•**Pee Wee football teams** shall be composed of football players ages 5/6/7.

•Age groups will remain the same for 4 years before opening up this section of the rule book. 2022 is the start of this rule - therefore, the Age Groups cannot be changed until the 2026 opening meeting.

•The League Officers will be allowed to review the age groups at any time pending safety issues.

• It is the responsibility of each individual organization to field a team each year. If for some reason this does not happen, the League Officers have the discretion to freeze the accounts of that organization and ensure that the funds of the team in question remain intact until it can get back into operation.

1. **INSURANCE**: All organizations must carry league insurance; league insurance fees must be paid the week following the first home game. Failure to pay fees on time is subject to forfeit playoff participation. All organizations must carry league Liability insurance. Cheerleaders and coaches are covered under the insurance at no extra cost. League insurance is a SECONDARY POLICY ONLY! Please make sure that your parents answer all questions on insurance forms and submit all information requested by the insurance company. **ANY INJURY DISPUTE IS BETWEEN PARENT AND INSURANCE COMPANY** (NOT THE LEAGUE). Page 9

**\*Camp and Jamborees that will include teams from outside teams, not part of Tri County Jr. Pro will NOT be covered under the American Youth Football and you will need to purchase your own additional coverage to cover those events.**

1. **CREDENTIAL MEETING**: The credential meeting shall be conducted by the League Officers one week before the first game. If you do not meet the credential deadline, your organization will not be eligible for the playoffs. **Pictures must be updated yearly, included on the picture should be the child’s name, child’s jersey number, age group (major, minor, peewee) and the current football season year (2025). Staple the picture to the child’s birth certificate.**

**Address must be listed on roster. Must also have proof of address available to show if questioned. Should be school record, utility bill, piece of mail, ect…**

 **A. List of coaches will be presented at credential turn in.** Coaches with approved background checks and tests completed will receive a badge with their picture to be worn at all games. Coaches must have badges and be able to show to be eligible to be on the sidelines at games and on cheer side for competition.

 **B. Corrections must be submitted by the following Tuesday by 10**:**00 pm**. They should be emailed to the tricountyfootball@yahoo.com email address, time-stamped prior to 10:00 pm. If this deadline is not met, your organization will not be eligible for the playoffs.

 **C.** **The rostered number must be worn by that player all year**. (Violation of the rule can result in loss of win unless prior approval by the League President). All paperwork must be turned in at the credential meeting. Coaches’ concussion, heat and cardiac information must be provided at the credential meeting included in the proper age group packet. \*Coaches concussion, heat and cardiac training must be printed.

 **D. Any other credential turn-ins must be scheduled and approved by the League President.**

 **E. Every organization must provide a copy of the official roster which will be signed by the League President to the opposing team**. The League Secretary will email directors all rosters when completed.

1. **EQUIPMENT**: All individual equipment must be safety approved. Players may wear tennis shoes or shoes with molded rubber cleats. Metal or screw on cleats are prohibited. Every player must wear a colored mouthpiece attached to the face guard. Tinted helmet visors are not permitted.

The equipment for each organization belongs to the individual organization and will be overseen by the current director. The organization may not leave Tri-County without the approval of the League Directors.

**An equipment list is to be made by all organizations and turned in to Tri-County at the beginning of each season.**

1. **The following shall apply:**
2. All teams in every age group shall be rostered and sanctioned.

 B. The age of a participant is determined by their age on July 31st.

\*Football Majors birthday cutoff date is December 1. The participant cannot turn 13 years of age before December 1.

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 C. Returning Tri-County players and cheerleaders must play with the same team as the previous year. Team rosters from the previous year shall be used as the basis for determination in any dispute. If an agreement on any potential change cannot be resolved between the Directors involved, the dispute shall go to the League Officers for a decision. If a participant moves from one town to another, approval to change teams may be granted by the Commissioner over the new team. Directors shall be required to obtain the appropriate waiver information for the exchanging of players. This waiver MUST be included in your credential packet. \*As of March 24, 2018, you must play in the county you live in. Special circumstances must be brought before League Officers with a detailed explanation of the reason why a player must play out of county. \*Waiver Must Be Included in Credential Packets. **(Also see for more info: SIGN-UPS & PLAYER ELIGIBILITY VERIFICATION FOR MORE INFO)**

D. Football players, cheerleaders or coaches cannot make offensive remarks or boo the opposing squad or team.

E. If a player is down on the field, all football players, cheerleaders, and coaches must stop activities and kneel on one knee. When a player gets up or leaves the field, teams, squad, and coaches must clap. If not done, the referee, upon his/her discretion, may call an unsportsmanlike penalty.

F. A student (under the age of 18) may not be a head coach of a team but may assist an adult. If you have a student assisting and the head coach will be unable to attend a practice or game, it is the responsibility of the Director to make sure the student is not left alone with the players or cheerleaders.

G. Cost for each organization is determined by the Board of Directors. The cost to each organization consists of an insurance fee (to be determined annually based on actual cost) and a league fee of $200 which must be paid the week following the 1st home game. A Super Bowl trophy fee of $150 and Cheerleading Competition fee of $180 plus $5.00 per cheerleader, must be paid at the yearly playoff meeting held at the end of regular season. All teams must pay all fees regardless of participation in events. Team trophies for Cheerleading Competition and the Super Bowl shall be comparable.

H. The game must start with 11 players. In the event a team cannot field an 11-man team at any point during the game, the coach can request the opposing team to match players (example 9 on 9). In doing this it will cause an automatic forfeit, but the game will continue to allow playing time. Or - In the event a team cannot field an 11-man team at any point during the game, the coach can agree to play as is with no match required and it will continue as a legal game.

I. Overtime rule - the possession of the ball will alternate in overtime.

J. Regularly scheduled games must have officials; these officials must be paid. If a team is a No Show (pending emergency), the home team will pay the officials and the No Show team will be responsible for reimbursing the home team for the game(s) they did not attend. Penalty for not paying this reimbursement will stand the No Show team will forfeit every future game (all age groups) until the debt is paid in full.

 K. It is the responsibility of the director to have an emergency action plan in place. The emergency action plan must be reviewed by all participants prior to the season.

1. **ADMISSION COST**: $5.00 for adults and $1.00 for students. A student is defined as Kindergarten through High School Seniors. No passes will be issued to coaches, Directors, or League Officers. EVERYONE MUST PAY TO GET IN.

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1. **CONDUCT OF GAME**: All games shall be played by the NFSH/TSSA and Tri-County Rule Book. The league shall furnish one (1) NFHS rulebook per organization. The following additional rules also apply:

1. **OFFICIALS**: At least two registered officials shall call each game. Officials shall be in complete charge of the game. Any discrepancies during a game, the two directors of each organization can meet with the head official to discuss the issue. An appropriate time for this is during a time-out or half-time. Officials have the right to eject any coach in violation of NFHS/TSSAA/TRI-COUNTY rules. Any coach who does not comply WILL BE DISMISSED. The league is responsible for furnishing game officials for all teams in the league. Official’s names shall be provided to all Directors. Officials shall be paid prior to the start of the Major game during regular season games and be paid **$60.00 per official per game**.
2. Coaches and Directors are responsible for crowd control and are responsible for keeping all unauthorized persons back at least 5 yards from the sidelines where possible. Only Tri-County certified and rostered team organization coaches and players/cheerleaders are to be on the sidelines.
3. Each team shall have 30 seconds to run a play from the line of scrimmage.
4. 4 Quarters shall be 8 minutes long for each age division. Halftime on all games shall be 10 minutes. There shall also be a 10-minute intermission between each game.

 **•Pee Wee and Minor Rule**: The clock runs consistent with NHFS/TSSAA rules. On fourth down, teams have the option of running an offensive play or imposing a 20-yard punt. There is no punting for Pee Wee and Minors, Majors will still punt the ball. If the ball is inside the 30, the distance of the punt shall be half of the distance to the goal. Pee Wee only: the coach must be 10 yards deeper than the deepest player. Once the play is set, the coach must remain silent and remain 10 yards back. A 5-yard penalty shall be enforced at the official’s discretion.

1. Any changes in team color as set forth in the attached list must be approved by the League President. Opposing teams cannot wear the same color jersey. Should a conflict arise, the home team must change.
2. Players and/or cheerleaders who have participated in a regular season football game other than Tri-County (dressed out, played, or not played) cannot participate in Tri-County during that season. A team found in violation must remove the child and forfeit all games in which the child has participated. The only exception to this rule would be a Flag Football organization.
3. Coaches retain the right to allow a player arriving late to a game to participate in that game regardless of the opinion of the opposing coach.
4. Any player/cheerleader ejected from a game is also suspended from that team’s next played game. This will include play-off games and the Super Bowl. The player is eligible to participate in practice the week following the ejection at the Directors discretion. However, the player is ejected from the following game. The Directors of the teams involved in the game where the player is ejected will be responsible to file a report with the League Commissioner within 24 hours. Violation of this rule could result in forfeit of the next played game. The League President shall notify the next scheduled team. If the player involved plays in the next game and a protest is lodged, the offending team shall forfeit that game. If a 2nd ejection by any player/cheerleader, they will automatically be suspended for the remainder of the season/playoff/super-bowl. (pending the 48-hour appeal process). Page 12
5. Appeal Process is as follows: Upon first ejection, the Director will have 48 hours to provide the League Officers with their documentation and video evidence, also including the $100.00 appeal fee. The League Officers will meet and determine if the ejection stands or not before the next scheduled game is played. If the ejection is overturned, the team will retain their $100 fee. Upon a 2nd ejection again, the Director will have 48 hours to provide the Board with their documentation and video evidence, also including the $100.00 appeal fee. The Board will meet and determine if the ejection stands or not before the next scheduled game is played. If the ejection is overturned, the team will retain their $100 fee. If both ejections stand, the player will then be suspended for the remainder of the season/playoff/super-bowl and any bowl games.
6. Coaches/Directors who are removed from a game by officials are automatically suspended from any further contact, direct or indirect, with his or her team for the remainder of that game, the next played game and the following week of practice. The offending coach and the Director of that program may be required to appear before the League Officers for a hearing to determine if the suspension should be lifted after the following game or continue in force for the remainder of the season. The Director has 24 hours to notify the League Commissioner that a coach was removed from the game. Violations of this rule could result in forfeit of the coach’s team's next played game. Coach and Director ejections can be appealed or protested with video evidence within 48 hours to the League Officials. The cost of the appeal would be $100.00 appeal fee. In the event the removal is overturned, the $100.00 appeal fee would be returned. If the same coach/director is removed/ejected from a 2nd game during that season the coach/director will no longer participate with the team/organization for the remainder of the season. If ejected from a game, the coach is not allowed to be at the facility of the next game or practice the following week. The Director of the ejected coach must reach out to the Director of the following week's game and make them aware that the coach is not allowed at the facility.
7. The league does not enforce the NFHS/TSSAA uniform number rule for eligible receivers. (It is suggested that the coaches discuss this with the officials before each game, so everyone will clearly understand how this will be handled).
8. Chains shall be on the home side of the field. Persons working the chains must be age 13 or older and at minimum, 1 person on the crew must be over the age of 18.
9. Any football player wishing to move up to next age group must:

A. Be rostered with that age group and cannot play down. He or she must play the entire season on the same team they are rostered with.

 B. There are not enough players for that team to field a team. Eligible players cannot be moved up if the active sideline Roster has 14 eligible players.

 C. Rostered players MUST play before any player moving up can participate at any time during the game.

 D. Violation of these rules will result in a forfeiture of the game.

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1. **FOOTBALL SIZES**: Football sizes must be appropriate for each age group. Any dispute shall be determined by the League President and/or his or her commissioner.

 \*Pee Wees – K2 or Pee Wee size.

 \*Minors – K2, Pee Wee size, junior size, or TDK

 \*Majors – youth size, TDJ or TDY

1. Any student removed from a school and sent to an alternative school or put on out of school suspension for disciplinary reasons is ineligible to participate in Tri-County practices or games until that student returns to the original school. \*This is a TSSAA rule followed by the league.

A. If the student remains on a volunteer basis in alternative school, then proper documentation is required before the child can return to Tri-County.

 B. Proper Documentation is a notarized letter from the principal of the alternative school and the parent stating that the student is a volunteer.

 C. It is the parent’s full responsibility to provide the director with proper documentation. It also is the director’s responsibility to confirm that the documentation is true and correct; if the director confirms the documentation, then the student will be allowed to participate in Tri-County sports.

1. **FIELD & START TIMES**

 A. Game start time shall be 5 pm for the months of August and September, and 4 pm after September 30th. Any other games needing times changed must be approved by the League President, except for games played at fields with no lights. Game start times for those fields will be 9 am if needed.

 B. 80 Yard Field Play: All rules and penalties will be enforced the same as a 100-yard field. (McEwen)

 C. If a new organization would like to join Tri County Football and Cheer, the League Commissioner and the respective North/South Commissioner will inspect the playing field to verify it is within our guidelines of play.

1. **TRAINING AND CERTIFICATION:** Every coach must successfully pass a concussion, heat and cardiac protocol course. As well as every organization must have a designated person onsite for every home game that is CPR Certified. (Sport Safety International) (sportsafety.com) TSSAA training accepted as well.
2. **PROTESTS**: Calls made by officials cannot be protested, except for E10. Protests involving an interpretation of the rules, or any other type of protest must be made within 48 hours. If mailed, it must be postmarked on the next date on which the post office postmarks mail. Only head coaches can file a protest through their Director. The written protest, along with a check for $250.00 must be turned in to the League Commissioner, who shall contact the League President and North and South Football and Cheerleading Commissioners to set a meeting to hear the protest. Both parties involved shall be allowed to present their cases. The committee shall then make a ruling. If the protest is upheld, the check shall be returned. If the protest is not upheld, the check shall be given to the team against which the protest was filed. All protests shall be settled within one week when possible. Page 14
3. **SIGN-UPS**: Sign-up deadline shall be credential day. Each player and cheerleader must provide the league with a copy of a birth certificate or a school record to verify his or her age and also proof of address of where the live. In the case of adopted children, a certified copy of the permanent legal adoption record that shows the place and date of birth will be acceptable. For foreign players, any document issued by the United States Immigration or Department of the State showing the players date of birth will be acceptable. All age verification documents will be re-submitted each year for every player. It must be a copy. Certified Copies - Passport (TN Document) - Military - **No Mother’s Copy**.

**Must also have proof of address available to show if questioned. Should be school record, utility bill, piece of mail, ect…**

1. **PLAYER ELIGIBILITY VERIFICATION**: Each team must submit a team roster with player numbers along with age verification and picture for each football player to a League Officer at their Credential Meeting. The roster shall be listed from oldest to youngest. These rosters shall be verified by a League Officer and birth certificates/pictures shall be maintained by the Secretary.
2. **PRACTICE**: Practice shall begin at a time set at the preseason organizational meeting. Practice shall be limited to four (4) days each week, two (2) hours per day. There will be no practices on Wednesday or Sunday. (Wednesday practice by approval of your Football/Cheer Commissioner. **The first week of practice shall be without pads**. Shorts and helmets are allowed. Only rostered players and certified coaches are eligible to participate in scheduled practices and games. All certified coaches must be listed on the official roster. Cheerleaders must follow the same rules as football players regarding practices.
3. **VIDEO/PICTURES OR PRACTICE OR GAMES AND CHEER COMPETITION:**

It is illegal to video and take pictures of any organization practicing or playing games or cheerleading other than your own team affiliation that you are not participating in. If you are caught doing so, your team will have to forfeit.

1. **TRI-COUNTY FOOTBALL LEAGUE PLAYOFFS & SUPERBOWL**: At the end of regular scheduled season, the top 4 Major/Minor/Pee Wee teams with the best overall record in their division will make playoffs. The team with the best overall record shall play the 4th team in their division, the 2nd best overall record shall play the 3rd best record in their division for the 1st round of playoffs. Winners shall play for their Division Championship in the 2nd round of playoffs. The two Division Champions shall then meet at the Tri-County Super Bowl. Playoff seating, ties and home field advantages are determined by best overall record, followed by division record, head-to-head competition and if necessary, coin toss. If there are any ties requiring an additional play-off game to determine play-off teams, that game or games shall be played on the Tuesday night prior to the 1st round of play-off weekend. Host teams shall be determined in these games by the League President in a random draw. Home team for the Super Bowl game shall be determined by the hosting team's Director to accommodate seating capacity. Host team shall also determine when trophies will be handed out. Host teams for play-off games are responsible for the cost of officials. There will be 3 officials on the field and 1 official running the clock. ($60 per official per game). Host team for the Super Bowl is responsible for the cost of officials. There will be 5 officials on the field and 1 official running the clock. ($180 per official x 5 officials). Each team shall have the chance to host the Super Bowl on a rotating schedule as shown below. If the League Officers determine that the host team for that year does not have

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the appropriate facilities to host the Super Bowl, the potential host may move the games to a facility acceptable to the League Officers. Each player and cheerleader participating shall receive a participation trophy. Each organization shall be assessed an equal share of the costs of providing the Super Bowl

trophies and plaques. The penalty for not paying this or any other league assessment will be the League shall schedule no games for that team the following year. The rain date for the Super Bowl shall be Sunday at 2:00. There shall be no other League or Bowl games, or activity of any type scheduled to conflict with the Super Bowl. Any conflict shall cause the other games to be rescheduled. Any violation of this rule shall cause the Directors involved to be brought before the League Officers for potential disciplinary action.

1. **The Super Bowl must be played at a High School or Middle School**. Please advise the League Officials of your Super Bowl Venue as soon as possible.

**SUPER BOWL HOST**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **2025 CHARLOTTE** | **2026 WHITE BLUFF** | **2027 WAVERLY** | **2028 FAIRVIEW** |  **2029 MT PLEASANT** |
| **2030 BURNS** | **2031 LEWISBURG** | **2032 DICKSON** | **2033 COLUMBIA** | **2034 STEWART CO** |
| **2035 E. HICKMAN** | **2036 HOUSTON CO** | **2037 LEWIS CO** | **2038 CENTERVILLE** | **2039 MCEWEN** |
| **Then starts over or if new team is added they go after the last team that hosted Superbowl at the end of the list.** |

1. **All Bowl games other than the Super Bowl, Womble Bowl and Haggin Gridiron Classic must be approved by the League President.** The request for approval must be submitted to the League President as follows; Jamboree request deadline is August 1st and Bowl game request deadline is by the last regular season game. Tri-County does not sanction or insure any football camps, cheerleading camps or jamborees.
2. Womble Bowl- played Sunday after Superbowl
3. Haggins-Gridiron Classic (Charlotte Jamboree) will always be set for the 2nd Saturday in August
4. **Every organization is permitted to have camps.** (NO PADS/EQUIPMENT) any time prior to the season. The League President must be notified prior to the camp. Tri-County does not sanction or insure any football camps, cheerleading camps or jamborees. Camps Do Not count toward the acclimation period.
5. **PLAY OUTSIDE THE LEAGUE**: Teams within the league may scrimmage with each other any time during the season. The TRI-COUNTY FOOTBALL LEAGUE DOES ALLOW SCRIMMAGES OUTSIDE OF THE LEAGUE. Scrimmaging Junior High or Varsity teams is prohibited.
6. **HOMECOMING**: Activities shall commence at the Director's discretion, not to interfere with the game times.

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1. **RESCHEDULING OF GAMES**: A team may call off a game if their County High School is playing the same night, regardless of whether it is the teams’ home game or not. The called off game will be rescheduled by the League Officials. In case of cancellation, the home team Director must notify the visiting team Director by 6:00 am and 2:00 pm depending on scheduled game times. The home team Director is responsible for notifying game officials of the cancellation and make up schedule. This must be done in time for game officials to change their plans. The League President has the authority to change game times or dates as necessary for a substantial reason after consulting with the home team Director.
2. **DIVISION COMMISSIONERS**: Each Division Commissioner will be from a team/organization within that Division. They will have jurisdiction over the teams within that Division.
3. **BANQUETS**: The Director of each team organization is in charge of their End of the Season Banquet for players and cheerleaders. Every organization must have a banquet by March 1st. There shall be no other banquets except for the one organized by the Director. Any violations of this rule will cause the offending party to be brought before the League Officers for possible disciplinary action.
4. **RULE BOOK CHANGES:** Rules may be opened every two years. League Officers can make rule changes in an emergency situation by a majority vote between the officers and shall also have the power to override a rule that is in the best benefit of the league. All Directors shall be notified within 48 hours of any rule changes. Cheerleading side of this rule book may be opened every two years. Current Year Rule Book Opened: 2025.
5. **LOANS AND DONATIONS:** Any loans or donations from Tri-County funds to any individual organization must be approved by the majority of the Tri-County Board of Directors.
6. **BACKGROUND CHECKS**: All football coaches, cheerleading coaches, Directors and League Officials shall be required to pass a criminal background check through Tri-County yearly in order to participate with any team within Tri-County Football. Background checks run through the same background company can be accepted with approval by the League President. All background checks must be received by the League Commissioner, on or before the Credential Meeting of each year, prior to any coach being allowed to participate with the organization. Coaches and Directors shall be removed if any of the following is found in the back-ground check:
7. **SEX CONVICTIONS**

 •All Sex convictions – Regardless of the amount of time since conviction.

 •Anyone Registered on the Sex Offender Registry

1. **FELONIES**

 •All Felony Violence – Regardless of the amount of time since the conviction.

 •All Felony Convictions other than violence or sex within the past 10 years.

1. **MISDEMEANORS**

•All Misdemeanor Violence convictions within the past 7 years. Page 17

•All Misdemeanor Drug & Alcohol convictions within the past 5 years of multiple convictions in the past 10 years.

•Any other misdemeanor within the past 5 years that would be considered a potential danger to children or is directly related to the functions of that volunteer.

1. At the individual Director’s discretion, each organization may choose to exclude coaches for other criminal convictions other than stated above. To do so the director must submit a request in writing to the officers of the board at the time that release forms are submitted for the background check.
2. An appeal process can be held before the Tri-County League Officers, the Director of that organization and the perpetrator.
3. Organizations that are required to have background checks run by parks/recreations departments, city or county departments will be accepted as long as they are run through the same system that Tri-County uses. It is the responsibility of the Director to get the results of those background checks to the League Commissioner.
4. **MEETINGS AND WHO CAN ATTEND:** it is vital to our organization that all Directors (Football and Cheer) be at their respective meetings. You must send the Secretary 3 persons (including yourself) that will be allowed to be at the Football and Cheerleading meetings, that person will be able to vote for your organization and to relay the information back to you in your absence. The names of these persons must be submitted No Later Than the Saturday prior to the first meeting of the year. If for some reason none of your 3 persons listed attend the meeting and you send someone else in your place, that person will NOT be eligible to vote for your organization.

**People Banned or on probation from Tri-County**

|  |  |  |  |
| --- | --- | --- | --- |
| NAME | Allowed at games | Allowed to coach | NOTES |
| BANNED- Cameron Turner | NO | NO | Allegations |
| BANNED- Steven Hagewood | NO | NO | Disruption at games, not following rules, argumentative with Directors, Coaches & Refs |
| BANNED- Brandon Grady | YES | NO | Charges |
| PROBATION- Timmy Lyle | YES | NO | Dickson/Waverly issue |
| PROBATION- Joey Flowers | YES | NO | Reactive hands on a kid during a practice.  |
| PROBATION- Clayton Scott | NO | NO | 1 yr no games then re-evaluate in 2026. No coaching again.  |
|  |  |  |  |
|  |  |  |  |

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**TRI-COUNTY FOOTBALL LEAGUE TEAM COLORS AND NAMES**

|  |  |  |
| --- | --- | --- |
| **BURNS** | RED, WHITE, GRAY | **COWBOYS** |
| **CENTERVILLE** | RED, WHITE, BLACK, GRAY | **BULLDOGS** |
| **CHARLOTTE** | VEGAS GOLD, BLACK, WHITE | **LIONS** |
| **COLUMBIA** | MAROON, VEGAS GOLD, BLACK, WHITE | **EAGLES** |
| **DICKSON** | NAVY BLUE, ORANGE, WHITE | **CUBS** |
| **EAST HICKMAN** | ROYAL BLUE, BLACK, WHITE | **EAGLES** |
| **FAIRVIEW** | NAVY BLUE, WHITE, COLUMBIA BLUE | **TITANS** |
| **HOUSTON** | BLACK, GREEN, WHITE | **IRISH** |
| **LEWIS** | BLACK, ATHLETIC GOLD | **PANTHERS** |
| **LEWISBURG** | RED, WHITE, BLUE | **PATRIOTS** |
| **MCEWEN** | GRAY, WHITE, RED | **WARRIORS** |
| **MT. PLEASANT** | BLUE, WHITE, GRAY, RED | **TIGERS** |
| **STEWART** | BLACK, VEGAS GOLD, WHITE | **REBELS** |
| **WAVERLY** | BLACK, BLUE, GRAY, WHITE | **TIGERS** |
| **WHITE BLUFF** | ORANGE, BLACK, WHITE | **BOMBERS** |

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**TRI-COUNTY CHEERLEANDING LEAGUE GOVERNING RULES**

1. **The age of a participant is determined by their age on July 31st.**

 **• Each organization shall have a Major, Minor and Pee Wee team when possible.**

 • Major cheerleading teams shall be composed of cheerleaders ages 11/12/13.

 • Minor cheerleading teams shall be composed of cheerleaders ages 8/9/10.

 • Pee Wee cheerleading teams shall be composed of cheerleaders ages 5/6/7.

 • Note: 10-year-old minor cheerleaders can move up to majors as needed at the Director’s discretion. This will not affect the stunting age for that age group.

 A. Age groups will remain the same for 4 years before opening this section of the rule book. 2022 is the start of this rule - therefore, the Age Groups cannot be changed until the 2026 opening meeting.

 B. The League Officers will be allowed to review the age groups at any time pending safety issues.

 C. Cheerleading mascots are not cheerleaders and must be noted on the roster at the start of the year. A parent may request, in writing and at the beginning of the season, for an older child to be considered a mascot for special circumstances. Mascots may be allowed at competition on the spirit side, however, not during a routine. Mascots shall receive a participation trophy at competition.

 D. Mascots will complete a routine with all other mascots in the entire league at competition.

 **E. Any cheerleader wishing to move up to the next age group must meet the following requirements:**

 1. The move must be approved by the Director and both Cheerleading Commissioners.

 2. A cheerleader who has been moved up cannot be moved down during the same season.

 3. The move up must be noted on the cheer roster at the beginning of the season.

 4. Squads who have moved cheerleaders up must build and compete at the age of the lowest age rostered cheerleader.

1. **CHEERLEADER ELIGIBILITY VERIFICATION**:

Each team must submit a team roster with names and age verification and picture for each cheerleader to a League Officer at their Credential Meeting. The roster shall be listed from oldest to youngest. These rosters shall be verified by a League Officer and birth certificates/pictures shall be maintained by the Secretary.

1. **CREDENTIAL MEETING**: The credential meeting shall be conducted by the League Officers one week before the first game. If you do not meet the credential deadline, your organization will not be eligible for the playoffs. **Pictures must be updated yearly, included on the picture should be the child’s name, age group (major, minor, peewee) and the current cheerleading season year (2025).**

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1. **Corrections must be submitted by the following Tuesday by 10**:**00 pm**. They should be emailed to the tricountyfootball@yahoo.com email address, timestamped prior to 10:00 pm. If this deadline is not met, your organization will not be eligible for the playoffs.
2. All paperwork must be turned in at the credential meeting. Coaches’ concussion, heat and cardiac information must be provided at the credential meeting included in the proper age group packet. \*Coaches concussion, heat and cardiac training must be printed.
3. Any other credential turn-ins must be scheduled and approved by the League President.
4. Every organization must provide a copy of the official roster which will be signed by the League President to the opposing team. The League Secretary will email directors all rosters when completed.
5. **CHEERLEADING UNIFORMS**
6. All squads must be uniform, traditional cheerleading uniforms and/or matching practice wear. Modest attire - No Midriff showing.
7. Shoes must have a good arch support.
8. Squads shall follow NFHS rules concerning hair bows, earrings, etc.
9. **CHEERLEADING SPECIFIC RULES OF CONDUCT**:

It is mandatory for cheerleading squads to cheer at all games and all rostered cheer squads must be represented at competition in exhibition. If inclement weather is an issue the discretion is left up to the Football and Cheerleading Director.

1. After each hello cheer, all cheerleaders and coaches must show good sportsmanship and clap for the other squads. Each squad will exchange Spirit Sticks.
2. Hello Cheer must be facing the opposing team.
3. Visitors will always go first in Hello cheer.
4. Cheerleaders, Football players and coaches cannot make offensive remarks or boo the opposing squad. This will be a referee’s discretion as to implement an unsportsmanlike penalty on the team.
5. No flipping of the skirts of the opposing team.
6. Cheerleaders and coaches must follow the football players after each game to shake hands and say, “good game”.
7. If a player is down on the field, all cheerleaders and coaches must stop activities and kneel on one knee. When a player gets up or leaves the field, cheerleaders must clap.
8. Stunts and builds may only be done by the NFHS/TSSAA standards. A stunt is defined as any time a cheerleader lifts 1 foot off the ground and is in contact with another cheerleader. Spotters are mandatory on everything, even pony-sits and any moving stunt must have a front spot. Front spots, are required on all moving builds. Contact is optional, but spotter must be engaged @ all levels. Spotters must be cheerleaders. Build levels for age groups are listed below.

 \*Pee Wees – Cannot go higher than waist level, pony sits are permitted.

 \*Minors – Cannot go higher than the prep position and can-do shoulder sits.

 \*Majors – Can do full extensions, front spotters are required on all full extensions.

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**CHEERLEADING COMPETITION RULES**

Tri-County Cheerleading Competition is held following the regular season football games at the Stadium of Choice (voted by the board). The date for competition is set by the League President at the start of the season. The Cheerleading Competition will be held by the Tri-County League. Each organization will nominate/provide 5 volunteers to accommodate the needs of hosting the event. A pre-season meeting will be held to go over details, the Director will need to attend the meeting. Violation of not participating in the pre-season meeting and hosting the event will void proceeds from competition to that organization. All profit from competition will be divided equally between all organizations that participate. Cheerleading Directors are to report to the judges table at 9am, the Spirit Stick Competition starts at 9:30 am and the Cheer Competition starts at 10am. Cheerleading Competition Rosters will be emailed to the Secretary 3 weeks prior to cheer competition.

1. **ELIGIBILITY:**

Cheerleaders must be on the roster turned in at the beginning of the season. If a cheerleader has quit the team between the time of sign-up and the time of competition the Director will need to bring it to the attention of the Cheerleading Commissioners at the time we meet prior to competition. All team members must participate unless they are a mascot. A cheerleader cannot be moved up for competition. Cheerleaders that are moved up for football season must be noted on the original roster. If a cheerleader will not be competing, we will need to have documentation from the parents. Cheerleading Rosters should be **noted** for sideline cheer only or cheer competition.

1. **MASCOTS**

Mascots are not allowed on the field while performing. However, Mascots will have a routine sent out just for them as they will open up cheerleading competition.

1. Mascots will receive their awards between the PeeWee & Minor division competitions.
2. The Mascots after receiving their awards are free to go with parents or can remain with their teams.
3. **ALL ROSTERED SQUADS MUST PARTICIPATE IN CHEER COMPETITION.**

Any rostered squad that does not compete, the organization will be fined $250.00 per squad for the first offense. Second offense the fine will increase to $500.00 per squad and the Director will be brought before the League Officers. \*Any exceptions from Cheer Competition must be in writing and provided to the League Cheerleading Commissioner prior to competition and must be approved.

1. **FEES:**

Each organization shall pay a $180.00 competition fee.

1. **AWARDS:**

First, Second, Third, Fourth and Fifth place teams in each age division shall receive a team trophy. Each child participating, and mascots shall receive a participation award. All team awards will be handed out at the end of the competition (with the exception of the Mascots)

1. **JUDGES:**

A group of 3 judges shall be brought in to judge the cheerleading competition. League Officers shall tally scores and keep time. League Officers that are Directors of an organization, shall not tally their own programs scores.

Paid by Tri-County - $200 per judge x 3 judges

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1. **ADMISSION COST:**

Admission to the competition shall be the same as football game admission (section IX para-D) Tri-County football players wearing their game jersey shall be admitted free. Football coaches will be charged admission for Cheer Competition. Cheer Coaches will be admitted free.

1. **WATER AND CONCESSIONS:**

Each organization shall provide food and drinks for their cheerleaders competing. Tri-County will provide restrooms to be used by **only** the cheerleaders and coaches. Teams are allowed wagons to bring in cheer related items needed by the cheerleaders. (Do not use the wagons to bring in items for the parents’ side)

1. **RESPONSIBILITIES:**
2. All Directors are responsible for crowd control.
3. All parents must stay away from cheerleaders during competition unless approved by the Cheerleading League Commissioner.
4. Local Sheriff’s office will be hired to help with crowd control and keeping the Cheerleader & Coach zone safe. We will provide tables, tents and barriers in each end zone at the halfway point on the track. They will be paid $180.00 (or an agreed upon amount between Tri-County and local Sheriff’s office) by Tri-County.
5. Absolutely no one without a badge provided by Tri-County will be permitted to cross through to the cheer side.
6. Each team is required to keep their teams’ section clean. After the competition is over you and your Directors and Coaches are responsible for cleaning and pick up all the trash in your teams allotted area. All trash is to be bagged up and placed next to a trash can to be picked up by a volunteer.
7. There will be a pause between handing out trophies and allowing the parents on the field. All organizations will go to their designated spots for pictures and then parents will be allowed on the field.
8. **CHEERLEADING DIRECTORS’ RESPONSIBILITIES:**

Cheerleading Directors shall report to the judges’ table at 9am. And the order the organizations will perform will be determined. The cheerleading director shall appoint someone to operate the music for each squad that will perform. Have your music in all forms of media in the event your media does not connect with the provided equipment. \*NOTE: Have your music person come to the sound booth as soon as they arrive to test your music. Please make sure phone volumes are NOT turn all the way up as the volume is controlled by the PA system.

1. **LEAGUE OFFICERS AND JUDGES ONLY SHALL BE ALLOWED AT THE JUDGES AND SCORING TABLES.**
2. Directors will be allowed only if they have been asked by a Tri-County Board member and may remain only until the issue has been resolved.
3. **COACHES**
4. During competition coaches are NOT allowed on the field as spotters.
5. Coaches are allowed to walk the team out to be placed in beginning formation.
6. Coaches are allowed to place pom-poms.
7. Coaches after placing the team and pom-poms must then exit the field and stand on the back sideline.
8. Coaches are NOT allowed to coach the girls in any way.
9. Coaches are there for Safety only. No hand motions or talking to the girls during their performance. Mascots are not allowed on the field while performing. However, Mascots will have a routine sent out just for them as they will open up cheerleading competition. Page 23
10. **SPIRIT COMPETITION:**

NO FLOATS, CONFETTI, LOOSE GLITTER OR STREAMERS. ONLY PROPS THAT CAN BE CARRIED IN BY HAND BY ONE PERSON THROUGH THE ENTRANCE GATE ARE ALLOWED. Judging for the spirit stick shall begin at 9:30am. Judging time for the spirit stick will be 30 seconds per organization. In the event of a tie, those organizations will have 15 seconds to show their spirit.

1. **WARM-UPS:**

Stretching and warm-ups are allowed prior to the team’s performance. Builds, Stunts, full on tumbling, including a bridge, performing motions or practice of a routine is permitted.

The Board will designate the time and location for warm-ups. Football directors will monitor warmups.

There will be no intermission performances.

1. **DRESS CODE:**

The dress code must follow the NFHS Rule Book. (Example: no earrings, belly rings, long hair bows, etc.).

1. **TIME LIMIT:**

The Pee Wee, Minor and Major divisions shall have a routine that is no longer than 3 minutes, but no shorter than 2 minutes in time.

1. **START OF TIME:**

Each squad shall begin with a cheer. The official time shall begin when the designated cheerleader says, “Ready”.

1. **MUSIC:**

Music should be age appropriate. Any question regarding music shall be directed to the appropriate cheerleading commissioner for approval.

\*Also, note that all phones should be turned down when using the PA system, so that your music works correctly

1. **PROPS:**

Props are allowed on the field. Poms, Megaphones, Signs, Flags. Flags are only allowed on the perimeter, not allowed in the center of the squad preforming. Keep distance between those preforming while flags are on the field.

Tumbling, building, flipping or jumping over props or with a prop in hand is not permitted. Teams in violation shall receive a 1-point deduction per occurrence.

1. **TIE BREAKER:**

If we happen to have a tie between teams in 1st through 5th positions, the tied teams must perform again and shall be re-judged for position. If there is a tie between after spot 6, the teams will not perform again for a tie breaker. An announcement will be made that there is a tie somewhere in the top 5 squads and we will have a tie breaker. Directors, please have a parent in the stands video your team’s routine, so if there are any issues the director and the board can see and discuss the situation further.

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|  |  |
| --- | --- |
| **Deduction Item** | **Deduction Point** |
| Performing a stunt without a back spot | 10 points per occurrence |
| Building over allotted level  | 15 points per occurrence |
| Failure to have spotters where required | 10 points per occurrence |
| Tumbling out of a build | 10 points per occurrence |
| No inversions | 10 points per occurrence |
| Prop Violation | 1 point per occurrence |
| Time Deduction (10 seconds over/under) | 1-point for every 10 seconds |
| Cheerleader crossing over the performance line | 3 points per cheerleader |
| Sideline Coaching (coaches and parents) | 10 points per occurrence |
| Unsportsmanlike conduct by a coach or athletic director | 10 points per occurrence |
| Paid choreographers cannot be hired to help with a competition routine | 50 points |

\* Inversions (meaning the face goes down toward the ground). Maintain contact with the ground (Hands or feet) during an inversion. This excludes tumbling.

\* Lifts go higher than the age division rules allow. \*Show and Go\* excluded

\* Build levels for age groups are listed below.

 \*Pee Wees – Cannot go higher than waist level, pony sits are permitted.

 \*Minors – Cannot go higher than the prep position and can-do shoulder sits.

 \*Majors – Can do full extensions, front spotters are required on all full extensions.

\* Spotters- Two bases and back spot holding contact. Front spot in position (within 5 feet of front of build) in hands up, eyes up position.

1. **SCORES:**

All score sheets shall be filled out completely.

Points will be given on a range of 1-10 in the following categories:

 • Motion Technique

 • Pyramids - Partner Stunts

 • Showmanship – Spirit

 • Voice – Expression

 • Transitions – Flow of Routine; Spacing – Use of Floor

 • Degree of Difficulty

 • Overall Execution and Training

 • Points will be given on a range of 1-5

 • Jumps

 • Tumbling

**All score sheets are to be filled out completely, if a section is blank, it is to be sent back to the judges for a score.**

\*\*ANY CHANGES TO ROSTER MUST BE SUBMITTED BY 3PM ON FRIDAY BEFORE THE COMPETITION TO THE LEAGUE CHEER COMMISSIONER AND THE LEAGUE SECRETARY.

**THIS RULE BOOK WAS UPDATED AND APPROVED BY THE BOARD OF DIRECTORS ON 05/03/2025**

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