

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES



TABLE OF CONTENTS

1. INTRODUCTION	4
2. DEFINITIONS	4
3. CVYFC MEETINGS	5
3.1 GENERAL MEETINGS	5
3.2 ASSOCIATION REPRESENTATION	6
3.3 AGENDA	6
3.4 RULE CHANGES	6
3.5 FEES	6
4. AFFILIATION REQUIREMENTS	7
5. THE ASSOCIATION	8
5.1 INCORPORATION	8
6. SCHEDULING	8
6.1 GAME SCHEDULING	8
6.2 SCHEDULING REQUESTS	8
6.3 TENTATIVE SCHEDULE	8
6.4 BYE GAMES	8
6.5 LEAGUE EVENTS	8
7. DIVISIONS	9
7.1 AGE DIVISIONS	9
7.2 INDUCING A PLAYER TO LOSE WEIGHT	9
7.3 INELIGIBLE PLAYERS	9
8. TEAM ASSIGNMENTS	9
8.4 TEAM SIZE	10
9. PRACTICES	10
9.1 FIRST DAY OF PRACTICE	10
9.2 CONDITIONING PERIOD	10
9.3 PRACTICE SESSIONS	10
9.4 FIRST AID REQUIREMENTS	11
9.5 FORBIDDEN DRILLS	11
9.6 FOOTBALL PLAYER/CHEERLEADER REQUIREMENTS	11
9.7 INSURANCE	11
9.8 PERSONS AUTHORIZED TO ATTEND PRACTICE SESSIONS	11

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

9.9 SMOKING, DRINKING, DRUG USE OR VULGAR/ABUSIVE LANGUAGE	11
10. RECRUITING	12
11. CHECK-INS	13
12. PLAYER CERTIFICATIONS	13
12.1 PROOF OF AGE	13
12.2 TEAM BINDERS	13
12.3 TEAM ROSTERS	14
12.4 ADDING/DROPPING PLAYERS AFTER CERTIFICATION OF TEAM ROSTER	14
12.5 MOVING PLAYERS BETWEEN DIVISIONS	15
12.6 BOOK CERTIFICATIONS	15
13. COACHING AND CONDUCT	15
13.1 ADULT COACHING STAFF	15
13.2 STANDARDS OF CONDUCT	15
13.3 BEHAVIOR FROM THE SIDELINES	17
14. PLAYING RULES	17
14.1 EQUIPMENT REQUIRED FOR PARTICIPATION IN CONTACT	17
14.2 GAME JERSEYS	17
14.3 TEAMS TAKING THE FIELD	18
14.4 BASIC RULES	19
14.5 ADDITIONAL STARTS RULES (IN ADDITION TO ABOVE)	20
14.6 ADDITIONAL ROOKIES RULES (IN ADDITION TO ABOVE)	20
14.7 ROUND ROBIN	20
14.8 PLAYER GUIDELINES	20
14.9 CAMPS, GAMES AND SCRIMMAGES	20
14.10 REGULAR SEASON	21
14.11 CHAMPIONSHIP PLAY-OFFS	21
14.12 CONDUCT TOWARDS GAME OFFICIALS	22
14.13 TIE GAMES	22
14.14 REPORTING GAME SCORES	22
14.15 TEAM RANKINGS	22
14.16 GAME BALLS	22
14.17 BENCH AND SIDELINE AREAS	22
14.18 GAME PROTESTS	23
14.19 GAME DAY REQUIREMENTS	24
14.20 SIDELINE CREW	24
14.21 ANNOUNCER'S BOOTH	24
14.22 VISITORS ROSTER	24
14.23 MEDICAL PERSONNEL	24
14.24 ARRIVAL/INTRODUCTIONS	24
14.25 ADMISSION CHARGES	25
14.26 COACHES SIDELINE ATTIRE	25
14.27 PLAYERS WITH CASTS/SPLINTS	25
15. AWARDS	25
16. REFEREES	25

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

17. COMPLAINTS AND PROTESTS	26
18. CVYFC HEARINGS	26
18.1 HEARING REQUESTS	26
18.2 PERSONS ENTITLED TO HEARINGS	26
18.3 HEARING OFFICER AND BOARDS	26
18.4 HEARING PROCEDURES	27
18.5 CONDUCTING A HEARING	27
19. PENALTIES	27
19.1 PENALTY ASSESSMENTS	27
19.2 PROBATION	28
19.3 SUSPENSIONS	28
19.4 EXPULSION	28
20. CHEERLEADER SAFETY AND COMPETITION RULES	28
20.1 GENERAL INFORMATION	28
20.2 BOOK CHECKS/ROSTERS	29
20.3 BINDERS	29
20.4 AGE CHART / DIVISIONS	29
20.5 COACHING STAFF	29
20.6 COACHING STANDARDS	30
20.7 DRESS CODE	30
20.8 HAIR AND NAILS	30
20.9 MAKE-UP	31
20.10 GAME CONDUCT	31
20.11 SONG ROUTINES	31
20.12 HALFTIME PERFORMANCES	31
20.13 CLINICS, CAMPS & PLACEMENT	32
20.14 CHEER COMPETITION	32
20.15 CHEER COMPETITION REQUIREMENTS	32
20.16 OUTSIDE COMPETITION	34
20.17 CVYFC CHEERLEADING GUIDELINES	34
20.18 CHEERLEADER CONDUCT GUIDELINES	34
20.19 CVYFC MEETINGS	35

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

1. INTRODUCTION

- 1.1. CVYFC Operating Guidelines are composed 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 precedence 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 1st, 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.

2. DEFINITIONS

- 2.1. **DIVISION:** All divisions are age based only.
- 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. **START OF LEAGUE YEAR:** New league year starts Feb 1st when association team fees are due. Rules meeting must be held within 4 weeks of season start.
- 2.5. **END OF LEAGUE YEAR:** Each league year is concluded December 1st.
- 2.6. **GOOD STANDINGS:** Is defined as a player, coach, or team not owing any team or the league outstanding fees or equipment.
- 2.7. **BAD STANDINGS:** Is defined as a player, parent, coach, or team, violating any CVYFC rules or bylaws.
- 2.8. **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.

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

- 2.9. 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.
- 2.10. PLAYOFF GAME:** Games that include Association Division and Conference Championships.
- 2.11. POST SEASON GAME:** Any game played after the last regular season game. Association and CVYFC approval are required.
- 2.12. PRACTICE SCRIMMAGES:** Controlled scrimmages between different teams in the same age divisions may be held after the first week of contact practices. Association must inform CVYFC of any scrimmages.
- 2.13. 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.
- 2.14. REGULAR SEASON GAME:** The consecutive games that take place starting in August, as approved by CVYFC
- 2.15. CHEERLEADER:** A Cheerleader is a song-leader, cheerleader and/or mascot in any combination form.
- 2.16. 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.
- 2.17. 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.
- 2.18. PRESEASON WORKOUTS:** Preseason workouts are allowed. Workouts shall consist of conditioning and fundamental drills. For football, there shall be no teaching of offensive and defensive schemes or running plays. For cheer, there should be no stunting or routines performed. Workouts must be posted via social media and be open to all athletes, roster and non roster athletes.

3. CVYFC MEETINGS

3.1. GENERAL MEETINGS

- 3.1.1.** 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.
- 3.1.2.** The Executive shall meet not less than four times between January and December of each calendar year.
- 3.1.3.** A calendar of CVYFC dates shall be distributed annually.
- 3.1.4.** 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.
- 3.1.5.** 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.

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

- 3.1.6. 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.
- 3.1.7. The CVYFC Associations and Cheerleaders Boards shall hold annual rules meetings together.
- 3.1.8. 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. Cheer coordinators are welcome to attend all league meetings to discuss all cheer related issues or concerns.
- 3.1.9. 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

- 3.2.1. 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.
- 3.2.2. Each association shall designate a primary and an alternate representative to the Boards.
- 3.2.3. If either the primary representative or the alternate representative cannot attend the meeting the association may appoint another representative to attend on their behalf.
- 3.2.4. The CVYFC COB must be notified prior to the meeting who the substitute representative will be.

3.3. AGENDA

- 3.3.1. The CVYFC League Secretary shall be responsible for preparing an agenda for each general meeting.
- 3.3.2. The deadline for submitting agenda items by an affiliate association shall be five (5) days prior to the meeting.

3.4. RULE CHANGES

- 3.4.1. Associations wishing to propose new rules or rule changes, additions or amendments for football or cheerleading shall submit their proposals in writing by the agreed date of the CVYFC board. All proposals will be taken under advisement by the E-Board on form.
- 3.4.2. Rules passed during the off-season will go into effect the following season, unless it is a safety issue.

3.5. FEES

- 3.5.1. 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 by the E-Board.
- 3.5.2. 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.
- 3.5.3. Failure to pay team fees by due dates shall result in immediate suspension and/or fine(s).

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

- 3.5.4. Insurance coverage will be provided by the CVYFC League at each team's expense.
- 3.5.5. Failure to pay insurance premiums on time will result in cancellation of all CVYFC sanctioned activities (e.g., practices, fundraisers, sign-ups, etc.).
- 3.5.6. Criminal Offender Record Information Policy: CVYFC will only accept background checks for the DOJ/AAJC-LIVE Scan linked to the leagues DOJ/AAJC Association. CVYFC appointed DOJ/AAJC Custodian of Records will be the only parties to review all backgrounds and approved based on our guidelines below.

CVYFC will provide the coaches application and BCIA-8016 form that must be used to complete the DOJ/AAJC - Live Scan. CVYFC will assign each team president to their teams CVYFC Coaches list. ALL coaches/staff names must be added to the list prior to background checks being performed. Background checks must be submitted no later than June 15th of each season. If a team fails to add the coaches to the list prior to background being performed, the league Custodian of Records will automatically select the individual as "NIL" and remove them from our background process. This will result in the second background check to be completed.

ONLY the team president will have access to any information related for the "right to appeal". If the Custodian of records does not agree with the appeal, the team has a right to request the CVYFC board to review.

Approve Status	Disqualification Status	Right to Appeal
No record Felony 10yrs or longer Misdemeanor 5 yrs or longer	Child Crime at any time Sex crime at any time Active Felony	Active Misdemeanor Felony within 10 years Misdemeanor within 5 years

- 3.5.7. Coaches information for background checks and pictures for badges must be turned in by June 15th. August 1st will be the deadline to add ANY new coaches unless a team drops below 5 coaches on a level.
- 3.5.8. 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.
- 3.5.9. Organizations are limited to the following numbers of badged personnel. Eight (8) Football Coaches/Personnel per level, Eight (8) Cheer coaches/Personnel per level, Eight (8) Team parents, Fifteen (15) team board members, and Four (4) volunteer badges. This limits all organizations to a maximum of Eighty-Three (83) badged personnel or Ninety-One (91) if you have a mascot squad.

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 with or without cause. New teams may not vote during the rules, hold an office position, or receive distributed revenue from the previous season. Full voting rights after rules meeting.
 - 4.1.1. The E-Board must vote to remove a core team who is no longer on probation with 2/3 vote. Once removed all games played are removed from standings.

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

- 4.2.** All organizations wishing to affiliate with CVYFC for the following year season, must complete and turn in the CVYFC Associate Agreement 2 weeks after the CVYFC end of year 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.
- 4.5.** All organizations agree to provide the league with roster numbers the 1st of April, June, and August to ensure there are enough eligible players for the season

5. THE ASSOCIATION

5.1. INCORPORATION

- 5.1.1. Incorporation is mandatory for all CVYFC affiliate associations.
- 5.1.2. 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.
- 5.1.3. BYLAWS: A copy of each association's current operating policies and procedures must be available upon request by the E-Board.

6. SCHEDULING

6.1. GAME SCHEDULING

- 6.1.1. 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.

6.2. SCHEDULING REQUESTS

- 6.2.1. 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.

6.3. TENTATIVE SCHEDULE

- 6.3.1. By March 15th, each association will receive a proposed regular season schedule.
- 6.3.2. All problems/conflicts with the proposed schedule must be made in writing to the CVYFC Associations Board by June 1st.
- 6.3.3. All schedule adjustments will be made by June 15th
- 6.3.4. The schedule will be considered final on July 1st.

6.4. BYE GAMES

- 6.4.1. 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.
- 6.4.2. All teams must provide addresses of their home fields prior to Aug 1st. League will send out to all teams.

6.5. 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.

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

- 6.5.1. **ROUND ROBIN:** League keeps gate, pays refs, supplies, 100% of field costs, and medics. Hosting teams must submit medic fees to the league for board vote and approval. All teams work the event. The hosting team coordinates, snackbar additional vendors, and keeps those fees.
- 6.5.2. **CHEER COMPETITION:** Is now a League event. League pays for facility, judges, trophies, mat fees, 100% of facility, DJ, and medics. League Cheer coordinator must submit all fees for facility, judges, trophies, mats, DJ, and medic for board vote and approval. All teams work the event. The league coordinates, snackbar additional vendors, and keeps those fees.
- 6.5.3. **SUPER BOWL:** League keeps gate, pays refs, trophies, supplies, 100% field cost, medics, and announcer. All teams work the event. Hosting teams must submit medic fees to the league for board vote and approval. All teams work the event. The hosting team coordinates, snackbar additional vendors, and keeps those fees.
- 6.5.4. **LEAGUE EVENT ADDITIONAL REQUIREMENTS:** These are the additional requirements for hosting league events.

Work Schedule: Creating assignments for all Presidents/teams to work. This includes but is not limited to gate assignments, check-ins assignment, warm-up areas. etc.

League Sponsors: Coordinate with league sponsors to attend. Ex. Raising Canes

Additional vendors: Food, candy, toy, etc

Cheer Comp & Championship T-Shirt Vendor: Determine the vendor, approve generic shirt designs, collects attending team rosters

7. DIVISIONS

Teams cannot restrict 6 yr. olds from playing. Cutting players is not allowed. Holding try-outs (with proof of offense) will result in a \$500.00 fine and disqualification from postseason play. Safety concerns will be addressed by the PSC and the Association President.

7.1. AGE DIVISIONS

Following are the ages 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 **August 15th**, of the current year. Each organization will field to the best of their ability the following age divisions:

Starts: Ages 6, 7, 8 year olds.

Rookies: Ages 8, 9 and 10 year olds.

Jr. Varsity: Ages 10, 11, and 12 year olds.

Varsity Ages: Ages 12, 13, 14* year olds. *14 year olds may not turn 15 until December 1st.

NOTE: The above age categories must be strictly adhered to by all associations at all levels. There will be no exceptions to the above.

7.2. INDUCING A PLAYER TO LOSE WEIGHT

- 7.2.1. Inducing a player to lose weight is not allowed
- 7.2.2. 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 **checking in**.

7.3. INELIGIBLE PLAYERS

- 7.3.1. 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

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

Eboard, forfeit the game that the ineligible player participated in and a \$250 fine will be charged to the organization.

- 7.3.2. Ineligible player is defined as but is not limited to; Player not of age for level certified to suspended players.

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:
- 8.4.1. **FOOTBALL:** A football team shall have not less than twelve (12) and no more than forty (40) players certified to its roster.
- 8.4.2. The maximum roster size for football shall be 40 participants.
- 8.4.3. **MINIMUM PLAYERS FOR GAME:** A minimum of eleven (11) players is required to play a game. Referees will be used
- 8.4.4. 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
- 8.4.5. 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 the other team has been properly notified ahead of time (No Refs).

9. PRACTICES

9.1. FIRST DAY OF PRACTICE

- 9.1.1. The first day of practice for CVYFC football teams shall be July 1st unless otherwise specified by CVYFC.

9.2. CONDITIONING PERIOD

- 9.2.1. 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.
- 9.2.2. During this conditioning period, no protective football gear, except helmets and mouthpieces, may be worn. Absolutely no player may engage in contact.
- 9.2.3. 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

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

- 9.3.1. No practice session may last longer than two (2) hours. Double practice sessions during any 24-hour period are prohibited.
- 9.3.2. Practice sessions are limited as follows:
FIRST WEEK: After 1st game 8 hrs/wk (No more than 2 hrs in a 24 hr period)
- 9.3.3. Equipment hand-out is not a practice
- 9.3.4. **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.
- 9.3.5. No limit, within reason, should be placed on a football player/cheerleader's intake of water.
- 9.3.6. No football player/cheerleader will ever be denied water if requested.
- 9.3.7. Water breaks will be given at a minimum of 30-minute intervals.

9.4. FIRST AID REQUIREMENTS

- 9.4.1. A First Aid Kit must be on the field at all practice sessions.
- 9.4.2. At least one individual with a current Red Cross Multimedia First Aid card must be present at all practice sessions.

9.5. FORBIDDEN DRILLS

- 9.5.1. 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 results in a football player/cheerleader's injury.

9.6. FOOTBALL PLAYER/CHEERLEADER REQUIREMENTS

- 9.6.1. 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.
- 9.6.2. 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.
- 9.6.3. Any Football/Cheerleader must have an approved CVYFC Physical Form or Drs Office Sports Physical Form, clearly stating they are cleared to play physical activities and signed by the doctor. CVYFC Physical Form top portion must be completed and signed by the parent even if Drs Form is received.

9.7. INSURANCE

- 9.7.1. 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

- 9.8.1. 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, ensures football players/cheerleaders are not mistreated and fields questions from parents, prospective players, etc.

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

9.8.2. 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.

9.8.3. Only badged personnel are allowed on the practice field or sideline areas.

9.9. SMOKING, DRINKING, DRUG USE OR VULGAR/ABUSIVE LANGUAGE

9.9.1. 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.

9.9.2. Alcohol and/or narcotics consumption is prohibited at any function attended by football players or cheerleaders.

9.9.3. Individuals may not leave a practice site and go to a parking lot, for instance, to consume alcohol or take narcotics in any form.

9.9.4. Vulgar and/or abusive language will not be used in the presence of football players or cheerleaders.

9.9.5. Coaches, administrators or support personnel violating this section will be subject to review by the E-Board to determine consequences.

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.

10.2.1. 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 league year end or before league year start. **No team can accept any player that owes money or is in bad standing with another team.**

10.4. Participants may participate in only one tackle football or cheerleader program (i.e., high school or youth program) during the CVYFC season.

11. CHECK-INS

Check in staff is required to be at the **check in** area on time regardless if their team is there or ready to go when they are supposed to be.

11.1. Player **check-ins** are mandatory for all games.

11.2. No one is allowed inside the room where certification **check-ins** take place except the certifying official(s) and his/her assistant(s).

11.3. Associations will be checked in by Head Coaches or a badged designee. The Head Coach or a badged designee from each team is required to conduct the check-in together.

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. Players are to be in full uniform at check-in.

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

- 11.6. The opposing team's check-in staff are always in charge during a team check-in.
- 11.7. CVYFC Board Members may attend check-ins as observers. In the case of a discrepancy at the check-ins, both Board Members shall have the authority to render a decision. In the event an agreement cannot be reached, the League Board will be consulted.
- 11.8. Football player/cheerleader ID cards and certified team rosters will be available in team books for review. Teams will exchange rosters at the time of check-ins. If a team does NOT have a roster to exchange at the time of check-ins the team will be penalized \$50 (**payable to the league**) for every roster that cannot be provided.
 - 11.8.1. The check-in staff will sign and date every player ID card, indicating whether a player is O.K., injured (I), absent (A), or removed (R), sick (S). Player 'drops' are to be marked by the Presidents of both teams during check-ins.
 - 11.8.2. Check-ins are not book certifications, no changes to player card allowed.
 - 11.8.3. On completion of check-in, the check-in staff will date and sign the numerical roster.
- 11.9. **PLAYER CONDUCT DURING CHECK-INS:** During the check-ins, players must remain silent and lined up single file in numerical order.
- 11.10. Players/Cheerleaders are required to say their name and jersey number if applicable.
- 11.11. Chants, yells or verbal exchanges between players or teams are forbidden during check-ins.
- 11.12. Check-in staff should always remember to be courteous to opposing players, but absolutely firm in maintaining silence and order in the check-in area.
- 11.13. **CHECK-IN ORDER:** The away team shall be checked first, unless all players or binders are not ready at time of check-in, 30 minutes prior to the scheduled start of the game, the home team may be checked in first.
 - 11.13.1. Players arriving after the start of the game shall be allowed to check-in at halftime by the opposing teams check-in staff.
 - 11.13.2. No player shall be allowed to participate in a game that does not arrive prior to the end of half time.
 - 11.13.3. No player shall be allowed to participate in a game until he/she has properly checked in.
- 11.14. **EXITING THE CHECK-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 checking in.

12. PLAYER CERTIFICATIONS

Round Robin will be the official date of check-in certification for football players and cheerleaders.

12.1. PROOF OF AGE

- 12.1.1. The following must be presented for football player/cheerleader certification:
 - 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

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

the 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.

- 12.1.2. Players will have until League Book Certification to present proof of age.

12.2. TEAM BINDERS

- 12.2.1. Each team must present the following paperwork, placed in a 3-ring binder, to the opposing teams check-in staff at check-ins for all games for each division.
- 12.2.2. Certified copy of main team roster and three (3) additional copies.
- 12.2.3. Binders must be in the following order for certification and throughout the season.
 - 1. Player Card - Player card must be typed and a picture must be downloaded and 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. Physical form
 - 5. Concussion form (required for both football and cheer)
- 12.2.4. If player cards are kept in plastic sleeves, the area for the weigh-master/cheer coaches must be cut out for ease of access.
- 12.2.5. If a player/cheerleader quits the players card and roster MUST be marked as quit prior to the next game, signed by both team presidents, and remaining check-in boxes crossed out.

12.3. TEAM ROSTERS

- 12.3.1. Prior to certification all appropriate spaces on the roster must be filled in. Rosters must be typed. No handwritten entries allowed.
- 12.3.2. List all football players/cheerleaders in numerical order.
- 12.3.3. 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 round robin. Leave all other columns blank for completion by certification officials.
- 12.3.4. 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.
- 12.3.5. Each team must present the original and one copy of each team roster, signed by their association president, to a certifying official.
- 12.3.6. One copy is retained by CVYFC.
- 12.3.7. 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.
- 12.3.8. 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 check-in 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.
- 12.3.9. 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 postseason championship play.

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

12.3.10. All teams are required to have certified embossed rosters by the 3rd game of the season to be eligible for postseason championship competitions.

12.3.11. **ROUND ROBIN:** Round Robin will be the official date of certified check-ins. Any new certified rosters not collected at book checks must be submitted to the league secretary.

12.4. ADDING/DROPPING PLAYERS AFTER CERTIFICATION OF TEAM ROSTER

12.4.1. Players may be added to the roster up until Game 3. New players' names must be **TYPED** on the official roster, certified, and submitted to the league secretary. Handwritten names will not be accepted or allowed to play. NO Player/Cheerleader will be certified on Game day, must be done prior.

12.4.2. Additional football players/cheerleaders may only be certified by a certifying official.

12.4.3. 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 uncertifiable. Paperwork must be in order and certified before the player can be officially checked in.

12.5. MOVING PLAYERS BETWEEN DIVISIONS

12.5.1. 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.

12.5.2. A football player/cheerleader may not be moved until s/he has been recertified by the designated certifying official.

12.6. BOOK CERTIFICATION

12.6.1. 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

12.6.2. 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.

13. COACHING AND CONDUCT

13.1. ADULT COACHING STAFF

13.1.1. **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.

13.1.2. The head coach of any team must be 18 years of age as of the first day of practice.

13.1.3. Assistant coaches must be at least 18 years of age as of the first day of practice.

13.1.4. 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.

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

- 13.1.5. **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.
- 13.1.6. **COACHES' APPLICATIONS:** All head coaches, assistant coaches, trainees and/or instructors and **check-in staff** 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.
- 13.1.7. 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 past the current season.

13.2. STANDARDS OF CONDUCT

- 13.2.1. The standards of conduct in this section and the related penalties are designed to sustain a fair and credible environment.
- 13.2.2. It is forbidden for any CVYFC affiliate to strike or "manhandle" a football player or cheerleader.
- 13.2.3. 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.
- 13.2.4. 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.
- 13.2.5. The use of alcohol, drugs, vaping, and tobacco products while engaged in CVYFC sanctioned activities such as coaching; instructing, games and competition are prohibited.
- 13.2.6. 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.
- 13.2.7. 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.
- 13.2.8. No betting on games, competition or any other CVYFC events.
- 13.2.9. Any coach that is ejected for unsportsmanlike conduct during a game/scrimmage will be immediately suspended until further notice pending a review by the League Executive Board.
- 13.2.10. Coaches will be aware that their actions are always under scrutiny.
- 13.2.11. Coaches must always conduct themselves in a manner that exemplifies their team and the CVYFC.
- 13.2.12. 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.
- 13.2.13. 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.
- 13.2.14. 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.

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

- 13.2.15. 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.
- 13.2.16. **BENCHING:** The head coach may bench from a game or practice any football player/cheerleader for poor grades, misconduct, attendance or improper dress.
- 13.2.17. **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.
- 13.2.18. Comments and/or Actions posted on ALL 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/or suspension/expulsion of the entire organization for two years.

13.3. BEHAVIOR FROM THE SIDELINES

- 13.3.1. No individual, be it coach or football player/cheerleader, in the sideline area shall make verbal exchanges with personnel from the opposing team.
- 13.3.2. 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.
- 13.3.3. Derogatory remarks are strictly forbidden.
- 13.3.4. No member of an association, team or its staff may go to the opposing team's side of the field without a valid cause. Filming or photography is not considered a valid cause.
- 13.3.5. Coaches are expected to be positive role models and shake hands regardless of the outcome of the game.
- 13.3.6. No, horns, air horns, mega-phones, drums, or like items are allowed from any participants on the sidelines or stands.

14. PLAYING RULES

14.1. EQUIPMENT REQUIRED FOR PARTICIPATION IN CONTACT

- 14.1.1. Organizations are responsible for checking each player's equipment for compliance.
- 14.1.2. The following equipment is required for each player prior to his or her participation in contact:

HELMETS: All must bear a 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 snaps.

MOUThPIECE: All mouthpieces must be colored, have a strap and be tethered to the face mask. Exception: Binky style mouthpiece does not need a strap.

SHOES: Cleats shall not exceed 1/2 inch in length. Metal cleats are not allowed.

FACE SHIELDS: May be used but are not required. Shield must be clear.

KNEE BRACES: May be used but must have all metal parts padded.

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

14.2. GAME JERSEYS

- 14.2.1. Last names only on jersey. Use first initial/last name if a duplicate. No first names/nicknames. Any player can wear any numbers regardless of position. No team may have two players with the same number during the same game.
- 14.2.2. **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!
- 14.2.3. 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 accommodating to teams without.
- 14.2.4. Permanent number changes must be reported to all teams

14.3. TEAMS TAKING THE FIELD

- 14.3.1. The National Anthem is to be played at all games. All players and staff are required to stand.
- 14.3.2. 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.
- 14.3.3. Each team must take the field in an orderly fashion.
- 14.3.4. Each team shall proceed directly to their bench area and the half of the field designated to them for warm-ups.
- 14.3.5. Teams may not cut across an opponent half of the field or their bench area.
- 14.3.6. No verbal or physical gestures are to be exchanged between teams when taking the field.
- 14.3.7. 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.
- 14.3.8. Players may not yell or chant anything that refers to or is directed at the opposing team.
- 14.3.9. Team snacks must be allowed into games. Ice chests 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

- 14.4.1. 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.
- 14.4.2. **LENGTH OF QUARTERS:** The length of all quarters for all divisions of play is ten (10) minutes, 10 min half time.
- 14.4.3. **SCORING:**
 - Touchdown** - 6 points
 - Field Goal** - 3 points
 - Safety** - 2 points
 - Point-After-Touchdown (PAT) by kick** - 2 points
 - Point-After-Touchdown (PAT) by run** - 1 point on Rookies, JV and Varsity
 - STARTS Point-After-Touchdown (PAT)** - 1 point by run, 2 points by pass
- 14.4.4. All kick offs will be from the 40-yard line.

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

- 14.4.5. 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.
- 14.4.6. Opposing teams will be provided an area to film at/or above the booth. Non playing teams are not guaranteed booth rights.
- 14.4.7. Teams may use radio equipment between coaches. The use of radios in player's helmets will be allowed. If a team will be using radios in helmets, the team MUST notify the head coach at check-ins or they are unable to use the radios during the game.
- 14.4.8. There will be only one player on the field at a time that has a radio. 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. The following penalties will be applied to a team:
 - 1. If there is more than 1 player on the field with a radio and/or a fluorescent green dot, the team will receive a 15-yard penalty each time this occurs.
 - 2. If a team/player is on the field with a radio with no fluorescent green dot, the first offense during a season will result in the head coach, player ejection, and radio equipment removed for the remainder of the game. The second offense during the season, will result in a 2 game suspension for the head coach, the radio equipment is forfeited for the remainder of the season for that level, and the team will receive a \$250 fine (**payable to the league**).
- 14.4.9. If a team is using in helmet communication, they cannot communicate with players on the field via radio once they break the huddle. If a team uses "no huddle", communication should stop when the offense or defense approaches the line of scrimmage for the start of play. All audibles and or communication with sideline post-huddle must come via direct non-radio communication from the sideline.
- 14.4.10. The coach communicating via radio from the sideline must wear an identifier provided by CVYFC so that on field communication post huddle can be monitored. CVYFC will provide each team with 8 bands (2 per level).
- 14.4.11. There shall be no crashing of the center on Punts or PAT's.
- 14.4.12. Each team will be allowed 3 timeouts per half.
- 14.4.13. 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.
- 14.4.14. Injury timeouts called by the officials will not count against the team.
- 14.4.15. Game clock management will follow High School Sub Varsity Rules. Within the last 2 minutes of each half game clock management will follow High School Varsity Time Rules. Definition of Varsity Time is the officials shall stop the clock on change of possession and will not restart it until the ball has been snapped.
- 14.4.16. 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.
- 14.4.17. There is no penalty for defensive penetration when a player is taking a knee.
- 14.4.18. **"MERCY RULE":** If a team is up in score by 35 or more points then the Mercy Rule will be in effect at the beginning of the 3rd quarter. Both teams will play regular football with a running clock. If point spread falls below 35 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 kick offs, team will take possession of the ball at their own 30.

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

14.5. ADDITIONAL STARTS RULES (IN ADDITION TO ABOVE)

- 14.5.1. 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. No verbal commands will be allowed once the cadence begins and during the play. Penalties for breaking this rule: 1st offense; verbal warning, 2nd offense; coach will be removed from the field and NO other coaches may be on the field for the remainder of the game.
- 14.5.2. There will be no punts at this level. On 4th down if the possession team wants to punt, they will declare a punt to the officials and the officials will mark off a 25-yard punt and the opposing team will take possession. The punt cannot go beyond the 20-yard line.
- 14.5.3. The maximum penalty assessed at Starts will be 10 yards.
- 14.5.4. Kickoffs are not allowed; the ball will be placed on the 30-yard line. Optional: the team with less points may elect to attempt an onside kick to gain possession. The kick will be from the kicking team's 40-yard line. If the kicking team is not successful in gaining possession the receiving team will get possession at the kicking team's 40-yard line.
- 14.5.5. Offensive Lineman splits must be within 3 feet of each other. Defensive Lineman must have a hand or foot within 2 feet of the LOS.
- 14.5.6. Linebackers must line up 3 yards off the line of scrimmage and cannot move forward towards the line of scrimmage until the ball is snapped.
- 14.5.7. 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. ADDITIONAL ROOKIES RULES (IN ADDITION TO ABOVE)

- 14.6.1. There will be no punts at this level. On 4th down if the possession team wants to punt, they will declare a punt to the officials and the officials will mark off a 25-yard punt and the opposing team will take possession. The punt cannot go beyond the 20-yard line.

14.7. ROUND ROBIN

- 14.7.1. There will be no blitzing allowed during the Round Robin.
- 14.7.2. 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).

14.8. PLAYER GUIDELINES

- 14.8.1. 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.
- 14.8.2. **EJECTION:** Any player ejected from a game may be suspended pending league review.
- 14.8.3. **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
- 14.8.4. **FIGHTING:** The League will not tolerate any act of fighting or otherwise abusive behavior by any player, cheerleader or team.

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

- 14.8.5. Neither the CVYFC, nor any CVYFC staff member can be held liable for the removal of any participant, parent or coach from any organization.
- 14.8.6. Players will be required to conduct themselves in an appropriate manner at all times.
- 14.8.7. 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.
- 14.8.8. 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

14.9. CAMPS, GAMES AND SCRIMMAGES

- 14.9.1. **CAMPS:** Associations may participate in instructional camps geared to the age groups represented in CVYFC.
- 14.9.2. Participation in football or cheerleader instructional camps is left to the discretion of the individual association and participants.
- 14.9.3. Participation in camps or clinics before the start of the regular season does not count toward the mandatory 10 hours of conditioning.
- 14.9.4. Camps/Scrimmages count as practice time.

NOTE: Camps or clinics hosted by CVYFC are exempt from Rules 14.7.4

- 14.9.5. **CHECK-IN:** No player may participate in a round robin, scrimmage, practice game or regular game who is not in his/her respective age 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.

14.10. REGULAR SEASON

- 14.10.1. 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.
- 14.10.2. The first day of the regular season shall be as designated by CVYFC.
- 14.10.3. **PRE-GAME CONTACT:** It is the responsibility of the home team to contact the visiting team 3 days prior to their game to ensure 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.
- 14.10.4. It is the visiting team's responsibility to show up on the right day at the right place and time.
- 14.10.5. 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.

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

- 14.10.6. 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).

14.11. CHAMPIONSHIP PLAY-OFFS

- 14.11.1. 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.
- 14.11.2. 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.
- 14.11.3. League standings will be determined by League record, Head to head, and then least points allowed then points for. If still not determined, an average of points allowed will be taken.
- 14.11.4. 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.
- 14.11.5. All final ties for the post season will be determined by coin toss.
- 14.11.6. All tie games will be played off following the National Federation Rules.
- 14.11.7. All teams in good standing will be eligible for post- season play. Good standing will be defined by, and enforced by the Executive Board.
- 14.11.8. The playoff format will be based on the best seeded team facing the last seeded team.

14.12. CONDUCT TOWARDS GAME OFFICIALS

- 14.12.1. 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.
- 14.12.2. 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 timeout will be charged to the team. If the ruling stands, the team requesting the time will be charged with a time out.

14.13. OVERTIME

- 14.13.1. All games, regular season, and play-off, ending in a tie score at the end of regulation play will employ a tie breaker period. The coin toss winner will select to start on offense or defense. The coin toss loser will select which end zone to play towards.
- 14.13.2. The ball will be placed on the 10-yard line. Each team will be allowed a maximum of three (3) sets of 4 downs to break the tie at the end of regulation. Each team will have an equal number of offensive possessions. No PAT observed.
- 14.13.3. If a tie still exists at the end of 3 sets of 4 downs each. The teams will place by the ball at the 3-yard line and get 1 play to score. This will alternate until a winner is determined. Each team will have an equal number of offensive possessions.
- 14.13.4. Any defensive turnover and score will end the game throughout all periods of overtime. If just a turnover the defense will get possession at the 10-yard line or 3-yard line.

14.14. REPORTING GAME SCORES

- 14.14.1. Game scores are to be reported by the hosting association (home team) within 24 hrs of the last game.

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

14.15. TEAM RANKINGS

- 14.15.1. Weekly divisional rankings will be supplied to associations by CVYFC after the second week of the regular season.

14.16. GAME BALLS

- 14.16.1. **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 the ball from the manufacturer. No altering color. Must not be the same color as the home team jersey. The ball must meet the CVYFC size requirement but can be any brand.
- 14.16.2. 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)

14.17. BENCH AND SIDELINE AREAS

- 14.17.1. 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.
- 14.17.2. Two (2) water persons, one (1) ball person under the age of 15, and one (1) Team Statisticians/MPR with assigned volunteer badge, may be designated by the Head Coach.
- 14.17.3. Association approved Press photographers with a press card, and one administrative representative from each association are the only individuals permitted on the sidelines. They must remain outside the bench area along the sidelines and have a volunteer badge.
- 14.17.4. No member of a team or its staff may go beyond the twenty five (25) yard line along the sidelines.

14.18. GAME PROTESTS

- 14.18.1. 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.
- 14.18.2. 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.
- 14.18.3. The head referee is the only person who can make the decision to suspend a game due to safety reasons.
- 14.18.4. 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 calls from referees. Head Coaches only! This doesn't apply to rule clarifications.
- 14.18.5. CVYFC decisions involving protests are final, and there is no right of appeal.

14.19. GAME DAY REQUIREMENTS

- 14.19.1. **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.
- 14.19.2. **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.

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

- 14.19.3. **CROWD CONTROL:** Crowd control is the responsibility of both the home and visiting associations.
- 14.19.4. 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)
- 14.19.5. 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.
- 14.19.6. 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.
- 14.19.7. 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.
- 14.19.8. The head coach is directly responsible for the conduct of his team's fans.
- 14.19.9. 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.

14.20. SIDELINE CREW

- 14.20.1. The visiting team will furnish three (3) individuals, 16 years of age or older, for the yardage chain and down marker crew.

14.21. ANNOUNCER'S BOOTH

- 14.21.1. 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.
- 14.21.2. Announcements pertaining to the home team affairs or activities should be limited to timeouts, half time or between quarters.

14.22. VISITORS ROSTER

- 14.22.1. The visiting team will provide the home team representatives with a numerical roster of their team for the use of the public address announcer.

14.23. MEDICAL PERSONNEL

- 14.23.1. A medical Paraprofessional (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.
- 14.23.2. EMT should be sitting under the same awning as referees. Both EMTs and Referees have the ability to pull a player from the game due injury/illness.
- 14.23.3. 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.

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

- 14.23.4. No games or controlled scrimmages can be started until a qualified medical paraprofessional is in attendance.
- 14.23.5. 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 canceled and it will result in a forfeit by the home team.
- 14.23.6. In the event the home (hosting) association fails to provide the proper medical Para-professionals; the following penalties will be imposed: Forfeit
- 14.23.7. If the visiting association has a qualified medical Paraprofessional in attendance, the games may go on as legal games.
- 14.23.8. EMT must have a basic first aid kit and must have ice packs.

14.24. ARRIVAL/INTRODUCTIONS

- 14.24.1. Upon arrival, the home and visiting associations and/or teams will identify to each other their respective check-ins staff, 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.

14.25. ADMISSION CHARGES

- 14.25.1. The admission charge to a regular season game is \$8.00 for adults and \$6.00 for military veterans, seniors, and children 6-17 years of age. Children Five (5) and under are free.
- 14.25.2. The admission to Round Robin, postseason games, and cheer comp is \$9.00 for adults and \$7.00 for military veterans, seniors, and children 6-17 years of age. Children Five (5) and under are free.
- 14.25.3. Only coaches and administrators with ID cards are admitted free to all CVYFC events.
- 14.25.4. 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.
- 14.25.5. No outside food or drinks will be allowed into games. No tailgating allowed.
- 14.25.6. 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.

14.26. COACHES SIDELINE ATTIRE

- 14.26.1. Coaches must present a professional appearance as youth leaders. (No tank tops, muscle shirts, backwards caps, sagging pants or sagging shorts)

14.27. PLAYERS WITH CASTS/SPLINTS

- 14.27.1. 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.

15. AWARDS

15.1. CVYFC CHAMPIONSHIP AWARDS

- 15.1.1. All players and coaches of teams in the CVYFC Super Bowl will receive an award.

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

- 15.1.2. Trophies will be awarded to the coach AND organizations that are in the SuperBowl. Awards will be provided by CVYFC approved by majority vote from the Presidents.

16. REFEREES

16.1. GAME REFEREES

- 16.1.1. **GAME REFEREES:** The CVYFC is responsible for providing, and the home team is responsible for paying a minimum of four (4) referees per game. Referees fees per day is \$325. If a team requests a league timekeeper, the timekeeper fee is \$250 per day.
- 16.1.2. Any individual affiliated with any association, in any way, may not referee any game for any team of that association.
- 16.1.3. A minimum of four (4) referees are required for each CVYFC League game.
- 16.1.4. **GAME PLAY WITH LESS THAN MINIMUM REFEREES:** A game may be played with three (3) referees if only 3 referees show up.
- 16.1.5. If only two (2) referees are present, the game may be delayed for one hour.
- 16.1.6. After that time, the teams must have a controlled scrimmage.
- 16.1.7. 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.
- 16.1.8. Officials are unable to call a game prior to having a discussion with both organizations presidents to make sure everyone is doing their due diligence.
- 16.1.9. **REFEREE QUALIFICATIONS:** All referees must be certified and be from a referees association that is approved by CVYFC.

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 any 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 within 24 hours following the event to the opposing team. If no resolution is made within the 24 hours at the organizational level the complaint must be made in writing within 48 hours following the event 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 the due date, the team may be ineligible to play and/or forfeit any upcoming games or league events.

18. CVYFC HEARINGS

18.1. HEARING REQUESTS

- 18.1.1. All requests for a hearing must be made in writing and postmarked within forty-eight (48) hours of the event. Must be sent to the League Chairman.

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

- 18.1.2. All hearing requests must be signed by the association president.
- 18.1.3. 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

- 18.2.1. Coaches and administrators are the only individuals who have the rights to a hearing.
- 18.2.2. 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.
- 18.2.3. Hearings are not a court of law. Hearsay evidence may be admissible.
- 18.2.4. 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

- 18.3.1. The Hearing Board will consist of all Presidents or alternate E-Board members from each organization that are not involved in the incident.
- 18.3.2. 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

- 18.4.1. 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

- 18.5.1. Hearings are to be absolutely private, with no attendance allowed by the general public or news media.
- 18.5.2. 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.
- 18.5.3. 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.
- 18.5.4. 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.
- 18.5.5. Minutes of the hearing must be kept by the hearing board secretary.
- 18.5.6. The hearing board secretary will read the charge(s) and specifications to the defendant(s).
- 18.5.7. 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.
- 18.5.8. Physical evidence may be submitted by both parties prior to, or at the hearing.

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

- 18.5.9. 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.
- 18.5.10. After all witnesses and evidence have been presented, the hearing board will adjourn privately to consider their findings.
- 18.5.11. The hearing board may recommend sanctions appropriate to the offense(s).
- 18.5.12. Within seven (7) days of the hearing, all parties involved must receive the written findings.
- 18.5.13. All findings by the Hearing Board are final. There are no rights for appeal.

19. PENALTIES

Related to all aspects of League where penalties are not previously specified in the rulebook.

19.1. PENALTY ASSESSMENTS

- 19.1.1. Penalties may be assessed if rules are broken: Warnings, Probation, Fines, Suspensions, Expulsions, or other sanctions deemed appropriate by the Board

19.2. PROBATION

- 19.2.1. 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:

No participation in post-season play.

Pay off all outstanding liabilities.

Any other conditions which will assist the association to improve their program.

19.3. SUSPENSIONS

- 19.3.1. Any individual or association may be suspended from CVYFC by a 2/3rds majority vote.
- 19.3.2. 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.
- 19.3.3. Any individual suspended for seven (7) days or less is not entitled to a hearing.
- 19.3.4. 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.
- 19.3.5. 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.
- 19.3.6. Anyone breaking his or her suspension will be subject to Board sanctions.
- 19.3.7. Any team or association put on suspension may request a hearing.

19.4. EXPULSION

- 19.4.1. Expulsion requires a two-thirds (2/3) vote of the expelling body.
- 19.4.2. The length of the expulsion is determined by the expelling body.

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

- 19.4.3. Individuals or organizations proposed for expulsion may request a hearing.

20. CHEERLEADER SAFETY AND COMPETITION RULES

This section focuses on rules that are specific or unique to cheerleading events. Cheerleaders are integral to CVYFC. No inference should be made that this section of the rulebook exempts cheerleading from rules elsewhere in this book or excludes cheerleading from any beneficial aspect of the rulebook.

20.1. GENERAL INFORMATION

- 20.1.1. Cheerleaders must have an approved CVYFC Physical Form, or Drs Office Sports Physical Form clearly stating they are cleared to play physical activities and signed in order to cheer. CVYFC Physical Form top portion must be completed and signed by the parent even if Drs Form is received.
- 20.1.2. All Cheerleaders should receive proper training before attempting any form of cheerleading, gymnastics, jumps or stunts.
- 20.1.3. All cheerleading squads should adopt a comprehensive conditioning and strength-building program.
- 20.1.4. Cheerleading squads should be placed under the direction of a qualified and CVYFC **badged** coach.
- 20.1.5. 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.

20.2. BOOK CHECKS/ROSTERS

- 20.2.1. Book Checks are required at the start of the 3rd quarter for each level. Both teams will meet at designated check-in areas. If a team is not ready, send badged members to check in the team.
- 20.2.2. No cheerleader may be added to the roster after the 3rd game.
- 20.2.3. Any cheerleader added after certification will need to get that cheerleader certified before he/she can participate.

20.3. BINDERS

- 20.3.1. 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, on white paper, have a current photo downloaded onto card, and cut windows for Certifications and Check-ins.
 - 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"
 - 5. Concussion form

20.4. AGE CHART / DIVISIONS

- 20.4.1. 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).

Mascots: Ages 4, 5 years old

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

Starts: Ages 8 and under - Level 1

Rookies: Ages 10 and under - Level 1

Jr. Varsity: Ages 12 and under - Level 2

Varsity: Ages 14 and under - Level 2 *14 year olds may not turn 15 until December 1st.

20.4.2. **(Maximum of 36 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. Cheerleaders may cheer on the sidelines during any game including post-season to boost spirit.

20.5. COACHING STAFF

20.5.1. Coaches will adhere to the CVYFC code of Ethics.

20.5.2. **Cheer can have up to Eight (8) Cheer coaches/Personnel per level.**

20.5.3. Head coaches must be at least 18 years of age.

20.5.4. Assistant coaches must be at least 15 years of age as of July 1st.

20.5.5. Assistant coaches must be at an age greater than participation age or cheer for High School. At the discretion of each organization

20.5.6. Head/Assistant Coaches may step in to assist with stunt in the event a cheerleader(s) is absent

20.5.7. Each organization must have one cheer rep at all cheer meetings

20.6. COACHING STANDARDS

All of the below standards apply to coaches and instructors.

20.6.1. 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:

1. Coaches shall refrain from nicotine products, consumption of alcohol or use of illegal drugs during games and practice.
2. Coaches will set an example in personal appearance at all times.
3. Coaches will refrain from using abusive and profane language.
4. 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.

20.6.2. Coaches must have 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.

20.6.3. The Head Coach (with approval of the Cheer Coordinator or Association President) may remove any cheerleader for misconduct, attendance or improper dress.

20.6.4. Badges must be worn during practices, games and all CVYFC functions.

20.7. DRESS CODE

20.7.1. Dress code will be strictly enforced.

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

- 20.7.2. Short shorts are not allowed. Training shorts are allowed if they have a 2 inch inseam.
- 20.7.3. 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.
- 20.7.4. 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).
- 20.7.5. If hooded shirts/sweatshirts are worn the hoods and strings must be tucked in at all times.
- 20.7.6. 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.

20.8. HAIR AND NAILS

- 20.8.1. 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.
- 20.8.2. Casts, hard plaster or soft, may cheer as long as there is a release from Physician allowing the participation. NO stunting allowed.
- 20.8.3. No false nails or nail polish can be worn for games, practices or competitions.

20.9. MAKE-UP

- 20.9.1. The following guidelines are to be enforced at the individual association's discretion.
- 20.9.2. 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. Wrist guards are permitted to secure Medical ID bracelets. Medical ID bracelets can also be taped securely to the wrist. Earrings can be covered with bandaids.

20.10. GAME CONDUCT

- 20.10.1. ABSOLUTELY NO INAPPROPRIATE GESTURES OR MOVEMENTS WILL BE ALLOWED. No twerking, multiple pelvic thrusts or provocative body rolls.
- 20.10.2. 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.
- 20.10.3. 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.
- 20.10.4. When applicable, when visiting and home teams share the same sidelines, cheers should be alternated between the two teams.
- 20.10.5. 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.
- 20.10.6. 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.
- 20.10.7. All cheerleaders and coaches are to attend games rain or shine.
- 20.10.8. 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)

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

- 20.10.9. 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.

20.11. SONG ROUTINES

- 20.11.1. Music for song routines must not contain any profanity or suggestive phrases.
- 20.11.2. 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.

20.12. HALFTIME PERFORMANCES

- 20.12.1. Home and visiting teams are required to perform at halftime failure to do so will result in a \$250 fine.
- 20.12.2. 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.
- 20.12.3. Visitors will take the field immediately after the football teams have vacated it. Their performance will start immediately.
- 20.12.4. 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.
- 20.12.5. Every team must have an opportunity to perform at halftime.
- 20.12.6. Performance time on the field will not exceed five (5) minutes for either squad.
- 20.12.7. Cheer levels may combine at halftime for homecoming or post season games. If levels are combining, the president MUST inform the opposing team ahead of games starting. If Mascots are included in the halftime routine, they must stunt (Level 1 only) among themselves, or with Starts. (No other levels).

20.13. CLINICS, CAMPS & PLACEMENT

Tryouts are not permitted

20.13.1. CAMPS

1. Attendance at cheer/dance camps should be encouraged and highly recommended.
2. Parades and exhibitions are encouraged to promote CVYFC and your association within the community.

20.14. CHEER COMPETITION

- 20.14.1. Cheer Competition is a League event and medics are required. (Reference Rule 14.21). 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.
- 20.14.2. The order of appearance for competing will be determined by draw at a committee meeting. Each level will be pulled separately for order sequence.
- 20.14.3. Cheerleaders may practice 5 nights per week, 2 weeks before cheer comp. Not to exceed 2 hours per night.

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

20.15. CHEER COMPETITION REQUIREMENTS

- 20.15.1. All certified teams must participate at cheer competitions unless a squad has 5 or less cheerleaders. If a squad has 7 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.
- 20.15.2. All squads are encouraged to perform a combination of dance, cheer and stunting routine. The League Cheer Committee will determine categories for the competition.
- 20.15.3. Floor time requirements will be enforced check guidelines. Routines must be 1.5-2.5 minutes long.
- 20.15.4. Cheer rally's on and off the floor are allowed-Organized chants are not.
- 20.15.5. Timing will begin with the first organized **word** or movement.
- 20.15.6. The cheerleaders must remove all props, pom-poms immediately following a routine.
- 20.15.7. 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.
- 20.15.8. 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.
- 20.15.9. All organizations must pay \$650 total or \$25 per cheerleader, whichever is greater to attend Cheer 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.
- 20.15.10. Mat size is 42 feet x 42 feet
- 20.15.11. Organizations must have a total of 4 badged personnel attending Cheer competition. Organizations cheer coordinator or representative and President,VP, or AD must participate in the full day or will receive a \$250 fine.
- 20.15.12. **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)
- 20.15.13. **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.
- 20.15.14. **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.
- 20.15.15. **MUSIC**

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

1. THE LEAGUE MUST PROVIDE AN ADEQUATE SOUND SYSTEM THAT WILL READ BURNED CD'S and include a phone adaptor.
2. No vulgar or suggestive language will be allowed. This will result in immediate disqualification.
3. All **music** will be ready for pickup at the end of competition. Any **music** 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.

20.15.16. 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 6 judges plus 2 rules judges not from the League. League will recheck the judge's math on score sheets. If changes/corrections are made, they will need to be double checked and signed by 2 representatives from two separate teams (not on sheet).
4. League Staff will be available for consultation 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.

20.15.17. 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.

20.15.18. DISQUALIFICATIONS 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.
5. Hosting team must provide a matted warm up area.

20.15.19. 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.

20.16. OUTSIDE COMPETITION

- 20.16.1. 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.
- 20.16.2. Outside competitions cannot be made mandatory.
- 20.16.3. Cheer teams may practice year round for the sake of non-CVYFC cheer competitions/events.

20.17. CVYFC CHEERLEADING GUIDELINES

- 20.17.1. 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 supersede any other rules. Other than League Competition, squads may level up one level.

CENTRAL VALLEY YOUTH FOOTBALL & CHEER

2026 RULES AND GUIDELINES

- 20.17.2. See YCADA rules Level 1 and Level 2. You can download the YCADA Cheer Rules & Scoring using the link below:
https://www.jamz.com/Championship-Guide_Youth_Step3_Youth-Affiliated.

20.18. CHEERLEADER CONDUCT GUIDELINES

- 20.18.1. 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.
- 20.18.2. **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
- 20.18.3. **FIGHTING:** The League will not tolerate any act of fighting or otherwise abusive behavior by any cheerleader or team.
- 20.18.4. 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.
- 20.18.5. 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.
- 20.18.6. 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. **Team is responsible for notifying the league of any cheerleader removal.**
2. Missed practices are at the discretion of the individual organizations.

20.19. CVYFC MEETINGS

- 20.19.1. 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 could result in a fine. If your team is fined and the fine not paid, that team will be considered to be in bad standings with the League.
- 20.19.2. Each team will need to notify the Cheer Director 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.