

Gold Coast Youth Football League 2020 Season • Coaches

COACH / VOLUNTEER INFORMATION

First Name: _____ Last Name: _____
Address: _____ City: _____ State: CA Zip: _____
Home Phone: _____ Cell Phone: _____

WAIVERS / NOTICES

Coaches Handbook Contract

The following Handbook is to be read by each GCYFL Coach. The GCYFL reserves the right to discipline any Coach that is found in violation of any of these rules/regulations. Remember Youth Football is about the KIDS. All Coaches are required to attend the GCYFL sponsored Coach training each year. It will be the responsibility of each Head Coach to sign the contract on the last page of this Handbook, stating that they have read, understand and agree to comply within the rules/regulations found here in.

Head Coach Responsibilities

The following are the responsibilities of every Head Coach that accepts this position in *any* of the GCYFL's affiliated chapters (franchised and associate):

1. The Head Coach has complete responsibility for the conduct and activities of his team (including assistant coaches, players, parents and spectators) and shall be held accountable by the Chapter and the GCYFL.
2. Each Coach must be familiar with the GCYFL Rule Book and comply with the rules and regulations found therein.
3. The Head Coach is responsible for making sure his/her assistant coaches adhere to the Coaching Ethics and understand the Coaching Acts of Disbarment as described in this Handbook.
4. The Head Coach of the **Home Team** is responsible for contacting the Head Coach of the Visiting Team by Wednesday night during the week of the game to discuss and confirm pertinent game information. If the Visiting team has not heard from the Home team Head Coach, the Visiting Head Coach should attempt to contact the Home Head Coach before game day. The following items need to be confirmed:
 - a. Game time
 - b. Game location
 - c. Warm-up/Practice area
 - d. Parking
 - e. Jersey color – Per CIF rules, the Home Team is required to wear dark uniforms with contrasting numbers. The Away Team will wear white with contrasting numbers. If the two teams have the same jersey color, it is the responsibility of the **Home Team** to have a contrasting jersey available.
 - f. Any other pertinent information for the Visiting team

5. The Head Coach must be CPR certified. Proof of certification must be maintained in the Team's Certification Book. Teams will not be considered certified unless their Head Coach has included their CPR certification in the book. At least one additional Assistant Coach Must be CPR certified.
6. The Head Coach is responsible for not allowing players that have been injured and removed from participation by a certified physician (with a formal note/form) to participate again (in practice, games, etc.) until a release note/form signed by a certified physician is provided.

Coaching Ethics

The following are coaching ethics that are to be adhered to by every member of each coaching staff in any of the GCYFL's affiliated chapters (franchised and associates):

1. Coaching Staff members shall be aware that he or she has a tremendous influence, for either good or ill, on the education of his Athletes and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
2. Coaching Staff members shall uphold the honor and dignity of the profession. In all personal contact with Athletes, officials, athletic directors, Organizational Board Members, Parents, other coaches and the public, the Head Coach shall strive to set an example of the highest ethical and moral conduct.
3. All Coaching Staff members shall master the contest rules and shall teach them to his or her team members. The coaching staff shall not seek an advantage by circumvention of the spirit or letter of the rules.
4. Coaching Staff members shall respect and support contest officials. No coach shall indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.
5. Coaching Staff members will accept the decisions of officials on the field as being fair and called to the best ability of the officials.
6. Coaching Staff members shall exert his or her influence to enhance sportsmanship and will not criticize the officials, the opposing team, the coaches, or fans, by word of mouth or gesture.
7. Coaching Staff members will not criticize players in front of spectators or the team, but reserve constructive criticism for private.
8. Coaching Staff members will emphasize that good athletes are good students, and both are physically and mentally alert.
9. Coaching Staff members will strive to make every football activity serve as a training ground for life, and emphasize good mental and physical health.
10. Coaching Staff members will emphasize that winning a game is the result of *TEAMWORK*.
11. Coaching Staff members will not use abusive or profane language before anyone connected with the game.
12. Coaching Staff members will not be on the playing field under the influence of alcohol or dangerous drugs, and will avoid the use of Alcohol and tobacco products whenever in contact with players.
13. Coaching Staff members will not use tobacco products on the playing field (this includes smokeless tobacco products)
14. Coaching Staff members will set a proper example for personal conduct at all times.
15. Coaching Staff members shall not scout opponents by any means other than those adopted by the league.

Sign

Print

Date

Coaching Acts of Disbarment

The following are coaching acts that may be grounds for disbarment (for every member or each coaching staff) from participation in any of the GCYFL's affiliated chapters (franchised or associate)

1. Receiving any portion of his/her annual income for services in the Chapter or GCYFL.
2. Striking any other Coach, Athletic Director, official, spectator, or other participant in connection with a Chapter or GCYFL sanctioned event (practice, scrimmage, game, etc.)
3. Permitting sweating down tactics in order for a player to make the team weight. Sweating down to include but not be limited to:
 - a. Steam rooms
 - b. Steam cabinets
 - c. Rubber sweat suits
 - d. Any method that is injurious to the health of the player
4. Knowingly permitting a player to re-enter a game once he is showing signs of a concussion or is badly bruised or injured to such an extent that further play would jeopardize his/her health.
5. Permitting an injured player who required medical attention to practice, scrimmage, or play in a game without a written release from the doctor
6. Failing to abide by the team doctor or physician's decision in all matters of injury.
7. Permitting an ineligible player to participate.
8. Indulging in unsportsmanlike conduct.
9. Attempting to discourage, run-off, or cutting weaker players
10. Failing to abide by any of the Coaching Ethics listed in this Handbook
11. Failing to abide by the Head Coach Responsibilities listed in this Handbook (for Head Coaches)

Coaches Sideline Responsibilities:

Each team is allowed to have a maximum of 11 Adults present on their sideline during the game. This does not include the Chain Gang. It is the responsibility of the head coach to make sure these numbers are not exceeded. A team will receive one warning from the officials if there are more than 10 adults on the sideline and it becomes an issue to the point the referee notices. The second offense during the game will be an unsportsmanlike penalty against the head coach.

1. All Adults on the sideline must a GCYFL Authorized Field Pass, Each chapter will receive 3 GCYFL Authorized Chain Gang Badges.
 - a. All Adults must wear their Proper Badges.
 - b. Each team will be provided 4 non-coaches Field passes to be distributed as seen fit by head coach.
 - c. The home Chapter can and should deny you field access if you are not wearing your badge
 - d. The officials may impose an unsportsmanlike penalty against the head coach if badges are not properly worn.
 - e. Water persons and Chain Gang under 18 do need Authorized Field passes.
2. Sample/Recommended Adult sideline participation:
 - a. 7 coaches
 - b. 1 Team Mom/First Aid Nurse
 - c. 1 Water Adult (3 kids)
 - d. 1 Auditor,
 - e. 1 Photographer

- f. If you have more than 7 coaches on your staff, you will need to lose one non-coach adult position for each additional coach.
3. Same Rules apply for Play-Offs, Championship and Super Bowl Games
 - a. Chapter Board Members and other head coaches may be on the field provided they remain outside the coaches' box.
 - b. Players from other chapter teams may not be on the sidelines during game time.
4. When the coaches talk on Thursday night, the visit coach is required to provide a list of names of all the non-coaching adults that will be on his sideline
5. Failure to comply with these policies could lead to fines and/or other disciplinary actions for the head coach and/or chapter.

Condensed GCYFL Rules

While this is only a small section of the Official GCYFL Rules, Head Coaches and their staffs are required to know and follow ALL GCYFL Rules and Regs.

GCYFL Rule Book Overview:

The rules found in this document are only meant to cover areas where the GCYFL has decided to follow rules that are not currently found in the NFHS or CIF Blue Book rules.

The order we will abide by in terms of rule priority will be:

1. GCYFL Rule Book
2. CIF Blue Book
3. NFHS Rule Book

This means that if a rule is stated in this GCYFL Rule Book, it will be followed as stated - even if it differs from what's stated in the CIF Blue Book or NFHS Rule Book. If a rule is NOT stated in this GCYFL Rule Book, we will follow first what is stated in the CIF Blue Book and then what is stated in the NFHS Rule Book.

Article IV AD's, Coaches and Team Officials - Eligibility

1. Athletic Director must be 21 years of age or over.
2. Head Coach must be 21 years of age or over.
3. A 21 year old or older head coach or assistant must be present at all practices/games. All personnel must submit a background check and must not have been convicted of any crime, which would cause them to register under Section 290 of the California Penal Code or be found to be of a violent nature. If information is found about such a crime, they may be found ineligible by their Chapter or by the General Membership of GCYFL for conviction of that crime. The Chapters will collect verifiable information necessary to check all coaches, 18 years and older, with the Megan's Law files.
4. All Coaches must abide by the rules/regulations outlined in the Coaches Handbook. All Head Coaches are required to sign the HeadCoaches Contract included in the Handbook. (See Coaches Handbook)
5. All coaches must be certified through USA Football with a level 1 coach's clinic certification at the minimum. Higher level certifications are encouraged,
6. All coaches must successfully pass the GCYFL accredited background check and complete their USA Football Certification before they can step onto any field and begin coaching.

Section B – Playing Rules

1. Mighty Mite & Bantam only. Free punts, field goals, and PAT (Extra point kicked) are allowed. (No encroachment) All free punts must be made directly behind the Center. If there is an errant snap the punter must return to his position behind the Center to punt the ball. Failing to follow this rule will result in a personal foul. If the kicked ball hits a defensive lineman, the ball is considered dead and down on contact (First down for the receiving team).
2. Mighty Mite only. Two coaches are allowed on the field at all times, for the entire season and post-season. Coaches may not direct or coach the players either by words or motions during the execution of a play from the time the Quarterback addresses the Center, until the time the play has been whistled dead. The penalty for violation of this rule is illegal procedure. If excessive violations of this rule occur, it may result in an unsportsmanlike conduct penalty. Coaches must be at least 5yrds behind their deepest player and no closer than 10yrds from the line of scrimmage when the ball is snapped.
3. Bantam only. Two coaches from each team are allowed on the field at all times, for the first 4 games. If one team had a bye, both teams are allowed to have coaches on the field for the 5th week. After the 4th/5th game, if the "Mercy Rule" is in effect, coaches are allowed to return to the playing field under the same rules allowed for the first 4 games. All other guidelines mentioned above for Mighty Mites apply to coaches on the field.
4. Mighty Mite & Bantam only will follow high school penalty assessments. For penalties that are 5 yards, they will be assessed at 5 yards, for penalties that are 10 or more yards they will be assessed at 10 yards.
5. Freshman, Sophomore, Junior & Senior Division will follow high school penalty assessments for all rule violations.
6. All Divisions. After the official certification, any player that exceeds the official weight limit per age group will be required to play as described below for all X players. The rules are for Offense, Defense, and Special Teams. All X players will be required to wear a 3 or 4 inch X contrasting the color of the helmet, on front and back side easily visible.
 - a. **Offense:** - No more than 3 X players may be on the field at the same time.
 - i. All X players must play on the line of scrimmage inside the Free Blocking Zone (FBZ).
 - ii. The X players must be set, but not necessarily in a three or four point stance, at the snap of the ball. X players will not be allowed to have a blocking assignment that would cause their first blocking responsibility to be anyone outside the XMBZ at the snap of the ball when pulling, unless that player is lined up over the X-Players shoulder.
 - iii. The furthest outside X player must be covered by a non X player.
 - iv. No plays may be designed to have an X player carry the ball.
 - v. X player may advance a true fumble or tipped/batted pass.
 - b. **Defense:** - No more than 3 X players may be on the field at the same time.
 - i. All X Players must play on the line of scrimmage inside the Free Block Zone (FBZ) with their inside shoulder no wider than the outside shoulder of the last lineman on their side.
 - ii. The X player must be set in a three or four point stance at the snap of the ball.
 - iii. The X player may advance a fumble or interception as long as they are the original player with the ball. No laterals or hand offs to an X player are allowed.

- c. **Special Teams:** - No X players can play on Kickoff and Kickoff Return.
 - i. If the Kick Off team has fewer than 11 eligible players, they can request **NO** Kick offs. There must have a minimum of 8 players on the field for both kick off & receiving teams.
 - ii. Mighty Mite, Bantam & Freshman – receiving team gets the ball on their 45 yard line.
 - iii. Sophomore, Junior & Senior – receiving team gets the ball on their 35 yard line
 - iv. Punt and Punt Returns will be considered offensive and defensive accordingly and thus follow the rules mentioned above.

 - d. **Misuse of an X-Player:**
 - i. The first & second penalty for the misuse of an X player in formation will be an illegal procedure penalty. The third infraction will be an Unsportsmanlike conduct penalty against the head coach.
 - ii. The first penalty for the illegal use of an X-player in the development of a play will be an Unsportsmanlike penalty against the head coach.

 - e. **Certification:** - The first certification will determine the player’s status for the year. An X player for the regular season must remain an X player for the playoffs – regardless of weight. An X will be placed across the registration form from corner to corner and initialed by the person certifying the book. **Prior to each game, X players will be reported to the referee by the head coach.** Books will be reviewed by request only by the opposing head coach.
 - f. **Violations:** - Any head coach found to do anything to have an X player participate in a way that violates the above rules will forfeit all games the player has participated in whether or not the player played illegally. The head coach will be immediately removed as a coach in any capacity in the GCYFL. The GCYFL executive board will determine whether the team will be allowed to participate in the playoffs.
7. Game Official's Assistants (Chain Gang). Will be positioned on the home sidelines.
 8. Game Times. All games will consist of (4) 10 minute quarters. Halftime is 15 minutes maximum, with the 15 minutes including a mandatory 3 minute warm-up.
 - a. The game clock will stop at each change of possession.
 - b. The ready play clock shall be 30 seconds.
 - c. The GCYFL will use CIF Varsity clock rules, even though we play 10 minute quarters
 9. Ties. In the event of a tie, a winner will be determined by the following:
 - a. A coin toss will be held with the winner determining either; Offense, Defense or End Zone. If winning team selects Offense or Defense, the losing team determines which End Zone to defend.
 - b. Ball will be placed on the 10 yard line.
 - c. Each team will have 4 plays to attempt to score a touchdown.
 - d. One try by each team will constitute 1 overtime session.
 - e. If a touchdown is scored – the extra point try will follow.
 - f. If there is a turnover – this ends the scoring try for the offense.
 - g. Each team will receive 1 time out per overtime session.
 During regular season play, if a tie has not been broken after two complete overtime sessions, then the game will be recorded as a tie. (*Use the NFHS Rule*)
 - h. During the Play-Offs, overtime sessions will continue until a winner is determined.

10. **Mandatory Play Rule (MPR)**

All eligible players will play a minimum of 12 Action Plays per game of offense, defense or special teams, or a combination of the three. Spiking the ball or taking a knee to get players their 12 plays will not count toward the minimum 12 play rule and may result in disciplinary action against the Head Coach. The GCYFL Player Audit Form must be filled out, signed and given to the Game Field Commissioner at the conclusion of the game. Each chapter will forward the completed forms to the AD of coaches at (or before) the next regularly scheduled GCYFL board meeting. Coaches shall list every player listed on the certified roster and state the reason why that player is not participating, (Discipline, Injury, Illness or Drop). This reason must clearly be indicated on the GCYFL Player Audit form. For Championship games, independent representatives' acting on behalf of the GCYFL will audit the auditors of both teams to assure that proper procedures are being followed. Failure to abide by the above rules will result in the player(s) affected playing 24 plays in the next game. A second violation by that team will result in a one game suspension for the Head Coach. If, in the judgment of the Athletic Director Committee, the abuse of the rule has affected the outcome of the game, said team will forfeit the game. If a coach violates the mandatory play rule in a playoff game, the team will be eliminated from the playoffs and the opponent will advance. If a team has won a championship game, and then are found to have violated the mandatory play rule during that game, the game will be considered forfeited. Trophies will be awarded to the challenger. If both teams are found to have violated the mandatory play rule, both teams will record a loss, and there will not be a Champion named for the year in the division.

a. MPR Challenge Procedure:

- i. Violations must be reported with a summary of the complaint and all supporting evidence by the challenging coach before 7:00 PM the following Sunday.
- ii. Complaints: must be sent to the AD of Rules and CC: the AD Committee via-mail.
- iii. Complaint Deposit : Reporting a violation will require a \$200 deposit which will be returned if the video evidence provided is deemed to be conclusive that a violation of the mandatory play rule occurred. The burden of proof will be with the coach reporting the violation. If the complaint is reviewed and confirmed to be a violation, the \$200 deposit will be returned. If the complaint is found to be without merit or inconclusive, the \$200 deposit will be forfeited, and the accused team's chapter will receive the deposit for their troubles. a. Payment must be in cash or on a chapters checking account check.
- iv. Evidence: Video evidence must contain every play of the game and may be compiled from multiple video sources. Footage may be solicited from anyone who filmed the game. Video may be in DVD, Blue-Ray, or digital format only. If every play of the game is not included in the evidence, the complaint will be thrown out, the \$200 deposit forfeited, and the accused team will receive the deposit for their troubles. a. Evidence will be reviewed by AD of Rules or a league appointed individual not affiliated with either team involved in the complaint.
- v. Decisions: A decision will be made and communicated to all involved by 11:00 PM the following Thursday. Complaints proven to be valid will be sent to all coaches in the same division so that the coaches of upcoming games may be aware of sanctions which apply to their upcoming opponents.

11. The **“Mercy Rule” / “Sportsmanship Rule”**:
 - a. The “Mercy Rule” goes into effect for every game in every division anytime a team has a 30 point scoring differential. The rules will go into effect immediately following the extra point.
 - b. The coach with the lead “must” remove a minimum of 5 players (Never to require less than 11 players). The players will not be allowed to return to the game unless an injury makes fielding 11 players impossible. In that case a removed player may return. The players will remove their helmets and shoulder pads. The team in the lead “will not” be required to run between the tackles.
 - c. There will be no kickoffs. The ball will be placed on the leading team’s 40 yard line. If the winning team turns over the ball on downs, the ball will be placed on the leading teams 40 yard line or the spot, which-ever is closer. If the trailing team turns over the ball on downs, the ball will be placed on the leading teams 40 yard line or the spot, which-ever is farther.
 - d. At the Trailing Coaches option, there will be a running clock starting in the second half. Time will stop only for injuries, timeouts or change of possession.
 - e. The “Sportsmanship Rule” goes into effect for every game, in every division, anytime the final scoring differential is greater than 42 points.
 - i. First offense the head coach will serve a one game suspension.
 - ii. Second offense the head coach will be suspended for the remainder of the season (including playoffs).
 - ii. Third offense the team will be removed or barred from the playoffs and head coach will be suspended for the following season.

12. The following is the official method for determining the seeding for playoffs.
 - a. Overall Record
 1. In the event teams play a different number of games:
 1. Total wins will be the determining factor. Not winning percentage
 - a. 5 - 3 team will be determined the same as a 5 - 4 team (tied)
 - b. 4 - 4 team will be determined the same as a 4 - 5 team (tied)
 2. Tie games will be determined as .5 wins
 - a. 5 – 3 team will be considered lower than a 5 - 3 -1 team
 - b. Head to Head Record
 - c. Coin Flip

Section C – Scouting Rules

1. Films and videotapes may be taken of games/scrimmages.
 - a. You may not film or scout at the Jamboree if your team is not participating.
2. Viewing of films or videotapes during the game, including half time, is not allowed.
3. Films or videotapes can be made available to other teams.
4. There will be no scouting of practices.

Section D – Spotting Rules

1. Auditors/Statisticians will not engage in spotting or any form of coaching during the course of a game.
2. Field phones may be used at all levels including Mighty Mite and Bantam when coaches are on the field.
3. Chain Gang members will not engage in coaching during the game and may not communicate/coach/cheer/instruct the players, who are on the field, in any form.

Article VIII. Rules and Violations

Section A - Authority

1. Chapters will be given first authority to deal with all violations, issues, etc. unless the GCYFL deems it necessary to get involved immediately.
2. The GCYFL has the right to get involved in any violation and at any point they deem necessary.
3. All decisions of the GCYFL are final and binding on all Chapters, teams and individuals. There is no appeal of a GCYFL decision.

Section B - Appeals

1. A team or individual may appeal a Chapter's decision to the GCYFL.
2. Appeals must specify the article/section of the GCYFL/CIF/NFHS Rule Book.
3. All appeals must be received by the GCYFL President and the AD of Rules within 24 hour of the ruling.
4. All Appeals to the GCYFL will be dealt with by a group of 3 individuals made up of the AD of Rules and AD of Coaching plus 1 Board Member. (none of these individuals should be associated with the matter at hand or the chapters involved – where possible)

Section C - Protests

1. Protests on matters involving official's judgment will not be considered.
2. Protests must specify the article/section of the GCYFL/CIF/NFHS Rule Book.
3. All Protests must be received by the AD of Rules by 7pm the Sunday following the game with the appropriate evidence.
4. All Protests to the GCYFL will be dealt with by a group of 3 individuals made up of the AD of Rules and AD of Coaching plus 1 Board Member (none of these individuals should be associated with the matter at hand or the chapters involved – where possible).

Section D - Penalties

A violation of any rule contained herein may subject a Chapter, team, or individuals to any one or more of the following penalties:

1. Forfeiture of game(s).
2. Disqualification from competing for, or taking part in, championships.
3. Disqualification from participating in bowl or post-season games.
4. Suspension, expulsion, ineligibility, disbarment, or probation.
5. Loss of franchise.
6. Subject to a fine of not less than \$25.00 and no more than \$200.00.

Section E - Game Officials

1. Officials will be scheduled by the referee associations the GCYFL works with.
2. If no officials show up, the Game Field Commissioner is responsible for arranging the stand-in officials. The game will stand as played and there will be no protest accepted.
3. Game officials are to be paid in cash immediately following each game by the home team the amount which is agreed upon by the GCYFL and the officials association prior to the season. Failure to pay will result in a forfeit. Official assigner fees will be paid by the GCYFL separately.

Section F - Forfeits

In the event that a team must forfeit a game, no less than 72 hours advance notice must be given by the forfeiting Chapter to the AD of Scheduling. If less than 72 hours' notice is given, the forfeiting Chapter will be responsible for paying any incurred Officials Fees and field costs assumed by the host Chapter.

Forfeits will stand unless there were extenuating circumstances and the AD of Scheduling can reschedule the game. The AD of Scheduling's decision is FINAL. A game may be forfeited for the following reasons:

1. Coaches exhibiting un-sportsmanlike conduct toward any game official, player, director, or opposing Coach or player.
2. Parents and/or followers of a team using/participation in un-sportsmanlike conduct toward any official, player, Coach, director, or opposing Coach, Player or Parent.

NOTE: Before the game is forfeited, one warning will be given by a game official & the Game Officials will consult with the Field Commissioner to agree a forfeit is necessary.

Appendix III – FBZ Rule Clarification

Free (X-Man) Blocking Zone Parameters:

The GCYFL definition of the free blocking Zone for the purpose of X-Player Alignment and usage will use the basic dimensions of the FBZ now known here as the X-Man Blocking Zone. The Zone will be designated as 4 yards either side of the ball and close enough to the line of scrimmage to be determined on the line of scrimmage. The Zone will be a defined area at the snap of the ball and will remain a designated Zone. A player is in the X-Man Blocking Zone when any part of his body is in the Zone at the snap of the ball.

For the Purpose of Blocking Zone Play Designs:

Free Blocking Zone or FBZ is defined as follows:

NFHS Rule 2 Section 17: Free-Blocking Zone - Legal Blocking Below the Waist, Legal Block in the Back

Art. 1. The Free-blocking zone is a rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards behind each line of scrimmage. A player is in the free-blocking zone when any part of his body is in the zone at the snap.

Art. 2. Blocking below the waist is permitted in the free-blocking zone when the following are met:

- a. All players involved in the blocking are on the line of scrimmage and in the zone at the snap.
- b. The contact is in the zone.
- c. Chop blocking; blocking below the waist while the layer is in contact with another blocker above the waist is ALWAYS illegal.

Art. 3. Clipping is no longer permitted in the Free-Blocking Zone!

Art. 4. Blocking in the back is permitted in the free-blocking zone when the following conditions are met:

- a. By offensive linemen who are on the line of scrimmage and in the zone at the snap.
- b. Against defensive players who are on the line of scrimmage and in the zone at the snap.
- c. The contact is in the zone.

Art. 5. The free blocking zone disintegrates and the exception for a player to block below the waist and/or the exception for an offensive lineman to block in the back is not to continue after the ball has left the zone.

Assembly Bill No. 1: CHAPTER 158

AB 1, Cooper. Youth athletics: California Youth Football Act.

Under existing law, a school district, charter school, or private school that elects to offer an athletic program is prohibited from allowing a high school or middle school football team to conduct more than 2 full-contact practices, as defined, per week during the preseason and regular season, as defined, and from conducting a full-contact practice during the off-season.

This bill would express legislative findings and declarations relating to youth football and specifically relating to player safety. The bill, on and after January 1, 2021, would require a youth sports organization, as defined, that conducts a tackle football program to comply with certain requirements, including, among other things, not conducting more than 2 full-contact practices, as defined, per week during the preseason and regular season; not holding a full-contact practice during the off-season; having coaches receive a tackling and blocking certification, as specified; having designated personnel annually complete specified concussion and head injury education, a specified factsheet related to opioids, and designated training relating to heat-related illness, as defined; meeting specified requirements relating to safety equipment; having a licensed medical professional present during games, as specified; having coaches receive first aid, cardiopulmonary resuscitation, and automated external defibrillator certification; and inspecting safety equipment, as specified.

The bill, on and after January 1, 2021, would require a youth tackle football league to establish youth tackle football participant divisions that are organized by relative age or weight or by both age and weight, and to retain information for the tracking of youth sports injuries, as specified. The bill would declare that nothing in its provisions would prohibit any youth sports organization or youth tackle football league from adopting and enforcing rules providing a higher level of safety than the requirements of this bill.

THE PEOPLE OF THE STATE OF CALIFORNIA DO ENACT AS FOLLOWS:

SECTION 1.

(a) The Legislature finds and declares all of the following:

(1) Youth football's highest priority is the safety and well-being of its participants. California children must have the right to be protected with safe youth football standards and practices empowering parents to make informed choices regarding the elected activities of their children.

(9) Blocking and tackling techniques designed to remove the head from contact have become the nationwide standard for teaching blocking and tackling, and coaches are required to complete annual certification and continuing education in blocking and tackling techniques that emphasize the removal of the head from any blocking or tackling and that provide coaches with noncontact drills designed to reinforce this training.

(10) The federal Centers for Disease Control and Prevention Concussion Protocol Training has become standard for many youth football organizations and coaches in an attempt to minimize the risk of injury for youth football players, and the training is designed to identify those players who exhibit symptoms of a concussion, to prescribe protocols for the immediate removal of those players from the game or practice, and to outline stringent "return to play" protocols that coaches, players, and parents must follow after a youth football player has received clearance from a medical doctor before that player is allowed to return to full participation.

(11) Youth football organizations have implemented policies for concussion response, proper hydration,

equipment fitting, and age and weight requirements.

(15) In order to ensure youth tackle football participant safety and competitive play, youth tackle football leagues should be divided into divisions based on the participant's relative size and maturity, including classifications by appropriate weight, age, and size.

SEC. 2.

Article 2.7 (commencing with Section 124240) is added to Chapter 4 of Part 2 of Division 106 of the Health and Safety Code, to read:

Article 2.7. California Youth Football Act 124240.

(a) This article shall be known, and may be cited, as the California Youth Football Act.

(b) As used in this article:

(1) "Coach" means a person appointed by a youth sports organization to supervise or instruct a participant in the sport of youth tackle football.

(2) "Full-contact portion" of practice is defined as the period of time in drills or live action that involves contact at game speed.

(3) "Full-contact practice" means a session where one or more drills or live action is conducted that involves contact at game speed, as in an actual tackle football game or scrimmage. This includes simulations or drills that involve any number of players.

(4) "Heat-related illness" includes, but is not necessarily limited to, heat cramps, heat syncope, heat exhaustion, and exertional heat stroke.

(5) "Off-season" means a period extending from the end of the regular season until 30 days before the commencement of the next regular season.

(6) "Play" includes participation in a youth tackle football game, scrimmage, or practice.

(7) "Preseason" means a period of 30 days before the commencement of the regular season.

(8) "Regular season" means the period from the first league football game or scrimmage until the completion of the final football game of that season.

(9) "Safety equipment" includes, but is not necessarily limited to, all of the following:

(A) A helmet and its associated parts, including, but not necessarily limited to, a face mask and mouthguard, Hip, knee, and shoulder pads. A jersey, A tailbone protector, Pants and thigh guards, Shoes, including cleats.

(10) "Youth sports organization" means an organization, business, or nonprofit entity that sponsors or conducts amateur sports competition, training, camps, clinics, practices, or clubs.

(11) "Youth tackle football league" means the organization that groups together youth sports organizations that conduct youth tackle football, administers rules, and sets game schedules. It may or may not be associated with a national organization.

124241.

On and after January 1, 2021, a youth sports organization that conducts a tackle football program shall comply with all of the following requirements:

(a) A tackle football team shall not conduct more than two full-contact practices per week during the preseason and regular season.

(b) A tackle football team shall not hold a full-contact practice during the off-season.

(c) The full-contact portion of a practice shall not exceed 30 minutes in any single day.

(d) A coach shall annually receive a tackling and blocking certification from a nationally recognized program that emphasizes shoulder tackling, safe contact and blocking drills, and techniques designed to minimize the risk during contact by removing the involvement of youth tackle football participant's head from all tackling and blocking techniques.

(e) Each youth tackle football administrator, coach, and referee shall annually complete all of the following:

(1) The concussion and head injury education pursuant to Section 124235.

(2) The Opioid Factsheet for Patients pursuant to Section 124236.

(3) Training in the basic understanding of the signs, symptoms, and appropriate responses to heat-related illness.

(h) A minimum of one state-licensed emergency medical technician, paramedic, or higher-level licensed medical professional shall be present during all preseason, regular season, and postseason games. The emergency medical technician, paramedic, or higher-level licensed medical professional shall have the authority to evaluate and remove any youth tackle football participant from the game who exhibits an injury, including, but not necessarily limited to, symptoms of a concussion or other head injury.

(i) A coach shall annually receive first aid, cardiopulmonary resuscitation, and automated external defibrillator certification.

(j) At least one independent non-rostered individual, appointed by the youth sports organization, shall be present at all practice locations. The individual shall hold current and active certification in first aid, cardiopulmonary resuscitation, automated external defibrillator, and concussion protocols. The individual shall have the authority to evaluate and remove any youth tackle football participant from practice who exhibits an injury, including, but not limited to, symptoms of a concussion or other head injury.

(m) Each youth tackle football participant shall complete a minimum of 10 hours of noncontact practice at the beginning of each season for the purpose of conditioning, acclimating to safety equipment, and progressing to the introduction of full-contact practice. During this noncontact practice, the youth tackle football participants shall not wear any pads, and shall only wear helmets if required to do so by the coaches.

(The GCYFL requires an additional 10hrs of fully pad conditioning hours before an athlete may participate in contact drills or other contact activities)

124243.

Nothing in this article shall prohibit any youth sports organization or youth tackle football league from adopting and enforcing rules intended to provide a higher standard of safety for youth tackle football participants than the requirements established under this article.

The Head Coach 's Contract 2022:

I acknowledge that I have read this Handbook and understand and accept the contents herein. I further agree to abide by all the rules and regulations contained in the GCYFL Rules, the GCYFL Bylaws and California Assembly Bill 1 (AB-1), and that all my assistant coaches will do the same. I agree that any failure to do so on *my* part or the part of my assistant coaches will allow the GCYFL to handle accordingly.

Name (print): _____

Signature: _____

Date: _____

Print & Sign this page and put in your certification book...