



2018 Rulebook

V2.2





Mission Statement

The mission and philosophy of the Trans Valley Youth Football League is to establish an environment of continuous improvement, developing the self-esteem, personal growth, pride, and well-being of all of the participants of the communities involved.

The League intends to promote the spirit of teamwork and friendly rivalry among all players, coaches and families of the participating communities.

It is the League's intent to not only nurture and develop the children's athletic ability, but also to develop them as responsible and well-adjusted individuals.

All League decisions and policies will be based on "what is best" for the children of the participating communities.

The official name Trans Valley Youth Football League will henceforth be referred to as TVYFL throughout this document.



ARTICLE I: DOCUMENTATION 3

SECTION I: TEAM DRAW AREAS..... 3

SECTION II: COACHES, COACHING MATERIALS AND MEMBER TEAM ELIGIBILITY..... 3

SECTION III: TEAM ROSTER AND PARTICIPANT ELIGIBILITY..... 5

SECTION IV: PLAYER ELIGIBILITY BY LEVEL..... 5

SECTION V: WAIVERS OR TRANSFERS 6

SECTION VI: LOCAL TEAM’S BOARD OF DIRECTORS..... 6

ARTICLE II: CLINICS, PRACTICE AND GAME DAY 7

SECTION I: CLINICS / CAMPS / PRE-CONDITIONING *****UPDATED 2018 (A)**..... 7

SECTION II: PRE-GAME REGULATIONS..... 7

SECTION III: PRACTICES *****UPDATED 2018 (F)**..... 8

SECTION IV: ROSTER CHECK-IN AND WARM-UPS *****UPDATED 2018 (J)**..... 9

SECTION V: GAME RULES *****UPDATED 2018 (B,C)**..... 10

SECTION VI: RULES FOR NOVICE, JV, AND VARSITY..... 10

SECTION VII: RULES FOR JUNIOR NOVICE COMPETITIVE FORMAT *UPDATED 2018 (G, H)**..... 11

SECTION VIII: ALL STAR GAMES (NOVICE, JUNIOR VARSITY, & VARSITY) *****UPDATED 2018 (G, H)**..... 11

SECTION IX: MUNCHIE GAMES (*ROUND-ROBIN FORMAT*)..... 12

SECTION X: COMPLAINTS ON THE FIELD 13

ARTICLE III: PLAYER AND TEAM EQUIPMENT..... 14

SECTION I: PLAYERS EQUIPMENT ****UPDATED 2018 (I)**..... 14

SECTION II: TEAM RESPONSIBILITY ****UPDATED 2018 (A)**..... 14

ARTICLE IV: COACHES AND PLAYER PARTICIPATION..... 15

SECTION I: COACHES ****UPDATED 2018 (H)**..... 15

SECTION II: PLAYER PARTICIPATION ****UPDATED 2018 (E)**..... 15

ARTICLE V: GAME ADMISSIONS..... 17

SECTION I: LEAGUE GAMES ****UPDATED 2018 (C)**..... 17

ARTICLE VI: LEAGUE OPERATIONS AND MEMBER TEAM RESPONSIBILITIES 18

SECTION I: CONDUCTING THE LEAGUE 18

SECTION II: ADDITIONAL MEMBER TEAMS’ RESPONSIBILITY *****UPDATED 2018 (G)**..... 20

ARTICLE VII: JR INSTRUCTORS *UPDATED 2018 (ALL SECTIONS)..... 22**

SECTION I: ROLE OF A JR. INSTRUCTOR - CHEER 22

SECTION II: ROLE OF A JR. INSTRUCTOR - FOOTBALL 22

SECTION III: RESTRICTIONS: JR. INSTRUCTORS........ 22

SECTION IV: ELIGIBILITY AND REQUIREMENTS..... 23

SECTION V: DISCIPLINARY ACTION 23

ARTICLE VIII: CHEER RULES AND GUIDELINES 24

SECTION I: CHEER: REPRESENTATIVE AND COACHES REQUIREMENTS..... 24

SECTION II: CHEER: MUNCHIE GAMES..... 25

SECTION III: CHEER: ALL STARS AND SUPER BOWL 25

SECTION IV: CHEER: COACHES..... 25



SECTION V: CHEER: RULES AND REGULATIONS 25

SECTION VI: MASCOTS..... 26

SECTION VII: UNIFORM REQUIREMENTS ***UPDATED 2018 (A,B,E,F) 27

SECTION VIII: STUNTING ***UPDATED 2018 (E,F) 27

SECTION IX: COMPETITION ***UPDATED 2018 (B) 28



ARTICLE I: Documentation

Team Draw Areas, Coaches and Participant Registration Items

SECTION I: Team Draw Areas

- A. TVYFL member team "Draw Areas" shall be presented to the League Board for approval annually or every 3 years as stated in an Agreement between TVYFL and the Member Team (See Article VI on p. 15. "Draw Areas" are defined as the area in which a team may accept applications for participation.)
- B. Players who have participated on a TVYFL member team without a transfer during the season prior to a League Board change in the member teams "Draw Area" shall be grandfathered onto said team provided said player meets all qualifications as required by the member team.
- C. All TVYFL member teams are required annually to sign the League "Draw Area Agreement" and shall be approved by the League prior to participating in League/team activities. No new documentation will be required yearly if the team is:
 - a. a participant in the TVYFL the previous year.
 - b. in an area where there is no new school in the previous Draw Area.
 - c. not affected by a new team
 - d. not affected by the request of another TVYFL team which desires to draw from the team's existing Draw Area on file with the TVYFL Board.
- D. If the previous 4 conditions do not occur, the team must sign a newly dated Draw Area Agreement once a year.
- E. All League Draw Agreements must be accompanied by an individual team's tax ID# and Articles of Incorporation. All Teams shall submit a Draw Area Map and information yearly to update League information. Exceptions include open Draw Areas and the teams within the Boundaries of Patterson, Crows Landing, Newman, and Gustine and the City of Modesto limits for Modesto and Salida-based teams.

SECTION II: Coaches, Coaching Materials and Member Team Eligibility

- A. All coaches shall have a current electronic application:
 - a. A current picture ID
 - b. Current First Aid/CPR card through the end of the current season
 - c. DOJ Live scan
 - d. Completion of the United States of America (USA) Football items required of all football coaches by TVYFL or YCADA certification for all cheer coaches.
 - e. Must attend a TVYFL sponsored coaches clinic.
- B. These required documents must be on file with the League prior to participating in any way at the team level. The member team and/or a designated official will oversee all screening. (TVYFL reserves the right to ask for an FBI DOJ background investigation before choosing to approve any coach.)
- C. DOJ clearance is mandatory. If there is any issue for which a coach or board member is identified during the scan, he or she will be removed from their position until the issue is cleared with authorities and by the TVYFL Executive Board. TVYFL reserves the right to approve or disapprove any coach or board member seeking reinstatement after an issue found in a DOJ clearance.
- D. DOJ Process
 - a. The Background Screening Policy is in effect to protect participants being served by volunteers, contracted staff and staff in all programs offered by the Trans Valley Youth Football League (TVYFL).
 - b. Policy Statement
An annual background screening is mandatory for all independent contractors and volunteers over the age of 18 that work with children (anyone under the age of 18). A volunteer is not authorized to have access



to children until a background screening has been processed and approved by the TVYFL. All information will be confidential and not discussed outside of the process.

E. DOJ Implementation Process

- a. The background screening authorization form, State of California Department of Justice Live Scan, must be completed, signed by authorized personnel and submitted to TVYFL.
- b. The TVYFL shall administer all background screening procedures, including a check of the California sex offender registry, and approve/disapprove of the volunteer based upon the results of the background screening.
- c. The TVYFL will notify member team of the approval or disapproval.
- d. The TVYFL Executive Board will notify the member team of non-approval via a letter. The volunteer may withdraw their name from consideration or request a review. If a review is requested, the applicant may meet with the TVYFL Executive Board. In the event the contractor or volunteer feels a mistake has been reported in the background screening process, it is their responsibility to contact the reporting agency and resolve the issue.

F. DOJ Background Screening Disqualifiers

- a. All crimes against children, regardless of the amount of time since the offense.
- b. All sexual offenses, regardless of the amount of time since the offense. Examples include, but are not limited to: child molestation, rape, sexual assault, sexual battery, sodomy, prostitution, solicitation, and indecent exposure.
- c. All felonies that constitute offenses against a person, regardless of the amount of time since the offense. Examples include but are not limited to: murder, manslaughter, aggravated assault, kidnapping, robbery, and aggravated burglary.
- d. All offenses other than those against the person within the past 7 years. Examples include, but are not limited to: drug offenses, theft, embezzlement, fraud, child endangerment.
- e. All misdemeanor violence offenses within the past seven (7) years. Examples include but are not limited to: simple assault, battery, domestic violence, hit & run, etc.
- f. Any other misdemeanor within the past five (5) years that would be considered a potential danger to children. Examples include but are not limited to: contributing to the delinquency of a minor, providing alcohol to a minor, theft - if person is handling monies, etc.
- g. Misdemeanor drug and alcohol offense within the past two years. (If the sentence for the offense is completed, and the individual is no longer on reporting probation, the TVYFL Executive Board may approve participation).

G. Participating in the TVYFL is a privilege. The TVYFL Executive Board reserves the right to remove a coach or team board member without just cause as deemed necessary.

H. All coaches are to be listed on the official roster for the team they represent with the Head Coach listed first. All coaches' names and/or telephone numbers are required for the roster to be considered complete.

I. All team board members must electronically register through Bonzi. They must be DOJ Live scan before they will be fully approved on the board. Any changes to your member team board must be immediately notified to the TVYFL Executive board.

J. The final and fully completed original roster for all football and cheer teams must be presented to the League President or his/her designee on Monday prior to the first scheduled TVYFL game.

- a. Any organization not in compliance shall forfeit all games until the League receives the original roster and all TVFYL assessed fees.
- b. Beginning with game 1 all rosters become final. Players may be added to roster through the proper waiver process up to game 3. No roster changes after game 3.



SECTION III: Team Roster and Participant Eligibility

- A. Players who completed the last season will be assigned to the same "parent" team provided they have met all qualifications as required and adopted by the Local Teams Board of Directors. Any player who wishes to change his/her team affiliation (with the approval and accompaniment of the player's parents, or legal guardian) must present his reasons for this change to the Local Team's Board of Directors. If the Local Team Board denies the request, the player (with the approval and accompaniment of the player's parents or legal guardian) may present in written form to the League Board his reasons for a "team change". If the League Board deems appropriate, a meeting shall be scheduled with the player, parents or legal guardians, and the Local Team Board denying the transfer. After hearing all sides of the case, the League Board will retire to "Closed Session" for further discussion and a judgment. All participants in the case will be notified of the Board's decision either by mail or by phone. All decisions of the League Board are final. (Note that all transfers are not "grandfathered" to teams, therefore, must be re-applied for yearly.)
- B. All member teams shall accept football registration until the day the final roster is to be turned in or until member teams reach a roster size of 40 players. Member teams may continue to accept more than 40 players if they so choose however, the League must first approve increases in roster size.
- C. Due to lead-time for cheer uniforms, cut-off for member teams to accept cheer registrations will be the first week in June, date will be set TVYFL.
- D. Team roster size shall not exceed 40 players without League approval.
- E. Teams shall not make cuts to their roster size, shall not conduct try-outs, and shall work from a "first come, first served" basis.

SECTION IV: Player Eligibility by Level

Including Varsity, Junior Varsity, Novice and Junior Novice

- A. Age eligibility for TVYFL participants is based upon November 29th of the current year.
- B. All players must have an electronic application on Bonzi, physical, most current report card and proof of age on file with their member team prior to participation in team practice.
 - a. Physical need to be dated for the current calendar year (after January 1st).
 - b. Physical need to be on the current TVYFL Medical Form.
- C. VARSITY SQUADS shall consist of players 13 and 14 years of age.
 - a. All 8th graders must participate at the Varsity level.
 - b. Individuals entering the 9th grade or who turn 15 years old on/before November 29 may not participate in the TVYFL.
- D. JUNIOR VARSITY SQUADS shall consist of players 11 and 12 years of age.
- E. NOVICE SQUADS shall consist of players 9 and 10 years of age.
- F. JUNIOR NOVICE SQUADS shall consist of players 6, 7 and 8 years of age.
 - a. Participants must be 6 years old as of July 1st of the current year. No waivers are allowed for participants less than 6 years of age.
- G. Participants Age 12 and/or Grade 7, Age 10 and/or Grade 5, Age 8 and/or Grade 3 may be moved up to the next level only with local board approval.
- H. If an opposing Head Coach questions the eligibility of a player, he may have his organization request an investigation by the TVYFL board into the eligibility of said player. If a player is found to be ineligible, all games played in are forfeited.
- I. There are no weight limits with TVYFL. Participation is based upon age and grade.



SECTION V: Waivers or Transfers

- A. All member team transfers must be presented to the league for approval prior to the player's participation in practice, play, or involvement in any team function.
- B. All waivers and transfers shall be complete and approved by the member team prior to submission for approval by the league and prior to the start of practice for the player.
- C. Recruiting participants who are currently on a TVYFL team is not allowed.
 - a. The recruitment of players will result in penalties of possible removal of player, loss of standings and the removal of offending coaches and or board members.
- D. Any participant that does not have a completed and approved by TVYFL waiver/transfer is deemed an ineligible participant pursuant to Article IV, Section II Player Participation.
- E. Special circumstances can be waived on a "case by case" basis with completed waiver form.
 - b. Special circumstances: Medical or Learning Disability (additional documentation may be required.)

SECTION VI: Local Team's Board of Directors

- A. Board shall consist of a minimum of 7 participants including President, Vice President, Secretary, Treasurer, League Rep, Cheer Rep and Player Safety Coach (PSC).
- B. All board members must register electronically with Bonzi and complete a DOJ by the March League meeting.
- C. TVYFL Executive Board must be notified immediately of any changes to a member team's board.

SECTION VII: Violations

- A. Any violations found inclusive of Sections II through V under Article I will result in the following minimal suspension to coaches:
 - a. First offense - (1) One week suspension.
 - b. Second offense - (2) Two-week suspension.
 - c. Third offense - (3) Suspension of the remainder of the season.
- B. If only 2 games or fewer left in the season, the coach will be suspended for the remainder of the current season and the first 4 league games of following season.
- C. The TVYFL board retains the right to alter any punishment regarding any team members, players or coaches, if there is reasonable cause and evidence that show the rule violation was injurious, whether physically or mentally, to any participant or coach in the TVYFL. Proper written documentation will accompany the notation of altered penalty regardless of the severity for which the penalty was noted.
- D. Any rules disobeyed or omitted by any team coach or participant and not covered specifically by a penalty are subject to disciplinary action if agreed upon by the TVYFL board members or Executive Board members after disclosure and discussion of the violation and penalty has been reviewed. TVYFL will take into account effects of the violation as it pertains to the Mission of the League and the needs of the individual participants.
- E. These violations may also be imposed for any rule infraction.



ARTICLE II: Clinics, Practice and Game Day

SECTION I: Clinics / Camps / Pre-Conditioning ***Updated 2018 (A)

- A. Participant Clinics/Camps may be conducted by member teams prior to the starting date of the official season with the approval of TVYFL. The official date of clinics is set by the league and conducted under the following guidelines:
- a. Teams are allowed to host 1 organization only clinic/camp per year.
 - b. Each additional clinic/camp must be open to all and only include participants within the TVYFL.
 - c. Teams need to submit in writing a proposal to host a clinic/camp for approval by TVYFL.
 - d. All clinics/camp must be administered by an approved TVYFL coach with all current certifications completed.
 - i. Proposal should include: Where, Who, When, Curriculum and a detailed description of clinic/camp
 - e. Clinic/camp that are not approved will not be covered by TVYFL insurance.
 - f. Recruiting is not allowed during a clinic/camp.
 - g. The League Rep needs to be present at the hosted clinic/camp.
 - h. All electronic registration for participants and coaches must be completed before the clinic/camp and the concussion protocol forms must be signed and returned to the parents prior to the clinic.
 - a. The clinic/camp may not exceed one day for a maximum of six hours.
 - b. The clinic /camp must be held prior to July 15th.
 - c. There shall be no player contact allowed; this includes blocking sleds, bags, and dummies or stunting and tumbling for Cheer.
- B. Pre-conditioning is allowed and the start date will be set by TVYFL. It is allowed weekly through the Friday prior to the regular season practice. Pre-conditioning must meet the following guidelines:
- a. Participation must be optional for all players and cheerleaders with no repercussions towards non-participating players from local teams.
 - b. There shall be no player contact allowed; this includes blocking sleds, bags, and dummies or stunting and tumbling by cheerleaders.
 - c. All electronic registration for participants and coaches must be completed before the first day of pre-conditioning.
 - d. Pre-conditioning is 3 days per week at 1 ½ hours per day maximum.
 - e. Team vs. team and 7 on 7 touch or flag scrimmages are allowed with TVYFL knowledge and approval during the last week of preseason conditioning.

SECTION II: Pre-Game Regulations

- A. All TVYFL member teams are required to have a copy on hand of game rules and regulations at all practices and games.
- B. The League Representative and Cheer Representative for each team are required to be at each game. The contest may not start without both football League Representatives present.
- C. An Official Team Roster must be fully completed (regardless of whether a participant is playing or not) on a TVYFL form and must be presented to the opposing Team Representative at the official Roster Check-in.
- D. A Football Binder or Cheer Binder containing a Player Safe Roster and a medical treatment release form must be in the possession of the coaches of each team level at all times during practices and games. The said binder is to also include not less than one League Insurance Accident form, TVYFL Coaching and playing rules, and NFHS Football playing rules.



- E. In the interest of sportsmanship, only football coaches and football players may participate in the on field post-game congratulations between opposing teams.
- F. Cheerleaders are not permitted to join their respective football team at center field.
- G. Cheerleaders may form a tunnel at the end zone for player introduction (pre-game) and/or on the sideline at the end of the game for football players and coaches to run through.
- H. Cheerleaders and their coaches do not have field access anytime that a game is in progress.
- I. The **Host Team** must provide a League approved First Responder and/or E.M.T., or more qualified individual (Medic), for each level of team play.
- J. Medical personnel must be introduced to the officials, League Representatives and opposing team Head Coach prior to the start of the game.
- K. A one-hour delay will be allowed if medical personnel are unavailable. If medical personnel are not present after an hour, the game must be rescheduled.
- L. All levels shall have a Local Board Approve Representative and opposing Local Board Approve Representative, or an acceptable replacement (18 or older), who will record the plays in ink, shall be on the sidelines of each team in the area outside of the team box, and count plays for players on the field up to the minimum of 10 plays per player at all levels. The Local Board approve representative must leave the sideline area after ALL the players have reached the 10-play minimum. Play counters may not coach players.
 - a. Each Team Representative will have a roster of players for their team and the TVYFL Play Counting Sheet present for their team. During halftime, the representative is charged with informing his/her team and coaching staff of the players who are below minimum plays.
 - b. Completed and signed Play Count Sheets along with both football & cheer roster will be kept and turned into the opposing League Rep (Cheer Rep for cheer roster) at the completion of the Varsity game on that day and in turn be turned into TVYFL at the next league meeting.
- M. Any intimidation/harassment of the individuals counting plays will not be tolerated and will be dealt with by the League Executive Board as soon as possible with written statements from the board member, and other witnesses.

SECTION III: Practices *Updated 2018 (F)**

*Cheer will follow these rules and always maintain the same time/location of practice with their respective football team.
 *All Head Coaches shall be responsible for keeping an accurate written record which clearly identifies the attendance and absences of all participants at practices throughout the season.

- A. PRACTICE: Two (2) hour practices may be scheduled four (4) days a week for the first four weeks prior to the first scheduled game. This includes no more than thirty (30) minutes of full contact daily.
 - a. Full contact includes any drill conducted in game-like competitive conditions in which there is no predetermined winner – defined as “Thud” or “Live” in USA Football’s Levels of Contact.
 - b. This standard is universal among levels.

i.	Week 1, Day 1	2 hours	helmets, no contact
ii.	Week 1, Day 2	2 hours	helmets, no contact
iii.	Week 1, Day 3	2 hours	helmets & pads, no contact
iv.	Week 1, Day 4	2 hours	helmets & pads, no contact
v.	Week 2 thru remainder of season	2 hours	helmets & pads (30 minutes contact)
- B. After the first scheduled game, practices shall follow WEEK 2 as indicated above.
- C. Practice of any kind on Sundays is strictly prohibited.
- D. Any "Level" of team practice without a League approved coach who is certified in First Aid and CPR is strictly prohibited and will be cause for immediate suspension or expulsion of the team Head Coach of that "Level" from the League.
- E. Minimal practice times (football and cheer) required weekly to participate in games are as follows:



- a. 4-day practice weeks: No less than 3 days of practice for Jr. Novice, Novice, Junior Varsity, and Varsity
- b. 3-day practice weeks: No less than 2 days of practice for Jr. Novice, Novice, Junior Varsity, and Varsity
- c. School and church activities/camps are exceptions to the rules listed above.
- d. Exceptions outside of school or church will be dealt with by the local board on a case-by-case basis.

F. CONDITIONING WEEK: First week or regular season practice.

a. This standard is universal among levels.

i. Week 1, Day 1	2 hours	helmets, no contact
ii. Week 1, Day 2	2 hours	helmets, no contact
iii. Week 1, Day 3	2 hours	helmets & pads, no contact
iv. Week 1, Day 4	2 hours	helmets & pads, no contact
v. Week 2 thru remainder of season	2 hours	helmets & pads (30 minutes contact)

b. The in season weekly conditioning schedule includes:

- i. Week 1, Day 1 & 2 no footballs
- ii. Week 1, Day 3 & 4 footballs are allowed only when used in drills
 - 1. (i.e.-QB, WR, up to ½ line drills only)
- iii. No “full-play” football plays allowed during conditioning week.
- iv. Bag may not be used for contact or tackling.
- v. No stunting, tumbling or learning of cheers/chants during conditioning week.

SECTION IV: Roster Check-in and Warm-ups *Updated 2018 (J)**

- A. Check-in shall be done during half-time of the prior game. Jr Novice will be one (1) hour prior to game time. The purpose of Check-Ins is to verify player is present and a proper roster to begin team warm-ups. Failure to complete check-ins properly may result in disciplinary action by the TVYFL Board
- B. Each member team is required to have an "Official Roster Representative" designated by its own teams. The "Representative" shall be responsible for checking in the opposing team players at the Official Roster Check-in. Representatives will count plays during game while on the sideline with the opposing team. Each football player must complete at least 10 plays throughout the course of the game. Failure to comply may result in forfeiture of game.
- C. Check-in shall be at a designated location. Teams shall be checked-in separately at the same location of the stadium/field. The Team Representative shall have the authority to halt check-in if said check-in is not in compliance with League Policy.
- D. Each member team’s representative is responsible for the conduct of his/her team during check-ins.
- E. All players are required to wear their assigned game jersey to the check-in on all game days. Player numbers may change throughout the season due to various reasons. Team Representatives are to note new numbers on the team’s roster and turn changes into the league as is customary per normal paperwork with the League.
- F. All participants must be present to start warm-up exercises not less than one hour before the official start of the game. Any player not present when warm-up begins will forfeit the opportunity to participate in the start of the game and shall not participate in any form until warm-up exercises have been completed.
- G. Late arriving players are allowed to check in with both team representatives up to game time provided the participant receives a proper warm-up prior to entering the game. (A minimum of 10 minutes of warm-up exercises should be completed with a coach.)
- H. An Official Team Roster on TVYFL form, is to be presented to the opposing representative at first check-in.
- I. Representatives from both teams are required to be present for Official Check-in.



J. Any team not fielding a level on game day may be fined up to \$1000.00 to be paid to the opposing team. Failure to pay the fine prior to the next scheduled game (following week) may result in removal from the TVYFL schedule.

- a. Recommended method for calculating the fine to be paid to the opposing team:
 - i. Hosting expenses (field fee + officials fee + medic fee) minus gate income.
 - 1. Minimum fine of \$250.00
 - ii. Fine amount must be approved by TVYFL.

SECTION V: Game Rules ***Updated 2018 (B,C)

A. NFHS Football Rulebook shall be used except where modified by the TVYFL.

B. Personal Fouls

- a. Targeting, Illegal Helmet Contact, Defenseless Player Contact, Late Hits, Non-football acts away from the play
- b. Two (2) personal fouls results in player ejection.

C. Illegal Blocking Below the waist

- a. All blocking below the waist, blocking in the back and clipping is illegal. There is no "free blocking zone."
 - i. The penalty for clipping and blocking below the waist is 15 yards.
 - ii. The penalty for blocking in the back is 10 yards.

D. All teams are strongly urged to use the High School Numbering System.

- a. The numbers 0, 00 are illegal numbers and will not be used. For example, Numbers 50 to 79 inclusive = non-ball handling position numbers (Linemen only).
- b. *Lack of compliance could cause game time errors relating to ineligible number calls during the game.*

E. Players and coaches must remain within the 25-yard lines (bench area) and a minimum of 6 feet from the edge of the field edge.

F. No person will be allowed on the playing field or within the field area without an Official League Sideline Badge.

G. All teams shall play on a regulation football field.

H. Running Clock

- a. *A Running Clock is mandated for a team behind 35 points at any time during the game.*
- b. *A team that is down by 21 or more points at any time shall be granted a running clock at the trailing Head Coach's request. Once a running clock starts, it shall remain running to the completion of the game with stoppage only for timeouts, injury, or scoring, at which time the clock will restart on the kickoff.*

SECTION VI: Rules for Novice, JV, and Varsity

A. Game quarters for all TVYFL teams shall consist of the following:

- a. Four ten-minute quarters using a sub-varsity clock with one fifteen-minute halftime break.
 - i. Fifteen (15) minute half time equates to a Twelve (12) minute half time plus a three (3) minute warm-up.
- b. Each team will be allowed three time-outs per half.
- c. Injury time-outs called by an official shall not be counted against any team.

B. The official clock shall stop on change of possession and will not restart until the ball has been snapped.

C. The Varsity, Junior Varsity, and Novice squads will:

- a. be allowed to kick the Point after Touchdown (PAT).
- b. be awarded two points for a successful PAT.



- c. be awarded one point for successfully running or passing the ball over the goal line.

SECTION VII: Rules for Junior Novice Competitive Format *Updated 2018 (all)**

- A. Must follow the 10-play rule as stated in Article IV, Section II: Player Participation.
- B. Start of the Game.
 - a. Coin Toss.
 - b. Ball will be placed on the 30-yard line.
- C. There will be downs, scores, penalties.
- D. Game will be played using the entire field (100 yard).
- E. All plays must start from a huddle.
- F. Game quarters for Junior Novice shall consist of the following:
 - a. Four eight-minute quarters using a sub-varsity clock with one fifteen-minute halftime break.
 - i. Fifteen (15) minute half time equates to a Twelve (12) minute half time plus a three (3) minute warm-up.
 - b. Junior Novice will be allowed two (2) time-outs per half.
 - i. With the addition of two (2) time-outs, the previous six (6) minute water breaks have been removed.
 - c. Injury time-outs called by an official shall not be counted against any team.
 - d. No Overtime play will be allowed.
- G. Turnover may be returned for a score.
- H. Extra Points and Punting.
 - a. Extra points will be run in or passed in and only worth 1 point.
 - b. If you elect to punt, the ball will be moved 20 yards from the line of scrimmage.
 - i. If they are inside the 35-yard line of the opponent, it will be moved to the 20.
 - ii. No fake punts.
- I. Teams will be allowed one (1) Jr Novice coach on the field for the first 3 weeks after Munchies.
- J. Teams may use any defense but the interior must still line up heads up.
 - a. Maximum 6 rushers on line of scrimmage.
 - b. Linebackers must stay 3-yards from line of scrimmage until the ball is snapped.
 - c. No blitzing.
- K. There must be different Ball Carriers (Quarterbacks, Running Backs, Wide Receivers and Tight-Ends) each half regardless of player numbers.
- L. No hurry up offense and no hard counts.
- M. Post Season.
 - a. No Playoffs.
 - b. No All-stars.
 - c. No Superbowl.
- N. There will be a trophy for the conference champions to be presented at the Superbowl.
 - a. Tie Breakers: Head to Head game - Coin toss.
- O. Other TVYFL rules will apply and must be followed.

SECTION VIII: All Star Games (Novice, Junior Varsity, & Varsity) *Updated 2018 (G, H)**

- A. Each member team plays 3 games – all participants must show current report card with minimal 2.0/Satisfactory, No F's, and Citizenship grades. Participants with an IEP may be reviewed by the TVYFL Executive Board and approved on a case-by-case basis.



- B. Teams play each other based upon the schedule provided by TVYFL-
- C. Teams are set by TVYFL
- D. Head Coach is required to participate in All-stars.
 - a. Head Coach may bring one (1) assistant coach to practice and game.
 - b. A Jr. Instructor may attend cheer practice (two nights to help teach a dance only) and game.
- E. A designated cheer head coach “in charge” will be selected for each level.
- F. Scoring is allowed at all levels.
- G. Voting and Selection
 - a. 7 per team total (may be adjusted by TVYFL as needed).
 - b. Voting
 - i. 2 all-stars will be chosen by the players. Kids pick 7, two highest votes are selected.
 - ii. 5 all-stars will be chosen by the Head Coach.
 - iii. League Rep and Cheer Rep will tally the votes.
 - c. Player selection must include the following
 - iv. 3 linemen
 - v. 2 backs
 - vi. 1 TE
 - vii. 1 open position
 - d. Tie-Breaker will be broken by the Head Coach
 - e. No participant substitutions will be allowed once voting has been completed.
- H. Football
 - a. No blitzing
 - b. No playing both ways in same half (1/2 offense and 1/2 defense). Players must play both offense and defense.
 - c. No onside kicks allowed.
 - d. All Offensive plays begin from a huddle on the field.
 - e. Offensive play is any play designed to gain a 1st down/touchdown at any time.
 - f. A minimum of two players from each organization must utilized during offense and defense at all times.
- I. Cheerleaders
 - a. All Star games are mandatory for each team/level and are to be represented by the Head Coach.
- J. Any exceptions must be approved by TVYFL prior to September 30th except in emergency status which will be taken on a case by case basis by the TVYFL Executive Board.

SECTION IX: Munchie Games (Round-Robin format)

- A. All four levels of participation (football and cheer) shall compete in this pre-season TVYFL event.
- B. No blitzing
- C. No playing both ways in the same half (1/2 offense and 1/2 defense)
- D. All offensive plays begin from a huddle on the field.
- E. Format follows 20 minutes of play – a 10-minute break – 20 minutes of play; scrimmage is then over.
 - a. Times may be adjusted by TVYFL as needed.
- F. This is a running clock scrimmage with coaches officiating (with whistles).



SECTION X: Complaints on the Field

- A. Only a Head Coach may request a conference with the Official Crew Chief to discuss an issue during a game.
- B. Prohibitions:
 - a. Smoking and/or use of tobacco or tobacco products of any kind are prohibited at all times in the presence of children. The use of these products on school campuses is forbidden by California State Law.
 - b. The carrying and/or use of alcoholic beverages by any individual are strictly prohibited on the premises, before, during or after a League Game.



ARTICLE III: Player and Team Equipment

SECTION I: Players Equipment ****UPDATED 2018 (I)**

- A. Changes to Team Uniform (i.e. jersey, pant, helmet, etc.) including colors, logos, and names, must first be approved by TVYFL prior to the March league meeting Pictures of desired uniform should be provided.
- B. Each player must have National Operating Committee on Standards for Athletic Equipment (NOCSAE) approved football helmet to participate in practices or games.
- C. Mouthpieces
 - a. Mouthpieces are required and shall be of any readily visible color, other than completely white or completely clear.
 - b. Mouthpieces must be attached to the face mask.
- D. It is the responsibility of the Head Coach of each team to ensure each of his players has all of the required NOCSAE approved equipment prior to participating in practice or games. Helmets require yearly certification and shoulder pads every 2 years.
- E. All teams must provide a receipt of all items reconditioned prior to using equipment.
- F. All reconditioning companies must provide a certificate of insurance naming TVYFL as an additional insured.
- G. Any player wearing eyeglasses must wear a clear face shield.
- H. All face shields shall be clear. No shading or tinting permitted.
- I. Official TVYFL Footballs **(Leather or Composite):**

a. Jr. Novice	Wilson GST	Model K2
b. Novice	Wilson GST	Model K2
c. JV	Wilson GST	Model TDJ
d. Varsity	Wilson GST	Model TDY

SECTION II: Team Responsibility ****UPDATED 2018 (A)**

- A. It is the responsibilities of the Team to supply the following:
 - a. Football field items necessary for a game. This includes First Aid Kits for Football and Cheer for practice and games
 - b. The Football field must be roped off and monitored to keep unauthorized access to the field during a game**
 - c. Restrooms at practice and games.
 - d. Practice field and team's necessary equipment.
 - e. Completed Team Roster.
 - f. Each Head Coach must keep an accurate account of attendance sheets throughout the entire season beginning with preconditioning.
 - g. Certified documentation for helmets and shoulder pads must be kept yearly, insurance certificate and inventory of items reconditioned must be submitted prior to the start of preconditioning/practice.
 - h. Player equipment necessary for game play. (i.e. helmet, shoulder pads, mouthpiece of any color except white or clear, other pads including – hip, butt, thigh, knee, and pants, belt, strings).
 - i. Each mouthpiece must be serviceable by maintaining thickness and covering all teeth to the back of the mouth.
 - ii. Any mouthpiece with a hole or “thinning” from use must be replaced before participant is allowed to practice or play in a game.
 - iii. No participant shall be allowed to participate in practice or game without a properly fitted mouthpiece attached to the facemask.



ARTICLE IV: Coaches and Player Participation

SECTION I: Coaches ****UPDATED 2018 (H)**

- A. All coaches must have an electronic League Application on file and approved by the member team and League Board or TVYFL President, prior to participating in any form of practice or game.
 - a. Head Coach must be minimally 21 years of age at the start of practice.
 - i. He/she shall keep a record of attendance for practice of all participants throughout the season.
 - ii. He/she shall keep written record of ALL injured players at practices or games with minimally name, date/time, location and description of the injury. All descriptions should include what the participant was doing when injured and the action taken by the coach or other people for the injured person.
 - b. Head Coaches shall participate and coach in the All Star programs.
 - c. Assistant Coaches shall be 18 years of age by July 1st.
- B. CPR and Basic First Aid are required for all team coaches prior to the season opening. *Proof of proper certification must accompany each coach's application.*
- C. Attendance at a mandatory TVYFL sanctioned Coaches Clinic and Camp is required by all coaches on an annual basis.
- D. It will be the responsibility of the Head Coach of each "Level" to ensure that the conduct of their coaching staff and players is above reproach at all times.
- E. If at any time the TVYFL Board or its Representative is shown good cause and feels a coach is not adhering to his/her responsibility or is not meeting the standards required as a coach, may immediately take appropriate disciplinary action including but not limited to the suspension or expulsion of said coach from the League.
- F. Any coach ejected/removed/suspended from the game or practice by an Official, League Board, or its Representative, for any reason, will be immediately suspended from participation or involvement of any kind, in all practices and games for the week following the date in which the incident occurred. The coach will be placed on probation for the remainder of the season unless other action is deemed appropriate by the League Board or its Representative.
- G. Neither profane language nor poor sportsmanship will be tolerated and violators will be ejected/removed/suspended from the game or practice.
- H. There is a maximum of 9 sideline Coaches and/or Jr Instructors with badges for each level.**
- I. Coaches should be dressing in appropriate team attire when participating in TVYFL or Local team events (ie. Camps, Munches, Games, Playoffs, All-stars, Superbowl, etc). You should not be on the field without the appropriate team attire.

SECTION II: Player Participation ****UPDATED 2018 (E)**

- A. Every eligible player at any Level who is suited up must participate in practice and game play.
- B. Every player suited on game day must play a minimum of 10 plays. Any play that results in a dead ball penalty, inadvertent whistle, or "kneel down" does not count as a play towards the minimum play requirement. A penalty for violation of the Minimum Play Rule will be strictly enforced.
 - a. An imposed running clock does not remove the requirement of playing all players 10 plays.
 - b. If this rule is broken at the Novice, JV, and Varsity level, the Head Coach will receive one game suspension up to and including possible forfeiture of the game as decided by the Executive Board.
 - c. If this rule is broken at the Jr. Novice level, the Head Coach will receive one game suspension as decided by the Executive Board.
- C. Players who are deemed ineligible for any reason will not be allowed to dress for the game(s).



ARTICLE V: Game Admissions

SECTION I: League Games ****UPDATED 2018 (C)**

- A. Admission: The maximum amount a member team shall charge for entry into a League Game shall be as follows:
- | | |
|---|--------|
| a. Adults 18 years and older | \$7.00 |
| b. Children 6 thru 17 years-of-age | \$5.00 |
| c. Senior Citizens | \$5.00 |
| d. Children 5 years of age and under | FREE |
| e. TVYFL Season Badge-holders | FREE |
| f. Football Players/Cheerleaders/Coach in uniform | FREE |

B. Football Players / Cheerleaders / Coaches must be participating in a game at the specific site for free entry at the site and he/she must be on OFFICIAL GAME ROSTER. Hosting teams should have copy at the front gate to avoid issues at various sites. Players or coaches not on the roster should expect to pay at the gate. Any issues should be resolved through the League Reps at a later time.

C. League Badges

In order to reduce the number of non-official personnel on or near the field sidelines, the following Badges will be issued per member team by the League:

- | | |
|--------------------------------------|--|
| a. TVYFL E-Board: | Black Sideline Badge |
| b. TVYFL Representatives: | Purple Sideline Badges |
| c. TVYFL Cheer Reps: | Pink Sideline Badges (Cheer coaches Non-sideline badges) |
| d. Varsity Coaching Staff: | Blue Sideline Badges |
| e. JV Coaching Staff: | Red Sideline Badges |
| f. Novice Coaching Staff: | White Sideline Badges |
| g. Jr. Novice Coaching Staff: | Yellow Sideline Badges |
| h. Jr. Instructors: | Orange Non-sideline Badges |
| i. Player Safety Coach: | Red/White/Blue Sideline Badges |
| j. Equipment Personnel: | Brown Sideline Badges |
| k. Media: | Green Sideline Badges |

- D. The League Board will issue badges to only those individuals who have a current approved electronic application with all accompanying documents on file.
- E. Badges must be worn at all times while in the Field Area (including practices).
- F. Failure of a coach or staff member to wear his/her issued badge may result in removal from the sidelines for that game.
- G. Badges are only valid for the scheduled contest in which he/she participates.



ARTICLE VI: League Operations and Member Team Responsibilities

SECTION I: Conducting the League

- A. The League season shall consist of possible non-league, league and post-season games, scheduled by the League Board on an annual basis. The League Board must approve all games or scrimmages involving TVYFL teams (due to liability issues).
- B. League standings and possible post-season play will be determined by:
 - a. Conference (common opponents)
 - b. Head to Head game
 - c. Coin toss
- C. Conference Realignment – At the end of every season, TVYFL Executive Board will review the conference standings of all the teams. Based on the win/loss record of the Novice, JV & Varsity squads adjustments may be made to balance the conferences.
- D. All tied games will be played according to the National High School Federation Rules. (i.e. coin toss – each team start on opponents 10 yard line; has 4 downs to score)
- E. Games cancelled due to weather will be rescheduled at a later date. The League Board shall reschedule these games at the earliest possible date agreeable to both teams.
- F. Fines. All fines collected will be kept in a separate account to be used for charitable donations.
 - a. A \$50.00 fine will be given for failure to have an approved representative at board meetings, emergency meetings and all scheduled TVYFL meetings.
 - b. A \$50 fine will be given for failure of a League Rep who does not introduce himself/herself to the officials prior to the start of the Novice game each week.
 - c. A \$50.00 per coach fine will be given for failure to have coaching paperwork back to the league by the application deadline.
 - d. A \$50.00 per coach fine will be given for missing each All Star practice and/or \$100.00 for All Star game.
 - e. A \$250.00 fine will be given for any coach being ejected/removed/suspended from a game.
 - f. A \$150.00 per person fine will be given for not reporting to the admissions gates or chain crew during Munchies, Super Bowl, or All Star games.
 - g. A \$50.00 fine will be given for each official roster not presented to opposing team on game day.
 - h. A \$250 fine for a forfeit of any type.
 - i. A \$50-\$250 fine may be given for any violation (ie. rules violations, inappropriate behavior, incomplete paperwork, etc) not already listed in the Fines section. This fine is assessed at the discretion of the TVYFL executive board.
- G. Late Fees, Interest and Outstanding Balances.
 - a. All outstanding invoices must be paid prior to the first scheduled (1) game. Any organization not in compliance shall forfeit all games until the League receives all TVFYL assessed fees.
 - b. All outstanding invoices must be paid prior to the last regular season game. Any organization not in compliance shall be excluded from Post-season play (ie: Playoffs, Superbowl and All-Stars).
 - c. A \$25.00 late fee may be charged each month for each unpaid bill, invoice, fine or fee. After 90 days, any bill, invoice, fine or fee may be charged interest.
 - d. Any payment received may first be applied to any outstanding bills, invoices, fines or fees over 90 days past due.
- H. **All fines are due in full before the next game or a forfeit will result.**
- I. Protests will be accepted in written form only with accompanying evidence and a check payable to the TVYFL for \$250.00. The protest will be reviewed by the Executive board and, if necessary, the entire league board will



convene a special meeting to hear the protest. If the protest is agreed upon by the board, the protest fee will be refunded. If the protest is turned down, the fee is not refunded.

- J. All disciplinary matters will be handled by the Executive board of the TVYFL.
- K. More than three consecutive absences from regularly scheduled league meetings will result in dismissal from the TVYFL Board. *This rule is subject to Executive Board approval.*
- L. All member teams of the TVYFL will submit a three-year agreement by January 1st for participation in the TVYFL.
- M. Board positions will include:
 - a. Along with said agreement, a copy of the Articles of Incorporation and Tax I.D. number must be included for said team. If one is not available, a request for an extension, not to exceed April 1st, must be submitted to the E-board of TVYFL.
 - b. The signing member team will be responsible for all league fees for the duration of the agreement with the following exception: TVYFL or the local team may cancel their TVYFL contract or be removed from the TVYFL as stated in the contract and listed below.
 - c. This AGREEMENT will be in effect for a period of three years. The applicant member team may discontinue this contract during the month of November each year without penalty. Any contract cancellation shall be in writing and submitted to the TVYFL Executive board within the time period listed.
 - i. January 1st through November 28th (inclusive) the cancelling team shall be responsible for the current year's fees of this contract and return or replacement cost of any perpetual trophy(s) not returned within 30 days of cancellation. These fees are approximately \$5,000 per year for a total obligation of \$15,000 over the period of the contract.
 - ii. If for any reason the above requirements cannot be agreed upon, or if for any reason the League determines applicant's membership should be discontinued or terminated, the League agrees to give Applicant written notice between:
 - 1. Month of November – they are removed from the TVYFL without penalty.
 - 2. January 1st and November 28th – they will be removed from the current football schedule for safety and/or disciplinary reasons.
- N. Board positions will include:
 - a. Executive Board:
 - i. President
 - ii. Vice President(s)
 - iii. Secretary
 - iv. Treasurer
 - v. Cheer Commissioner(s)
 - vi. Insurance Commissioner
 - vii. Coaches Education Commissioner(s)
 - viii. Special Events Commissioner(s)
 - ix. Player Safety Coach Commissioner
 - x. Medical Director
 - xi. Web Master
 - xii. Members at Large
 - b. General Member Board
 - i. The general member board shall consist of one (1) League Representative and (1) Cheer Representative from each member team and all Executive board members.



O. Chain of Command

- a. The Chain of Command should be given to each and every person (family), coaches, and Local Team boards that are involved in the TVYFL.
- b. The names of Head Coaches, League Reps, Cheer Reps and a Local Team Board Members should be included with the Chain of Command.
- c. If there is a question, dispute or any other problem (pertaining to football or cheer), whether from a parent, coach, participant, board member, etc., there is a chain of command that must be followed. Each step is to be taken before moving to the next step. Refer to your local team's first. The TVYFL takes great pride in what they do and will work diligently to maintain its good reputation.
- d. Please follow the chain of command as listed below:
 - i. Talk to/inform the participant, parent, coach of the issue at hand.
 - ii. Talk to/inform the Head Coach about the issue.
 - iii. Talk to/inform the local team League/Cheer Representative of the issue.
 - iv. Ask to be heard by the local team board about the issue.
 - v. Ask to be heard by TVYFL Executive Board about the issue.
- e. Most problems can be and should be handled at the local team level. If a problem cannot be solved or a question goes unanswered, then and only then should you move to the next link in the chain.
- f. The TVYFL Executive Board realizes that there may be issues that need to be resolved immediately and will do so as needed.

P. Charitable Contributions – once a charitable concern has been brought before the league Representatives will be allowed to return to their respective local boards to discuss their level of giving. All monies will be forwarded to the TVYFL and all matters will be kept confidential.

Q. Anyone involved in an altercation, verbal or physical will be removed from the facility and Law enforcement may be called. The individuals will not be allowed to participate in any TVYFL events including practice until the next regular scheduled TVYFL meeting. At that meeting the issues will be discussed in a closed session and a determination will be made. The interested parties will be notified by mail of the results.

SECTION II: Additional Member Teams' Responsibility *Updated 2018 (G)**

- A. Every Member Team's Organization needs to be a Corporation. Those who serve as an officer in a Member Team/Corporation are liable for any and all debts occurred during their time of service until such time they are removed by the State of California from their corporate roles.
- B. Member Teams must be adequately insured.
- C. All member teams of the TVYFL will submit a copy of their current Board of Directors (BOD) contact information by the first TVYFL Meeting in February. Changes to the Board of Directors must be reported to the State within 30 days of said change (i.e. President, Vice President, Treasurer, & Secretary).
- D. In conjunction with TVYFL, member teams will be committed to Heads Up Football and Bonzi which is intended to provide web solutions, educate league coaches, parents and players, train Player Safety Coaches and assist PSC's in how to guide and mentor their local coaches, etc.
- E. Member Teams must have a League and a Cheer Representative who will attend the monthly TVYFL Board Meetings, which are held the first Monday of every month. The two are responsible for the following:
 - a. Acting as liaison between the Member Team and the TVYFL.
 - b. Represent both the Member Teams and TVYFL.
 - c. Responsible for reporting back to their local member team everything that is discussed at the monthly TVYFL meetings.
 - d. Voting on the behalf of their member team on football and cheer related items.



- e. Managing team functions such as practices, scheduled games; TVYFL scheduled events and sanctioned TVYFL team events.
 - f. Although Cheer Reps are equally responsible for managing events and upholding the rules per the TVYFL rules, ultimately the League Rep is responsible for making sure that all TVYFL rules are followed.
 - g. In the event that the League Rep and Cheer Rep are not able to attend a TVYFL event then the team President of the member team is responsible for attending. If there is no representation from the member team, a fine will be assessed per TVYFL rules.
- F. Each and every team within the TVYFL will elect and/or appoint a Cheer Representative. The Cheer Rep will have the following duties:
- a. Cheer Reps will understand, accept and abide by and implement the rules of TVYFL.
 - b. Attend a monthly meeting for the TVYFL Cheer Committee. Attend All Star Practices/game, Super Bowl, cheer camp and coaches clinic.
 - c. Perform all duties and of a liaison and responsibilities (as outlined in Article I, Section II of the Cheer Rules and Guidelines) between the Member Team and the TVYFL.
 - d. Represent both the Member Teams and TVYFL.
 - e. Responsible for reporting back to their local member team everything that is discussed at the monthly TVYFL meetings.
 - f. Voting on the behalf of their member team on cheer related items.
 - g. Accept the responsibility for their Team Board, coaches, cheerleaders and parents.
 - h. Manage team functions such as practices, scheduled games, TVYFL scheduled events and sanctioned TVYFL team events.
 - i. Collect and hand out all paperwork required by the TVYFL and TVYFL Cheer Committee by the specified dates announced at Cheer meetings/website/email.
 - j. Although Cheer Reps are equally responsible for managing events and upholding the rules per the TVYFL rules, ultimately the League Rep is responsible for making sure that all TVYFL rules are followed.
 - k. In the event that the Cheer Rep is not able to attend a meeting then the President of the member team is responsible for attending. If there is no representation from the member team, a fine will be assessed per TVYFL rules.
 - l. Understand the rules and regulations of the TVYFL and Youth Cheer and Dance Alliance (YCADA), which provide access to standardized rules, rules interpretation, score sheets and scoring guidelines. (www.yacada.org)
 - m. Handle disputes within his/her own cheer teams. Disputes may include cheerleader/coach, parent/coach, cheerleader/cheerleader, coach/coach, etc. All disputes must be handled by following the appropriate chain of command.
 - n. Be involved with and help with the TVYFL Cheer Committee in a positive manner.
 - o. Complete all of the requirements and certifications as required of all coaches.
- G. Probationary status
- a. If you receive a forfeit for not meeting the minimum requirements to play during the previous year you may be placed on probationary status. This also includes Munchies, Playoffs and Superbowl.
 - b. Teams must have a minimum of number of players registered in Bonzi as follows. March 1st, Five (5), April 1st, Ten (10), May 1st, (15). This includes Jr Novice, Novice, Jr Varsity and Varsity.
 - c. Teams must have a minimum of 15 players registered per level in Bonzi by May 1st.
 - d. Failure to meet any of these requirements may result in removal from the schedule.

ARTICLE VII: Jr Instructors ***Updated 2018 (All Sections)

TVYFL will be continually evaluating this article as the year progresses and will make adjustments as needed (2018)

SECTION I: Role of a Jr. Instructor - Cheer

- a. To assist cheer coaches with the development of cheers, chants, and routines.
- b. To demonstrate and teach cheers, chants, and routines to cheerleaders.
- c. To assist with the development of plans for cheer/football related activities (ex: homecoming and in-house clinics) if called upon to do so.
- d. To assist cheerleaders and staff achieve the overall goals of the organization.
- e. To inform coaches of any unsafe actions displayed by cheerleaders.
- f. Use this experience to gain community service hours.
- g. Are allowed to show Cheer and Dance ONLY.
- h. Are **NOT** allowed to assist in stunting in any manner.
- i. Will **NOT** teach, participate in, nor touch any stunt, and will not make suggestions to cheerleaders regarding stunting.

SECTION II: Role of a Jr. Instructor - Football

- a. Only 2 Jr. Instructors will be allowed per team level.
- b. To assist football coaches with the development of play, drills, proper technique.
- c. To demonstrate and teach plays and formation to players.
- d. To assist football players and staff achieve the overall goals of the organization.
- e. Use this experience to gain community service hours.
- f. To inform coaches of any unsafe actions displayed by football players.
- g. Will be allowed to show football plays and techniques at practices or game warm-up but not on the field.
- h. Will **NOT** be allowed to participate in any contact drills, Jr Instructor may assist with drills by holding blocking shields, tackling dummies, or other pads appropriate for the drill.

SECTION III: Restrictions: Jr. Instructors...

- a. Will not discipline nor correct unacceptable behavior but defer to supervising coach.
- b. Will not touch any players.
- c. Shall be supervised by a coach at all times and must never be left alone with players or cheerleaders at any time.
- d. Will not contradict, interrupt, or challenge a coach or other authority figure in leadership of the organization or league.
- e. Will not have contact with a football player or cheerleader outside of practice with the purpose to meet for trainings, practice, or to do work on cheer projects, unless at a locally approved team function with the coach's supervision.
- f. Must wear conservative attire, which includes at a minimum shorts no shorter than 5" and tank tops no lower than 2" below the neckline. No see-through, halter, crop-tops or shredded shirts allowed.
- g. Athletic footwear must be worn to practices and on game day. No Converse, Vans, Keds, flip-lops, etc. are permitted.



Official Youth Football Development Partners

SECTION IV: Eligibility and Requirements

- a. Must be at least two years older than the oldest player or cheerleader on their assigned squad. Should be highest age possible.
- b. Must be at least 14 and in high school.
- c. Must not meet the age eligibility requirements to coach. May not be 18 years of age or older on or before November 29. Anyone 18 or older must apply as an assistant coach (18 – 20 years of age) or head coach (21+).
- d. Must complete the same TVYFL registration documents required for player or cheerleader, including physicals.
- e. Must be cleared through local organization prior to submission for approval with TVYFL.
- f. Must not participate in drug, alcohol or tobacco use or distribution.
- g. Must attend and sign into any and all local and/or league mandatory orientations in which Jr. Instructors will be educated in the requirements of the league.
- h. Parent, Jr Instructor, Head Coach and Cheer Rep and/or League Rep must sign acknowledging that they will abide by all the rules placed in effect by TVYFL.

SECTION V: Disciplinary Action

- a. It is the responsibility of Coaches, Cheer Rep, League Rep and Board members to ensure that Jr. Instructors are following the league standards at all times. In the event that rules are being broken, immediate concerns must be expressed directly to the local team’s League Rep and Cheer Rep so that the problem can be quickly and properly remedied.
- b. It is the responsibility of the Head Coach to supervise the Jr. Instructor
 - i. In such instance that does not happen and an infraction occurs, the consequence may be placed upon the coach supervising the Jr. Instructor at the time.
 - ii. Subsequently, the Head Coach must be ultimately responsible.
- c. The initial infraction by a Jr. Instructor results in a first offense for the Jr. Instructor and possibly the supervising coach if she/he did not take immediate action to rectify the problem.
 - i. The second infraction by the same Jr. Instructor results in the immediate removal from the local organization and may result in the second offense for that same supervising coach. Infractions must immediately be reported to the League Rep and Cheer Rep.
 - ii. Subsequent infractions by any other Jr. Instructor under the supervision of same coach will result in the third offense for that coach.
 - iii. Again, immediate reporting is mandatory.
- d. Consequences:
 - i. First offense - (1) One-week suspension
 - ii. Second offense - (2) Two-week suspension
 - iii. Third offense - (3) Suspension of the remainder of the season.

Acknowledgments:

Parent Signature: _____ Jr Instructor Signature: _____

Head Coach Signature: _____ Cheer/League Rep Signature: _____



ARTICLE VIII: Cheer Rules and Guidelines

All persons appointed and/or elected to and/or volunteering for a position within the TVYFL Cheer, will read and abide by the TVYFL Cheer Rules and Guidelines and the TVYFL By-Laws, Coaching and Playing Rules, Mission Statement and Code of Ethics. Cheer Committee is a recommendation board for the TVYFL and is responsible for making recommendations to the TVYFL Board via the Cheer Commissioners for the League.

SECTION I: Cheer: Representative and Coaches Requirements

- A. Each and every team within the TVYFL will elect and/or appoint a Cheer Representative. The Cheer Representative will have the following duties:
- a. Cheer Reps will understand, accept, and abide by and implement the rules of TVYFL.
 - b. Attend a monthly TVYFL League Meeting. Attend all practices/games, Munchie game, All Star Practices/game, Super Bowl, cheer camp, and Coaches Clinic.
 - c. Perform all duties and responsibilities of a liaison (as outlined in Article I, Section II of the Cheer Rules and Guidelines) between the Member Team and the TVYFL
 - d. Represent both the Member Teams and TVYFL
 - e. Responsible for reporting back to their local member team everything that is discussed at the monthly TVYFL meetings
 - f. Voting on the behalf of their member team on cheer related items
 - g. Accept the responsibility for their Team Board, coaches, cheerleaders and parents
 - h. Manage team functions such as practices, scheduled games, TVYFL scheduled events and sanctioned TVYFL team events
 - i. Collect and hand out all paperwork required by the TVYFL and TVYFL Cheer Committee by the specified dates announced at Cheer meetings/website/email
 - j. Although Cheer Reps are equally responsible for managing events and upholding the rules per the TVYFL rules, ultimately the League Rep is responsible for making sure that all TVYFL rules are followed.
 - k. In the event that the Cheer Rep is not able to attend a meeting, the President or Board Member of the Member Team is responsible for attending. If there is no representation from the member team, a fine will be assessed per TVYFL rules.
 - l. Understand the rules and regulations of the TVYFL and or Youth Cheer and Dance Alliance (YCADA) if new Cheer YCADA provides access to standardized rules, rules interpretation, score sheets and scoring guidelines. (www.yacada.org)
 - m. Handle disputes within his/her own cheer teams - Disputes may include cheerleader/coach, parent/coach, cheerleader/cheerleader, coach/coach, etc. All disputes must be handled by following the appropriate chain of command.
 - n. Be involved with and help with the TVYFL Cheer Committee in a positive manner
 - o. Complete all of the requirements and certifications as required of all coaches.
 - p. Must document the progression of YCADA skills by level using the standardized form provided by TVYFL.
 - q. Cheer Reps and coaches should set the example in attire and dress at all times. Athletic footwear must be worn to practices and on game day. No Converse, Vans, Keds, flip-flops, etc. are permitted.



SECTION II: Cheer: Munchie Games

- A. Each Cheer Representative of the hosting team shall have a zoned area for each cheer squad to perform during their team's games.
- B. No stunting or tumbling allowed.
- C. TVYFL Camp Attire (Camp T-shirt and shorts) and athletic footwear must be worn to Munchies. No Converse, Vans, Keds, flip-flops, etc. are permitted.

SECTION III: Cheer: All Stars and Super Bowl

- A. Each team Cheer Representative of the hosting team shall:
 - a. Have locations on sight for each squad to practice.
 - b. Remind all Cheer Head Coaches and Representative that they are responsible for taking daily roll for all cheerleaders and then are to be turned in to the TVYFL Cheer Commissioner on game day.

SECTION IV: Cheer: Coaches

- A. See Article IV, Section 1 identifies the role of coaches, which also applies to all TVYFL cheer coaches.
- B. Additionally, all cheer coaches must be YCADA certified through the ending date of the current season they are coaching.
- C. Cheer coaches are required to understand, accept, abide, and implement the rules and regulations of the TVYFL, TVYFL Cheer Committee, YCADA, and his/her member team's board.
- D. Coaches must document the progression of YCADA skills by level using the standardized form provided by TVYFL and keep the Cheer Rep informed regularly of skill level mastery. All documentation must be included in his/her Cheer Binder and available upon request. Coaches must attend all TVYFL cheer coaches mandated functions.
- E. YCADA certification is available online and good for one year. YCADA does charge a fee, which is to be paid by the coach and/or their team's organization.
- F. All persons having contact with children shall be DOJ approved.
- G. Coaches should set the example in attire and dress at all times. Athletic footwear must be worn to practices and on game day. No Converse, Vans, Keds, flip-flops, etc. are permitted.

SECTION V: Cheer: Rules and Regulations

- *All rules and regulations must be implemented and followed.
- A. All TVYFL Coaching and Player rules apply where appropriate to cheer.
- B. There will be no tryouts or cuts.
- C. Each League cheer team will consist of four squads: Junior Novice, Novice, Junior Varsity, and Varsity.
- D. Each squad must take up to forty (40) cheerleaders.
- E. Each squad must have one (1) coach per 12-15 cheerleaders.
- F. All cheerleaders MUST attend a mandatory cheer/stunt camp (including Jr. Novice).
- G. Mascots DO NOT attend stunt/cheer camp and may not perform any stunts but may tumble at a YCADA Level 1 Limited.
- H. Good sportsmanship by all members is mandatory.
- I. Twenty (20) minute half times for Homecoming will be allowed provided adequate notification is given to league and game officials and time is allowed for guest cheer teams to perform their routines. Otherwise, fifteen (15) minute half times will run and the guest cheer team will still be allowed to perform their routine. If time has run out, the home team will be penalized for delay of game.



- a. Twenty (20) minute half time equates to a Seventeen (17) minute half plus a three (3) minute warm-up.
- b. Fifteen (15) minute half time equates to a Twelve (12) minute half time plus a three (3) minute warm-up.
- J. Halftime music and all practice music must be approved prior to any use by a designated TVYFL Representative.
- K. Any complaints regarding illegal procedures during halftime must be accompanied by a video of said routine.
- L. Cheerleaders may at no time during official game play or during time outs be on the sideline or field.
- M. During half time ONLY, routines may be performed at mid-field. Coaches shall only be on the field as an advisor. Coaches shall not spot or participate in a stunt or cheer with the cheerleaders or mascots.
- N. Inappropriate gestures or moves or taunting cheers will not be tolerated.
- O. All cheer teams and their four participating squads will attend and cheer at the TVYFL “Munchie Games”. Only Novice, Jr. Varsity and Varsity squads will attend and cheer at All Star practices and games.
- P. All cheer teams and each squad will attend their home and away games.
- Q. Cheerleaders voted into All Stars (7 from each squad) will attend practices. All Star practice is mandatory for all cheerleaders. If a given cheerleader is not able to attend, the next eligible cheerleader will be allowed to take his/her place. Jr. Novice and Mascots are NOT eligible for All Star status.
- R. A certified head coach for each squad must attend and participate in All Star practice every night.
- S. If a team wishes to perform at a High School, then they must get approval a minimum of two weeks BEFORE performing. TVYFL board needs to know when the game is, where the game is, what squads will be performing, etc. If performing with the high school, stunting/tumbling is not allowed.
- T. If a team does a “dress up” theme for a half time performance, no stunting/tumbling is allowed. Stunting must be done in uniforms (camp wear or warm-ups) for halftime.
- U. If combining squads for a half time performance, then stunting and tumbling are not allowed during this performance.

SECTION VI: Mascots

Mascots may be added to a team as voted in by the local team board. If a team decides to have mascots, the following rules shall apply:

- A. A mascot is any child age 5 years on or before July 1st and below the age of participation for the TVYFL.
- B. A maximum of 4 mascots per team level will be allowed.
- C. Mascots may cheer during a game and are only allowed at the end of the cheer row on the track and shall not stunt but may tumble at a YCADA Level 1 at TVYFL games/practices/functions.
- D. Mascots shall participate in up to 4 hours of practice during each week.
- E. The parent shall be present at all times during practices and games.
- F. Shall be charged a maximum of that allowed to cheerleaders for registration and uniforms in the TVYFL. Every attempt should be made to lower all costs for mascots.
- G. Shall be added to the bottom of the cheer roster by level of participation.
- H. Mascots may walk across the field with the Head Coach at half time to view the opposing cheer so long as he/she is accompanied by that Head Coach.
- I. Mascots are allowed to perform during halftime but mascots must wait to perform after both home and away teams perform and if time permits. Mascots must perform by themselves and are not allowed to perform with the cheerleaders. Halftime performances cannot exceed 2 minutes in length.
- J. Mascots are allowed to participate in run-throughs/tunnels at beginning/end of game or end of halftime as long as accompanied by a cheer coach.
- K. Must complete all paperwork/physicals/requirements of a cheerleader.



SECTION VII: Uniform Requirements ***Updated 2018 (A,B,E,F)

- A. Expenses: Uniform cost, registration and camp fees SHALL NOT exceed \$475.00 out of pocket cost for a participant's parent. The maximum amount of out of pocket expenses for the uniform shall not exceed \$300.00.
 - a. Uniform consists of TVYFL camp wear, shell (with lettering), skirt, boy-cut briefs, socks, shoes, top undergarment (body-liner), pom poms and warmups (jacket and pants, no leggings). Camp wear will be purchased through a TVYFL selected vendor.
 - b. Standard full vest front and back: NO halter, crop, or tank shells allowed. Appropriate racer backs will be allowed.
 - c. No cut-outs of any kind allowed.
- B. Registration, cheer camp and competition fees SHALL not exceed \$140.00 maximum per cheerleader.
- C. OPTIONAL Items: These are NOT included in the out of pocket MAXIMUM expense for the parents. These items (if desired) are on a participation level by team item (i.e. Jr. Novice, Novice, JV, Varsity) and must be acquired by OPTIONAL fundraising or by the purchase of their member team board.
 - a. NO Cheerleader will be required to participate in the fundraiser but they will receive the exact same item(s) as everyone else at their level. Failure to adhere to this requirement will result in the removal from the TVYFL as a Coach or Representative as decided by the Board of Directors of the TVYFL.
 - b. Optional items include but are not limited to hair pieces, hair bows and cheer bags.
- D. All cheerleaders are to wear appropriate undergarments under the shell and skirt.
 - a. Spankies must be covered by another garment at all times (ie, skirt, warmup pants, etc.).
- E. TVYFL will contract with a uniform company approved by the TVYFL for approved uniform styles from which participating teams may choose. (Optional items may be purchased through other vendors if desired. The Cheer Representative is responsible for following the optional items rules.)
- F. Outside uniform vendor approval: Team must submit a written request (include a bid from outside uniform vendor) and receive TVYFL approval before teams may purchase uniforms with an outside vendor.
- G. All cheer uniforms shall be presented to and approved by the TVYFL.
- H. If a cheerleader signs up late a full uniform is required before they can cheer with the team.

SECTION VIII: Stunting ***Updated 2018 (E,F)

- A. Stunting
 - a. TVYFL stunt camp is mandatory for all Cheer Representatives, Coaches, Jr Instructors and Cheerleaders. TVYFL stunt camp dates, times and location will be announced when set by the league.
 - b. Cheerleaders who do not attend TVYFL stunt camp will not be allow to stunt for the season.
 - c. Each squad is allowed to perform up to the maximum level of stunts that are mandated by YCADA at each level but may not exceed the level in which they are registered. They must stay within the rules and guidelines of the TVYFL. Teams must demonstrate mastery of skills to progress in YCADA levels; Level 3 is the maximum allowed in TVYFL and allowed only with the approval of the TVYFL Cheer Commissioner(s). There will be NO exceptions.
 - d. Each squad will have a maximum level of stunting that they may achieve.
 - e. Stunting during Allstars is allowed, however each stunt group may only be made up of cheerleaders from the same member team/organization. Contact (for the purpose of stunting) between cheerleaders of different member teams/organizations is not allowed.
 - f. No stunting/tumbling allowed:
 - i. Munchie games.
 - ii. On the sideline, end zones, or during a run-through



- iii. Before or after a game unless said stunting occurs before the game, at practice, and only under the direct supervision of a coach.
- g. ABSOLUTELY NO stunting/tumbling outside the presence and guidance of a coach. Jr. Instructors are NOT allowed to teach any stunting or tumbling.
 - i. No jewelry will be allowed to be worn at any time during participation in cheer activities. The only exception is a medical alert and it must be taped down. Taping earrings is not allowed.
- B. Consequences of Illegal Stunting and Tumbling
 - a. TVYFL will determine the punishment for each squad, and/or individual cheerleader caught stunting or tumbling outside the presence of a coach or assigned YCADA level.
 - i. Generally, stunting outside the presence of a coach or assigned YCADA level could result in the REMOVAL from the team immediately as it is an UNSAFE practice in regard to the individual cheerleader, cheer squad, parent team, and the TVYFL.
 - ii. A fine or suspension of a coach may result if stunting or tumbling is performed outside of the assigned levels.
 - iii. A suspension of a cheerleader may result if stunting or tumbling is performed outside the assigned levels or presence of a coach.
 - iv. This applies to the cheerleaders(s) committing the act as well as the coach who allowed the act.
- C. Stunting Guidelines based upon Levels
 - a. Junior Novice
 - i. Follow the guidelines of YCADA Level 1 Limited.
 - b. Novice, Junior Varsity, and Varsity
 - i. Follow the guidelines up to YCADA Level 2. Head Coach must present proof of mastery of Level 1 by his/her team before proceeding to YCADA Level 2. The same process follows for remaining levels through YCADA Level 3.

SECTION IX: Competition ***Updated 2018 (B)

- A. Competition General Rules and Stunting at Competition
 - a. The following JAMZ/Youth Cheer and Dance Alliance (YCADA) levels will be permitted for each TVYFL Level:
 - i. Junior Novice – YCADA Level 1 Limited
 - b. Novice-Varsity – YCADA Level 1 and Level 2
 - c. Prior approval necessary for Level 3. Permission must be approved by the Cheer Commissioner(s) and the E-board.
- B. Competition Rules:
 - a. TVYFL Intra-league competition is mandatory at all levels. **All levels are competitive. This competition is a qualifier for JAMZ Nationals for Novice, Junior Varsity and Varsity. Teams who earn this honor are not required to attend Nationals.**
 - b. Competition beyond Intra-League is optional for **all levels (Jr Novice)**, Novice, Junior Varsity and Varsity). Jr. Novice may only enter as “Exhibition”.
 - c. Squads may not surpass the TVYFL rules and guidelines for stunting, even if JAMZ Competition allows more advanced skills (i.e. stunting/tumbling, etc.). Follow the format for Levels assigned during the cheer season.
 - d. Tryouts are not allowed for competition.



- e. Outside choreographers/instructors are not allowed during the TVYFL season (July-November). All instructors/coaches must be TVYFL approved coaches. Any outside instructor or coach (or equivalent) utilized after the regular season must have a DOJ on file and must be 1st approved through TVYFL before working with any teams.
- f. A competition roster provided by the league must be submitted with cheerleaders participating in competition two weeks prior to competition date to the TVYFL board.
- g. A separate roster with parent letters must be turned in for cheerleaders not participating in competition.
- h. All squads must adhere to JAMZ Rules and Conduct for competition.
- i. Practice Rules:
 - i. During regular season must practice as an entire squad and adhere to practice guidelines. (CANNOT have a separate Competition Practice during regular season).
 - ii. After All Star Games-
 - iii. Can practice three times per week, no more than 2 hours per day.
 - iv. Must take the week of Thanksgiving off and Christmas through New Year off.
 - v. No practice allowed on Sundays.
 - vi. Send competition practice location and times of practice.
 - vii. Proof of insurance coverage for all practice locations is required. Submit requests to the TVYFL Insurance Commissioner and Cheer Commissioner.
- j. If a squad qualifies for JAMZ Nationals competition, the team must seek approval first from TVYFL Board to attend Nationals. Additional paperwork and information is required to attend JAMZ Nationals. Teams must inform TVYFL by December meeting if planning to attend JAMZ Nationals.
- k. Levels may be combined for competition but can only combine two levels.
- l. Any failure to follow the above rules may lead to disqualification of the Squad at competition or up to and including team suspension as deemed by the Executive Board.

End

