

# ***2009 Sierra Youth Football & Cheer Charter & Rule Book***



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# Mission Statement

The Sierra Youth Football & Cheer (SYFC) is dedicated to the athletic, academic, and mental development of our youth through football and cheerleading. We conduct all organizational activities while embracing a single team concept. The success of the SYFC is measured by the fun, achievement, sportsmanship and competition that each of us experience as a result of pulling together to develop the children of our community. The SYFC invites your support in leading the character of our youth toward responsibility, self-discipline, respect, integrity and sportsmanship.

## Charter

The SYFC shall consist of football and cheerleading associations in the Northern California area, each of who have signed an annual obligatory contract to participate in the SYFC league.

The SYFC will consist of associations that have a close working and historical relationship with a local High School Football or High School Cheerleading programs.

## Voting

1. Each association and its members will abide by all rules and regulations adopted by a majority vote of the SYFC presidents.
  - a. The president or their designated proxy (can be emailed) will be the only vote counted on any item presented to the SYFC.
  - b. Each association has one vote per item.
  - c. Allow voting by email between the dates of July 25<sup>th</sup> (first day of practice) and December 1<sup>st</sup> (to ensure end of the season). All discussion and voting must happen within a 48 hour window. When responding to emails in an effort to discuss the matter at hand, you must choose to "Reply to all". This is to insure that all are involved in the discussion.
  - d. All **Final** regular season results will be available and posted online in the Admin. Area after 9 P.M. on Sunday of the last weekend in which regular season games are played, and must be approved by the Association Presidents by 11:59 P.M. with an E-Mail to the Webmaster on that same Sunday with their vote, so that playoff seedings can be posted by 12 noon on Monday (the next day). All Associations failing to respond by the deadline will be considered to have abstained from the voting (i.e. no vote considered). **Absolutely no late votes will be considered, NO EXCEPTIONS!**
  - e. Once the Rulebook has been approved for the current season it takes a 2/3 vote of the presidents in attendance, at any SYFC General Meeting to change it.
2. Addition or Deletion of SYFC teams require a majority vote of the previous year's members.
3. Each association president will:
  - a. Be a voting member of the SYFC.
  - b. Be a voting member of any SYFC a committee.
  - c. Vote to determine which committee a president will facilitate on an annual basis.
4. Committee terms will run from the meeting after General Elections until the next General Election.
5. The previous years SYFC members shall come together to vote on the following:
  - a. Annual SYFC contract.
  - b. Rulebook...Administration, Football, Cheer, etc.
  - c. Code of Conduct.
  - d. Season schedule.
  - e. Other issues that may be requested by an SYFC member.
  - f. New Member applications.

## Fees

1. No financial fees are required to be a member of the SYFC.
2. Any SYFC item that requires special funding will be voted on by the SYFC presidents on an annual basis and be funded equally by all associations within the SYFC. (webmaster fee's, referee's assignor's fee, etc.)
3. All other events will be the financial responsibility of the association gaining the revenues from such event.

## Administration

1. Gold Badges:
  - a. Gold Badge holders will be admitted free of charge to any SYFC game.
  - b. Each SYFC member Association is allowed up to 14 "GOLD BADGE" holders.
  - c. Badges are only good for the season in which they are issued and must be renewed on an annual basis.
  - d. Generally a member of an SYFC Association's executive board will hold this badge. Each SYFC Member Association according to their internal structure selects gold badge holders.

- e. Administrators shall refrain from smoking, chewing tobacco, consumption of alcohol or use of illegal drugs during all games and practices or on any school campus.

## **General**

1. Each association within the SYFC must be a California registered non-profit corporation.
2. Each association will be responsible for their own state and federally mandated reports i.e., taxes and non-profit reports to the Attorney General's office. Each must be in good standing with all. This alleviates the responsibility of creating a non-profit corporation, commonly operated by a trustee system.
3. The SYFC Presidents will meet on a monthly basis to facilitate league business.
  - a. It shall be the responsibility of the SYFC Facilitator to schedule a time and location for any and all SYFC meetings.
  - b. Meetings will be rotated among the member associations.
  - c. It is the responsibility of the hosting association to provide any and all required accommodations for example, tables, chairs, and refreshments.
4. All SYFC meetings will be conducted in accordance with the Roberts Rules of Order. All items to be discussed or voted on at an SYFC meeting must be listed in the agenda and posted on the SYFC web site 48 hours prior to any and all meetings. Each SYFC member association will be required to add the minutes from any and all SYFC meetings in their respective organizations meeting minutes. This will ensure each association is in compliance with the Brown act.
5. All issues regarding the SYFC Cheer Competition shall be decided by majority vote of the Association Presidents (events such as the facility used, cheer organization (JAMS, POWER CHEER, CHEER GYMS) running the event, Location, dates of event(s), etc.)

## **Association Certification**

1. All SYFC members, affiliates, administrators, coaches, and participants will be certified by its own association, by whatever means a member association chooses (PCA, NAYS, its own program, etc.)
  - a. The SYFC believes that:
    - i. Participation in youth sports develops important character traits and values.
    - ii. The lives of youths can be positively impacted if the adults caring for them having proper training and information.
  - b. SYFC presidents will be responsible for at least one person to pre-certify team binders. Teams will be assigned annually.

## **General Requirements**

### **Team Coaching**

Each staff will consist of:

1. One head coach
2. No more than seven (7) total assistant coaches and two (2) student instructors.
3. Coordinators, Assistant Coordinators, and Head Coaches must be at least 21 years of age.
4. Assistant coaches must be at least 18 years of age.
5. Each Division will have their own Head Coach.
6. Weight-Masters are not considered part of the coaching staff, if a team has 7 total assistant coaches.
7. All coaches for the purpose of the rules, are considered a coach from the start of a new season until the start of the next or following season.(example, Aug. 1, 2008 until Aug. 1, 2009)

### **Coaches will:**

1. Set an example in personal appearance at all times.

### **Coaching**

Coaches are subject to desertification, suspension, or expulsion, by their respective association for violations of any of the following:

1. Coaches are considered to be in an official status whenever they are participating in football, cheerleading or SYFC activities.
2. Badges must be worn during practices, games, and all SYFC functions.
3. The coaching staff is in complete charge of the team or squad whenever it is together on the practice or playing field, traveling as a group or at any team function.
4. The coaching staff is under the direction of the Head Coach.

5. The Head Coach must be at least 21 years of age.
6. Assistant coaches must be at least 18 years of age.
7. Trainees must meet certification requirements established by their individual associations.
8. All coaches must be certified by their association, prior to acting in the capacity of coach.
9. Each association will determine its own selection criteria and placement policy.
10. All prospective coaches must give their consent to have a thorough background check performed.
11. Coaches shall refrain from smoking, chewing tobacco, consumption of alcohol or use of illegal drugs during games and practice or on any school campus.
12. Coaches will refrain from using abusive and profane language before anyone connected with the game.
13. Coaches will not criticize participants in front of spectators, but use constructive criticism during practices or in private.
14. Coaches will not criticize the opposing team, their coaches, or fans by spoken word or gesture.
15. When it becomes necessary to administer discipline to a participant, it shall be in accordance with each respective associations' bylaws.
16. All coaches for the purpose of the rules, are considered a coach from the start of a new season until the start of the next or following season.(example, Aug. 1, 2008 until Aug. 1, 2009)

## ***Registration***

All participants must be registered with the Member Association prior to any involvement in any SYFC activities. All participants must provide the following:

1. Parental consent
2. Medical clearance to participate
3. Proof of age
4. Scholastic Fitness
5. Each association shall determine its own registration policy.

## ***Academic***

1. Participants shall be required to maintain scholastic fitness.
2. Each association shall determine its own scholastic fitness guidelines.

# ***Certification Requirements***

## ***Certification Definition***

Certification is the process whereby the SYFC ensures that participants meet minimum eligibility requirements.

Certification applies to participants, coaches, administrators and teams.

Certification of all must be completed prior to Jamboree of the current playing year.

## ***Participants***

1. Each participant will certify for 1 (one) team / division only.
  - a. A participant who has originally certified for a team/division may re-certify for another team/division, provided that he or she meets the age and weight requirements, that would have been applied at the Jamboree, they will have until the 3<sup>rd</sup> regular season game to accomplish this.
2. Each participant must have:
  - a. Participant Identification Card with current photograph
  - b. Signed parental consent
  - c. Medical Clearance to Participate dated after April 15 of the current year
  - d. Signed Code of Ethics
  - e. Emergency Information and Treatment Authorization

## **Eligibility & Proof of Age**

Eligibility age is determined on August 1<sup>st</sup> of every year.

Any one of the following is acceptable proof of age

1. Previous year Participant Identification Card
2. Legible copy of the Certified or Notarized Birth Certificate

### **Unless:**

Other info provided contradicts reported age, Copy is unreadable, or Individual association had a policy of requiring "originals"

3. Military dependent ID
4. Certified Adoption Papers
5. Passport

## **Coaches**

1. To be completed PRIOR to any association / SYFC function involving Adult/Child interaction.
2. Each Certified coach must have:
  - a. Coach certification card with current photograph
  - b. Signed Code of Ethics

## **Weigh Master**

Weigh masters must:

1. To be completed PRIOR to any association / SYFC function involving Adult/Child interaction.
2. Each Certified coach must have:
  - a. Coach certification card with current photograph
  - b. Signed Code of Ethics

## **Administrators**

1. To be completed prior to any association / SYFC function involving Adult/Child interaction.
2. Each Certified Administrator must have:
  - a. Administrator certification card with current photograph
  - b. Signed Code of Ethics

## **Team**

To be completed prior to the first game of the season.

1. Each certified team must have:
  - a. A minimum of 2 coaches, one of which shall be designated Head Coach
  - b. Team Certification binder containing:
    - i. Coaching Roster
    - ii. Player Cards
    - iii. Player Roster
  - c. PAR forms (football only)
2. Team Roster
  - a. Coaches Roster and Code of ethics
  - b. Participant Identification Cards for each participant
  - c. Insurance forms

## **Practice**

### **Practice Definition**

A gathering of players where one or more of the following takes place:

1. Wearing of Football related equipment
2. Running of plays. Including organized, scripted, developed, etc...
3. Physical Contact: Including that with other players, sleds, dummies, etc...
4. Exclusion of others (persons wanting to participate that are not or will not be a member of your teams)

## **Restrictions**

1. Official Practice shall not begin until the official beginning date of the season, which is set in the official season schedule each year.
2. No team may schedule more than 10 hrs of practice per week prior to the first scheduled game.  
\*\*Please note, if your association has a bye week on that week, this would still be considered your first scheduled game, your practice hours must conform to the rules, as if you played a game (i.e. 6 hrs. of practice)
3. No team may schedule more than 6 hrs of practice per week after the first scheduled game and prior to the post season.
4. No team may schedule more than 8 hrs of practice per week during the post-season.
5. Practice sessions shall not last more than 2 1/2 hours per day.
6. Each participant must have a minimum of 5 hours of conditioning before being allowed to participate in contact (football) or stunting (cheer). Clinic or Camp attendance shall **NOT** be counted toward this requirement.
7. Teams shall be allowed to participate in scrimmages and/or bowl games against other teams only after they have completed a minimum of 20 practice hrs.
8. Any participant added at any time must meet the minimum conditioning and practice time requirements as above.
9. A week is defined as: Seven consecutive days beginning Monday and ending Sunday
10. No practice of any kind may take place on the day of the game except after weigh-ins

## **Chalk Talk/Film**

1. Teams may schedule no more than 2 hours of chalk talk/film time per week, which is not counted towards the practice time listed above.

## **Camps/Clinics**

### **Camp Definition**

A training session provided by an outside organization/company. (This type of camp usually has a cost associated with it)

### **Clinic Definition**

A training session provided by the Member Association or a specific team/division of a Member Association for instructional purposes that includes the Coaches and Players for that Member Association or specific team/division of that Member Association.

The SYFC shall not endorse or sponsor any camp or clinic, which does not provide as part of its services an accident insurance plan for camp participants.

1. SYFC teams may attend any camp/clinic provided by an outside group.
2. SYFC teams may attend a camp/clinic provided by its sponsoring association
3. All Camps operated, sponsored or endorsed by SYFC Member Associations must be submitted for posting on the SYFC website a minimum of 14 calendar days prior to camp.
4. All Camps operated by SYFC Member Associations prior to the first day of practice shall be open to any individual or team wishing to participate regardless of League, Association or Team affiliation.
5. No Clinic's shall exceed thirty (30) hours total for the calendar year, if hosted by own association.
6. Any camp hosted by a SYFC Member Association must be open to all other Member Associations within SYFC. If hosted by a Member Association belonging to SYFC the camp must be posted 14 days in advance, as stated in rules.

## **Gate Admission Charges**

Fees for all SYFC regular games & Jamborees shall be:

1. Adult \$5.00
2. Senior Citizen and child 5-12 \$3.00
3. Children under 5 free
4. Please note these are the maximum fee's that can be charged, a Member Association can choose to charge less.
5. SYFC Players, Cheerleaders, Coaches, Weigh masters and Gold Badge holders, which are certified for the current playing year, shall not be charged for admission. Proper SYFC identification badge is required for free admittance.
6. Playoff Gate Fees to be \$5.00 Adult and \$3.00 Senior Citizen and child 5-12(this applies to cheer showcase also)

# Medical

- All practices must be attended by at least one person holding a Red Cross Community CPR and First Aid certificate, its equivalent or higher.
- A hosting Member Association has the responsibility to provide medical coverage at each game or competition.

## Minimum coverage shall be:

- A current California Certified EMT I or higher
- A well stocked first aid kit
- Each participant shall have Emergency Information and Treatment Authorization sheet available at each practice, game, competition or SYFC sponsored event.

# Football Rules

## Game Officiating

All games shall be played in accordance with the National Federation of State High Schools Association (NFHS) rules, except where otherwise noted. If an Association has a problem with a referee, the President of that Association will contact all of the other SYFC Association Presidents and the Officials Facilitator (Terry Lockett) by e-mail. If the situation is not resolved between the individual Association and Terry Lockett, all of the SYFC Association presidents will vote regarding that referees future participation. All referees will be rated using a 1 to 5 rating system. Ratings shall be posted weekly in the Admin area for all Presidents to view and will be used to determine officials for Playoffs and Championships Official's game assignments to be posted no later than Wednesday of that week's game in the Admin. area for all Member Association Presidents to view.

## Ages and Weights

- All players must meet the age/weight limits in order to certify. Any player not certifying after the third game of season will be dismissed from the team.
- It is up to each individual association if they are going to allow six (6) year old to participate

AGE	MITEY MITES	JUNIOR PEEWEE	PEE WEE	JUNIOR MIDGET	MIDGET
6	Up to 90				
7	Up to 90				
8	Up to 90	Up to 100			
9	None**	Up to 100	Up to 120		
10		Up to 100	Up to 120	Up to 140	
11		None**	Up to 120	Up to 140	Up to 175
12			<b>**Up to 70</b>	Up to 140	Up to 175
13				<b>**Up to 90</b>	Up to 175
14					Up to 175

\*Weight limit for male and female players are listed above. The players playing age is their age as of August 1 of the current year.

\*\*Classified as Flyweight Players. Junior Midget level is limited to a maximum of three (3) at 90 lbs. and Peewees is limited to a maximum of three (3) at 70 lbs. There are no flyweights at the Mitey Mites, Junior Pee wee and Midget in 2009.

- Mitey Mites are allowed a maximum of twenty (20) eight (8) year olds per squad.
- There is no required minimum weight for any player.

**NOTE: All Associations at all levels must strictly adhere to the above age-weight schematic.**

## X-Man Ages & Weights

The weight shown is the maximum weight allowed.

AGE →	6	7	8	9	10	11	12	13	14	X-Man Weight
Mitey Mite	Yes	Yes	Yes							No Limit
Jr. Pee Wee			Yes	Yes	Yes					No Limit
Pee Wee				Yes	Yes	Yes				No Limit
Jr. Midget					Yes	Yes	Yes			No Limit
Midget						Yes	Yes	Yes	Yes	No Limit

Cells with "YES" in them are eligible X-Man participants. All others are NOT eligible.

1. X-Man players shall be limited to a maximum of Six (6) players per team on Midgets. All other squads are allowed only four (4) X-man players per squad.
2. X-Man players are limited to the Line of Scrimmage to outside shade of the Offensive Tackle positions. Example: May be Tackle, Guard or Center. May NOT be Defensive End or Tight End.
3. X-Man players must play from a 3-point or 4-point stance.
4. X-Man players may not advance the ball, except a fumble or interception.
5. X-Man players may be on Kick-off or Kick-off return teams, ball is blown dead at the spot of an X-man fielding the ball on Kick-off or Kick-off returns.
6. X-Man players must wear a jersey numbered in the range of 90-99.
7. Any player wearing 90-99 will be deemed an X-Man for rules interpretation.
8. Any Players wearing 90-99 is NOT an eligible receiver or back.

## Weight Gain

### IN-SEASON WEIGHT ALLOWANCE AFTER CERTIFICATION

1 <sup>st</sup> weekend	1 lb.	6 <sup>th</sup> weekend	1 lb.	11 <sup>th</sup> weekend	1 lb.
2 <sup>nd</sup> weekend	1 lb.	7 <sup>th</sup> weekend	1 lb.	12 <sup>th</sup> weekend	1 lb.
3 <sup>rd</sup> weekend	1 lb.	8 <sup>th</sup> weekend	1 lb.	13 <sup>th</sup> weekend	1 lb.
4 <sup>th</sup> weekend	1 lb.	9 <sup>th</sup> weekend	1 lb.	14 <sup>th</sup> weekend	1 lb.
5 <sup>th</sup> weekend	1 lb.	10 <sup>th</sup> weekend	1 lb.		

**NOTE: All Associations at all levels must strictly adhere to the above age-weight schematic.**

## In-Eligibility

**In-Eligible players are those that:**

1. Are Over-weight
2. Are Over-age or Under-age
3. Have falsified data concerning the above or any part of the certification process.
4. Are participating in other organized TACKLE football programs while the SYFC season is in progress.
  - a. Player will **NOT** be ruled ineligible for participating in School sponsored FLAG football.
5. Have been ejected or suspended from the previous game they were eligible for.

**In-Eligible Teams are those that:**

Play with in-eligible players. They shall forfeit all games in which the in-eligible player participated. Ignorance is not an excuse. Teams are responsible for their players/parents actions.

## Roster Size

1. Roster size shall be inclusive of Older/Lighter and X-Man players.
2. Minimum roster is 16 players (Midget minimum roster size is 11, MM, JPW, PW, and JM minimum roster size is 16, if under 16, Presidents from each association must agree to play before game can begin)
3. Maximum roster is 35 players
4. After 3rd regular season game, no child can be added to a squad. A copy of each squad's certified roster should be provided to the Facilitator. A copy of the completed certified roster for each team must be sent to the Football Facilitator of the SYFC no later than 5 days after the completion of the 3<sup>rd</sup> regular season game.

## Play Allotment Rule (PAR)

The following shall be the minimum PAR for all SYFC teams:

1. The PAR requirement is:
  - 29-35 players ..... 8 plays
  - 22-28 players ..... 10 plays
  - 21 or less players ..... 12 plays
2. Injury or other loss of players during the course of a game will not alter the PAR rule as determined prior to the start of the game (i.e. sliding scale). Par cannot be altered as punishment for players (either they play or they don't, no half par, this manipulates the sliding scale par system, No Exceptions!!).
3. A play shall not count toward the PAR requirement if the play results in a dead ball penalty
4. Failure to meet the PAR requirement, by games end, will result in forfeiture of the game and Head Coach must be suspended for one week, this includes practice.

## **Field Requirements**

The home team is responsible for preparation of the field and all accessories required for the game.

1. Fields shall be regulation size
2. Fields shall have a scoreboard and time clock.
3. The home team is responsible for the preparation of the field and all accessories required for the game.
  - a. Required equipment to include but not limited to Goal Post Pads, Field Markers and Chain Gang accessories.
4. All fields will be inspected for safety prior to use.
5. All fields will be marked in accordance with high school standards.
6. Home team **MUST** make water available on the field throughout the day for both home and visiting teams.

## **Game Ball**

1. The ball used must be of good quality materials and must be in good condition.
2. The ball will be sized as follows:
  - Mitey-Mite - Wilson K2, Nike 2000K or 1000K or 705K, Spalding Pee-wee
  - Jr. Pee Wee and Pee Wee Junior Baden 100,100L, Rawlings RF5J, Spalding J5J, Wilson TDJ, Nike1000J
  - Jr. Midget and Midget Intermediate 200, 200L, RF5Y, J5Y, Wilson TDY, Nike 1000Y, Nike Cage Grip

\* Other brands and models are acceptable if they meet the size requirements

## **Equipment Requirements**

Each player shall wear the following:

1. Helmet (NOCSAE certified)
2. Shoulder Pads (NOCSAE certified)
3. Hip Pads
4. Thigh Pads
5. Knee Pads
6. Tail Pad
7. Mouth Guard (keeper required)
8. Additional equipment worn must have prior approval for football use from a reputable standards organization or majority vote of the SYFC members according to SYFC voting procedures.
9. Helmets must be certified after every other season of use.(every other year minimum)
10. Visiting teams must wear a jersey color that is contrasting to the home team. (This does not mean white, just contrasting))
11. All players must be provided separate contrasting home and away jerseys (exception Mitey Mites).
12. All players will bring both jerseys to each game.

## **Weigh-In on Game Day/ Jamboree**

Each team will have its players checked prior to each game during the season to ensure the weight standards are being maintained.

Three scales will be present at Jamboree in an effort to minimize weight disputes. The hosting teams President will contact guest teams and have them bring their scales. Whichever scale is the closest to the average or 0 will become the weigh in scale for Jamboree.

1. Home teams will weigh-in not less than 1 (one)-hour prior to game time
2. Visiting team will weigh-in not less than 45 (forty-five) prior to game time.
3. Home team will have exactly 15 minutes to complete weigh-in and depart the locker room.
4. Beginning with jamboree and continuing with each league game and playoff game thereafter, there will be a three (3) pound weight variance to accommodate for scale fluctuation.
5. The official game weight as determined by the Weigh-Master and/or Board Member(s) is **FINAL**.
6. In order to make weight a player may remove any article of clothing except undergarments as outlined:
  - a. Briefs for males
  - b. Briefs and sports bras for females
7. Male weigh masters must weigh in males –female weigh masters must weigh in Females.
8. A player failing to meet weight requirements will be afforded the opportunity to weigh-in once again prior to game time. (Participants will be disqualified for attempting to “sweat down” after failing to meet 1<sup>st</sup> weight -in.)
9. A player failing to meet the weigh-in shall only be disqualified from that game. He may sit with his team on the sidelines after removing his helmet and shoulder pads. Player will NOT be required to turn their jersey inside out.
10. One coach and/or a board member from each association, along with Weight-Master may be present at weigh-ins
11. All players regardless of weight, will be allowed to participate in scrimmages on the day of Jamboree only.

## **Scoring**

Touchdown 6

PAT by run 1

PAT by kick or pass 2

Safety 2

Field Goal 3

Forfeit 2

**Please note:** There are no tie games in regular season or playoffs. All ties must be played until a tie is broken. SYFC uses the California tiebreaker system with 4 downs starting at the ten (10) yard line. Both teams get an equal chance to break a tie, this is **NOT** a sudden death type overtime.

## **Mercy Rule**

1. Once a 36-point lead has been established, after the first half of play, the game is over, No other points will be added to the scoreboard. The clock will become a running clock in the second half and the game continues as a regular game, with the clock stopping for timeouts, out of bounds plays, and injury only. **NO! Scrimmage.** This rule applies for playoffs as well as the regular season.

## **Score Reporting**

1. All scores must be posted thru SYFC Admin. Area by either team, no later than 9pm on the day the game is played. **NO EXCEPTIONS!**
2. Non-League Games:  
Scores for Non-SYFC games do not need to be reported and Will NOT be used for determining standings. They will have NO bearing on SYFC playoff berths or seedings.
3. All game scores will become final and cannot be changed after the Friday following that regular season game.
4. All scores will become **Final** on Sunday night at 8:30 p.m. the weekend the regular season ends.

## **Playoffs & Playoff Seeding**

1. Top 4 teams in each conference make the playoffs
2. First Round-# 1 plays # 4, # 2 plays # 3
3. Remaining Rounds-highest seed remaining plays lowest seed remaining, and so on
4. Higher seed is home team.
5. Hosting associations will get all their teams, if possible. Hosting Associations are only guaranteed one of their playoff teams.
6. **Playoff tiebreakers 1) overall record 2) head to head 3) coin flip**

## **Mitey-Mite Exceptions for Football**

### **Roster Size**

1. Maximum number of twenty (20) - eight (8) year old players.
2. Mitey-Mite teams shall carry a maximum of thirty-five (35) players

### **Mitey- Mite Player Allotment Rule (PAR)**

1. The PAR requirement is 10-plays, Recommended -5 plays each half of play. Officials will apply no penalty for failure to meet halftime PAR requirements, however an attempt to comply with the spirit of the rule, must have been made.
3. Par cannot be altered as punishment for players (either they play or they don't, no half par, this manipulates the par system, **No Exceptions!**).
3. A play shall not count toward the PAR requirement if the play results in a dead ball penalty
4. Failure to meet the PAR requirement, by the end of the game, will result in forfeiture of the game and Head Coach must be suspended for one week, this includes practice.

### **Clock Management**

1. Each half shall consist of two (2) fifteen (15) minute periods. Length of halftime is 10 minutes.
2. The game clock shall be a "running clock". Each team will have 2 time-outs per half.
3. Clock will only be stopped in the event of Coaches or Officials time-out, injury, penalty, possession change, and "Declared Punts".

## **Kick-Offs**

1. There is no Kick-off.
2. The ball will be placed on the 40-yard line of the receiving team.

## **Punts**

1. There is no punting only "Declared Punts".

## **Declared Punt**

1. On 4<sup>th</sup> down the coach may notify the referee of his intent to "Declare a Punt"
  - a. Clock is stopped, Ball is moved 20 yards downfield from scrimmage (as if the ball was kick 20 yards WITH no return).
  - b. In the event the "Declared Punt" would result in the ball placement inside the opposing teams' 10 yard line, the ball will be placed on the 10 yard line. Change of possession takes place at that point, no time shall be run off the clock.
  - c. This does not count as a play towards the PAR requirement.

## **Scoring**

1. There shall be standard scoring for Mitey-Mite games and scores will be displayed on stadium scoreboard.
2. Mighty Mite extra point rule – 1pt for run, 2pts for kick or pass conversion

## **Blitzing**

3. **A defensive team is not allowed to have more than 5 (five) men "line of scrimmage" at any time.** If no Tight End the maximum is 4 Defensive lineman and all defensive linemen must be in a three (3) or a four (4) point stance. Everyone else must be four yards back from the line of Scrimmage **until the ball is snapped (no player whatsoever can be moving forward until the ball is snapped). No blitzing/Stunting/Looping** from any linebacker or defensive back or **defensive lineman** position. All Defensive lineman must be covered by an Offensive lineman, this means they must be head-up on each other. No **player** can line up on the center **head-up. No gap defenses of any kind are allowed and no "Swinging Gate" type plays of any kind are allowed at the Mitey Might level.** Penalty-1<sup>st</sup> Offense-5-yd Delay of game penalty. Penalty for the 2<sup>nd</sup> Offense and beyond- Loss of Down and 15yd Personnel foul penalty.

## **Penalties**

1. Failure to comply with the X-Men rule will result in Loss of Down and 15-yard penalty. Penalty is enforced from original line of scrimmage
4. Failure to comply with other Mitey Mite specific rules will result in Delay of Game and 5-yard penalty. Penalty is enforced from original line of scrimmage

## **Center Protection**

1. Defensive players shall not line up directly on the center.
2. The center shall be afforded long snap protection.

## **Coaching**

1. Each team may only have one (1) coach on the field; coach must be 10 yards behind line of scrimmage at snap of ball and may not yell to players while play or ball is going while being the coach on the field (i.e. middle middle, or right right right, or sweep left, etc.)
2. No headsets are to be used on the field, except during timeouts only.

## **Ball Advancement**

1. All Defensive players are eligible to advance the ball on a turnover. (This applies to X-Men as well)

# Cheer Rules

All cheer activities shall be done in accordance with the National Cheer Association (NCA) and the preceding sections of this document except where otherwise noted.

## **General Outside services**

1. Hiring of professional choreography is prohibited.

## **Eligibility Age**

1. All cheerleaders must meet the age limits in order to certify.
2. The cheerleaders' age on August 1 of the current year shall be the certified age for the coming season.
3. There are no rules pertaining to the age of mascots.
4. There is a maximum of (8)High School participants limited to Midget Squad only
5. The age shall be as follows:

<b>MAXIMUM AGE* PLAYER OR CHEERLEADER MAY TURN ON OR BEFORE AUG. 1 OF CURRENT YEAR</b>	<b>MITEY MITES</b>	<b>JUNIOR PEEWEE</b>	<b>PEEWEE</b>	<b>JUNIOR MIDGET</b>	<b>MIDGET</b>
6	X				
7	X				
8	X	X			
9		X	X		
10		X	X	X	
11			X	X	X
12				X	X
13					X
14					X

**Note: Weight limits do NOT apply to cheerleaders**

## **Academic requirements**

1. Cheerleaders shall be required to maintain Scholastic Fitness.
2. Each association shall determine its own Scholastic Fitness guidelines.

## **Team Coaching**

Each staff will consist of:

1. NO coach of any professional cheer organization/instructional facility can be a Head Coach, Assistant Coach or Instructor with any SYFC association, during the season in which said event occurs.
2. One head coach
3. No more than seven (7) total assistant coaches/instructors.
4. Coordinators, Assistant Coordinators, and Head Coaches must be at least 21 years of age.
5. Assistant coaches must be at least 18 years of age.
6. Each Division will have their own Head Coach.
7. **Instructors defined as High School student or younger only.**

Coaches will:

1. Set an example in personal appearance at all times.

## **Restrictions**

1. Official Practice shall not begin until the official beginning date of the season, which is set in the official season schedule each year.
2. No team may schedule more than 10 hrs of practice per week prior to the first scheduled game.  
\*\*Please note, if your association has a bye week on that week, this would still be considered your first scheduled game, your practice hours must conform to the rules, as if you played a game (i.e. 6 hrs. of practice)
3. **No team may schedule more than 6 hrs of practice per week after the first scheduled game and up to the 4 weeks before the SYFC Cheer Competition.**

4. 4 weeks prior to SYFC Cheer Competition teams may schedule no more than 8 hrs of practice per week.
5. Practice sessions shall not last more than 3 hours per day.
6. Each participant must have a minimum of 5 hours of conditioning before being allowed to participate in contact (football) or stunting (cheer). Clinic or Camp attendance shall **NOT** be counted toward this requirement.
7. Teams shall be allowed to participate in scrimmages and/or bowl games against other teams only after they have completed a minimum of 20 practice hrs.
8. Any participant added at any time must meet the minimum conditioning and practice time requirements as above.
9. A week is defined as: Seven consecutive days beginning Monday and ending Sunday
10. No practice of any kind may take place on the day of the game except after weigh-ins.

### **Certification and Rosters**

1. Books must be pre-certified and then officially certified at Jamboree.
2. Certification will not be required at each game.
3. The maximum roster size is 20 for SYFC Competitions
4. Copy of the completed certified roster for each team must be sent to the Cheer Facilitator of the SYFC no later than 5 days after the completion of the 3<sup>rd</sup> regular season game.
5. After the 3<sup>rd</sup> regular season game, no child can be added to a squad.

### **Discipline**

The individual associations at their discretion handle all discipline.

### **Roster**

1. The maximum roster size is 20 for SYFC Competitions
2. After the 3<sup>rd</sup> regular season game, no child can be added to a squad. A copy of each squad's certified roster should be provided to the Cheer Facilitator. A copy should be received no later than 5 days after the completion of the 3<sup>rd</sup> regular season game

### **Dress & Proper Attire**

1. The individual associations mandate cheerleader's dress code.

### **Hair and Nails**

1. Hair must be worn up (off the shoulders and back from the face).
2. Nails are not to be visible beyond the end of the fingers when viewed from the palm side of the hand held in a vertical position. No false nails are allowed. No nail polish can be worn for games, practices, or competitions.

### **Make-Up & Accessories**

1. Light make-up, face painting, or tattoos are allowed for games, at coordinators' / Board Members discretion..
2. No jewelry of any kind is allowed at practices, games, competitions, or other cheerleading events. No band-aids or taping over piercing is allowed. **NO EXCEPTIONS!**
3. No facial or body ring piercing(s) may be worn during practices, games, or competitions.

### **Game Conduct-Cheer & Sidelines**

1. All cheers are to be done in good taste.
2. No cheer derogatory to the opposing team may be used, and absolutely no treats or gifts will be exchanged.
3. During playoffs only, the playoff cheer squad is allowed to invite the non-playoff cheer squads to cheer with the playoff squad during the playoff game. All certification procedures will apply.
4. **Cheerleaders may warm up at any time before the start of game. Warm up time is limited to no more than 1 hour in duration regardless of the number of games the cheerleader participates in. Cheerleaders will go through certification at Jamboree. It is up to each association to follow SYFC rules prior to certification.**
5. Cheerleaders are to stand quietly on the sidelines if there is an injured player on the field.
6. Home team greets visiting team first, before the end of the first quarter.

### **Music & Song Routines**

1. All music for is the responsibility of the Association and is to be cued and ready for performance.
2. Music must not contain any profanity or suggestive phrases. Bleeping out of unacceptable words or phrases is not allowed.

## **Half Time Performance**

1. Visiting team does halftime routine first.
2. Visitors will take the field immediately after the football teams have vacated it.
3. Performance time on the field will not exceed five minutes for either squad.

## **Tryouts – Clinics, Camps & Placement Tryouts**

1. Tryout clinics shall be limited to no more than five days long, with a maximum of ten hours of practice time allowed.

## **Camps**

1. Associations may host a camp or participate in all camps.
2. Associations are allowed up to 6 hrs per squad for Camp or Clinic after Jamboree. Any Camp or Clinic will substitute for regular practice time prior to competition.
3. Any camps scheduled by a SYFC organization must be posted on the Associations Website 14 days prior to any event taking place.

## **Parades & Exhibitions**

1. Parades and exhibitions are encouraged to promote SYFC and your Association in your community.

## **Competition**

1. During the SYFC season competition teams will adhere to all the above cheerleading requirements except where otherwise noted.
2. Associations are allowed to participate in competitions outside the SYFC.
  - a. During outside competitions all organizations will adhere to the Safety Guidelines of the competition they are participating in.
3. SYFC will “sponsor or hold” a competition and/or showcase (Showcase was voted out for 2009 season, but will be reconsidered in 2010) in which all Associations are required to participate.
4. Cheer squads may be combined for outside NON-SYFC competitions only.
5. Competition open squads can only begin to practice as an open squad after the official SYFC season ends.
6. The practice time constrictions do not apply after the annual SYFC competition.
7. All issues regarding the SYFC Cheer Competition shall be decided by majority vote of the Association Presidents (events such as the facility used, cheer organization (JAMS, POWER CHEER, CHEER GYMS) running the event, , Location, dates of events(s) etc.)
8. A detailed accounting report of income and expenses for any or all event(s) (SYFC Cheer Competition or any SYFC League Sponsored event) shall be writing and a copy given to all Presidents at the December General Meeting each year.

## **Showcase (Voted out in 2009, will be reconsidered in 2010)**

1. Participation in the showcase is mandatory.
2. There may be a critiquing “judge”. Preferably, judges must be from a recognized Cheer Association/Organization.
3. The routine performed at the Cheer Showcase must be your competition cheer/routine, whether or not the routine is finished is irrelevant.

## **Program**

1. All squads will perform a combination dance, stunt, motion, tumbling, and jumping performance.
2. Overall performance time will not exceed 2 minutes 30 seconds from first organized motion or first note of music to the last.
3. The use of pom poms signs, and megaphones are optional. No gymnastic stunt may be performed with pom poms in hand.

## **Judging**

1. Qualified professional judges will be arranged for SYFC and approved by the Presidents for all SYFC sponsored competitions.
2. All scores and decisions of the judges are final.
3. All ties will be given duplicate awards.
4. Violation of any stunt or safety rule will result in point penalties and possible disqualification.

## **Safety – All Levels**

1. Teams will follow the NCA General Safety Guidelines, which are:
  - Stunt/pyramid height limit 2
  - Spotters required on stunts All Extended Stunts
  - Multi-based tosses YES
  - Suspended splits YES
  - Hanging pyramids Stationary (ONLY)
  - Inversion during stunts NO
  - Ticktock (Flier switches feet) YES
  - Toss to new bases NO
  - Helicopter tosses NO
  - Toss flips NO
  - Drops (knee, split, etc.) NO

## **General**

1. Use of mini-tramps, springboards, or any apparatus used to propel a participant is not permitted.
2. Knee drops, seat drops, thigh drops, and split drops are prohibited.
3. All Performances will be on a 42 X 54 performance floor.

## **Tumbling**

1. Tumbling skills that exceed one flipping rotation and/or two twisting rotations are prohibited. (No double tucks or triple fulls).
2. Tumbling over, under, or through a stunt, individual, or prop is not permitted.
3. All gymnastic stunts must originate from the ground level. The person performing a gymnastic stunt may (without hip over head rotation) rebound from his/her feet into a cradle.
4. Spotted or assisted aerial flips are prohibited. This includes toe and leg pitch flips, and suspended flips.
5. Double cartwheels are prohibited.

## **Stunts / Pyramids**

1. All stunts and/or pyramids are limited to two persons high.
2. Any partner must receive primary support from a base(s) who is in direct, weight-bearing contact with the performing surface.
3. A continuous spotter is required for extended stunts.
4. No extended stunt may brace another extended stunt.  
**Exception:** double based extensions and double-based awesomes may brace each other.
5. Teeter-totters (pendulums) are allowed if the partner remains shoulder level or lower. There must be at least four stationary catchers on each side.
6. No inverted teeter-totters are allowed.
7. Partners are not allowed to hold or pass through an inverted position during a stunt, toss, or dismount. This includes needle stunts, supported handstand stunts, and roll-ups into stunts.  
**Exception:** double-based suspended forward roll dismount from shoulder stand level or lower).
9. Hanging pyramids are allowed if and only if they are upright and stationary. Each partner involved must have a continuous spotter and bases must brace the hanging person(s).
9. No moving or rotating diamond heads.
10. Partners in a suspended split must have hand-to-hand contact with a base and must be supported on the back thigh.
11. Single-based split catches are prohibited.
12. Vaults are prohibited.

## **Tosses**

1. Basket tosses or any such multi-based toss must be performed from ground level and must be dismounted to a cradle position by the original two bases, plus a spotter. The partner may not be tossed to another set of bases or to another stunt or toss before the cradle.
2. The bases must remain stationary during the toss. (No traveling basket tosses.)
3. Helicopter tosses are prohibited.
4. Basket tosses or any type of multi-based toss are limited to a total of four bases tossing the stunt. One base must be behind the partner during the toss and may assist the partner into the stunt. This base counts as one of the tossing bases.
5. No stunt, pyramid, or prop may move through or under a toss, and tosses are not allowed to be thrown over or through stunts, pyramids, or props.
6. The head of a partner must remain in line with the shoulders when hitting a back arch position during an aerial dismount from a stunt or pyramid. The partner may not snap their head backward to increase the arch position.
7. Partners may not be inverted at any point during a toss.

8. Reloads and Shotguns are legal.

## **Dismounts**

1. Dismounts from multi-based stunts to a single-based cradle are permitted provided there is a separate spotter at the head and shoulder area of the partner.

**Exception:** No spotter is required when cradling stunts shoulder stand level or below.

2. Dismounts from multi-based stunts shoulder height or below to a cradle require at least two catchers, but do not require a separate spotter at the head-and-shoulder area of the partner.
3. Dismounts from multi-based tosses or multi-based extended stunts to a cradle must be cradled by at least 2 catchers and have a separate spotter at the head-and-shoulder area of the partner.
4. Stunts may dismount to a new set of bases provided the original base(s) maintains contact with the partner. A partner may not be tossed from a stunt to a new set of bases.
5. No skills (i.e., twists, toe touches) are permitted when dismounting directly to the cheering surface without constant hand-to hand contact with the base(s).
6. Extended stunts may dismount directly to the cheering surface with at least 2 spotters on the landing. The original bases(s) may spot the dismount.
7. Suspended forward roll dismounts from a multi-based stunt, shoulder stand level and below, are allowed if the partner maintains constant hand-to-hand contact with the base(s) on which he/she is standing. Suspended rolls must dismount directly to the performing surface.
8. Tension drops are prohibited.
9. Tosses or aerial stunts may not dismount to a prone, face down position in a cradle.

**Exception:** log roll.