

2015 NCYFC

FOOTBALL AND CHEER RULES

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NORTHERN CALIFORNIA YOUTH FOOTBALL & CHEER RULES AND GUIDELINES

SECTION 1

INTRODUCTION

- 1.1 NCYFC Operating Guidelines are comprised of input and contributions from many youth football organizations. It purposely avoids involvement or intervention in many areas that are considered to be solely the interests or internal affairs of individual conferences of associations. A copy of NCYFC by-laws shall be issued to each association.
- 1.2 The National Federation of State High School Associations' Rule Book is used for the actual playing rules for NCYFC games. Copies of this rulebook may be obtained by writing to NFSHSA, 11724 Plaza Cir. PO Box 20626, Kansas City MO 64195.
- 1.3 These NCYFC Operating Guidelines are meant to be a supplement to the NFSHSA rules and the Standard Operating Procedures of your association. Because of special needs or differences, such as geography, your Standard Operating Procedures may contain certain items that vary from the NCYFC Operating Guidelines. NCYFC Guidelines take precedent over your Standard Operating Procedures.
- 1.4 Individual organizations are free to make their own rules more exacting or stricter for the purpose of good government within their respective organization but may not make them less astringent.
- 1.5 NCYFC will annually provide a schedule of fees and due dates to each affiliate association by February 1st, of each year.
- 1.6 Where the pronoun denoting the masculine gender is used in these Operating Guidelines, it is always intended to include the feminine gender as well.

SECTION 2

DEFINITIONS

- 2.1 **AGE-WEIGHT DIVISION** - A classification of players/cheerleaders by age and weight.
- 2.2 **ASSOCIATION** - One or more teams banded together under a single entity, usually of a common locality, with a common body of leadership, administration and sponsorship. Associations may be independent or affiliates of a conference.
- 2.3 **BOOSTER CLUB** - An organization of people banded together to support, through moral and/or financial means, the activities of one or more youth football teams. An association can perform the functions of a booster club. A booster club cannot perform the functions of an association. Booster club members do not set or establish association policy and are not automatically entitled to association membership.
- 2.4 **BYE GAME** - A bye occurs anytime a team does not have an opponent between the time of their first regular season game and their last regular season game. A bye game could be inter-league or intraleague and does not count towards a teams' won/loss record for determining a championship. NCYFC approval is required to fill any bye game.
- 2.5 **EXHIBITION GAME** - An exhibition game is a game played in the pre- or post-season with a non-NCYFC association or league. NCYFC approval is required. Exhibition games have no bearing on league standings and are played primarily for the purpose of publicizing youth football.
- 2.6 **PLAYOFF GAME** - Games that include Association Division and Conference Championships.
- 2.7 **POST SEASON GAME** - Any game played after the last regular season game. Association and NCYFC approval are required.
- 2.8 **PRACTICE SCRIMMAGES** - Controlled scrimmages between different teams in the same age/weight divisions may be held after the first week of contact practices. Association and NCYFC approval are required.
- 2.9 **PRE-SEASON GAME** - Pre-season games are played prior to the first regular season game and require NCYFC approval. They are either inter-league or intra-league games and have no bearing on the current season league standings.

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- 2.10 REGULAR SEASON GAME** - The consecutive games that take place starting in August, as approved by NCYFC
- 2.11 CHEERLEADER** - A Cheerleader is a song-leader, cheerleader and/or mascot in any combination form.
- 2.12 SPONSORS** - Civic and service clubs, fraternal organizations, and/or similar community minded local organizations or individuals whose purpose is to render financial or other assistance to an organization or association. Business or commercial enterprises shall be permitted as sponsors only when the activity of a firm or company is not detrimental to the welfare of the youth. Sponsors do not set or establish association policy and are not automatically entitled to association membership.

SECTION 3

NCYFC MEETINGS

- 3.1 GENERAL MEETING.** The football and cheerleader Boards of Association Representatives, hereinafter called the Associations Board and Cheerleaders Board, shall meet periodically as determined by the Directors of NCYFC, who shall also designate the time and place of each meeting.
- 3.1a** The Board shall meet not less than four times between January and December of each calendar year.
- 3.1b** General meetings are for all NCYFC affiliates to attend for the purposes of developing policies, procedures and rules for the benefit of all NCYFC, share common problems and successes and develop needed programs for the betterment of youth football and cheer.
- 3.1c** A calendar of NCYFC dates shall be distributed annually.
- 3.1d** Notice of general meetings shall be given to each Association in person, by phone, mail or e-mail at least five (5) days prior to the date set for each meeting.
- 3.1e** The NCYFC Commissioner shall chair all general meetings. The meetings will be conducted in an orderly manner with all representatives given a fair opportunity to be heard. Unless authorized by the NCYFC Directors, only designated representatives will be heard.
- 3.1f** The rules contained in Roberts Rules of Order, Newly Revised shall govern all NCYFC meetings in all instances in which they are applicable and in which they are not inconsistent with NCYFC rules and regulations.
- 3.1g** The NCYFC Associations and Cheerleaders Boards shall hold annual rules meetings separately.
- 3.1h** Any Association that fails to attend three (3) consecutive NCYFC Associations Board meetings will be fined \$100.00.
- 3.1i** Every team must have a Team Representative at every league meeting. If a Team Representative can't make it they need to send an alternate. Teams not showing up could result in a fine. If your team is fined and the fine not paid, that team will be considered to be in bad standings with the League. **(Team Representatives and/or alternate needs to be consistent)** Each team will need to notify the Commissioner and Cheer Director who their Representatives are and Alternates. Meetings will start no later than 10 minutes after the scheduled time. If a team is late it will be their responsibility to get any information they may have missed.
- 3.2 ASSOCIATION REPRESENTATION:** Each association sponsoring one (1) or more non-school youth tackle football teams and in good standing with NCYFC shall have one (1) seat and (1) vote on matters brought before them by the NCYFC Board of Directors.
- 3.2a** Each association shall designate a primary and an alternate representative to the Boards.
- 3.2b** If either the primary representative or the alternate representative cannot attend the meeting the association may appoint another representative to attend in their behalf.
- 3.2c** The NCYFC League Commissioner must be notified prior to the meeting who the substitute representative will be.
- 3.3 AGENDA:** The NCYFC League Secretary shall be responsible for preparing an agenda for each general meeting.

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- 3.3a** The deadline for submitting agenda items by an affiliate association shall be ten (10) days prior to the meeting.
- 3.4** **RULE CHANGES**
- 3.4a** Associations wishing to propose new rules or rule changes, additions or amendments for football or cheerleading shall submit their proposals in writing to the first NCYFC general meeting of the current year.
- 3.4b** All proposals will be taken under advisement by the NCYFC Board of Directors.
- 3.4c** Rules passed during the off-season will go into effect the following season, unless it is a safety issue.
- 3.5** **FEES:** Team fees shall be set annually by the NCYFC League Board. Insurance premium costs will be determined by the insurance agent and communicated to the NCYFC Directors, who will inform the affiliate association.
- 3.5a** All fees are paid to NCYFC, unless otherwise specified. The annual schedule of fees shall provide due dates for payment of association team and insurance fees.
- 3.5b** Failure to pay team fees by due dates shall result in immediate suspension and/or fine(s).
- 3.5c** Insurance coverage will be provided by the NCYFC League at each team's expense.
- 3.5d** Failure to pay insurance premiums on time will result in cancellation of all NCYFC sanctioned activities (e.g., practices, fund raisers, sign-ups, try-outs, etc.).
- 3.5e** **Criminal Offender Record Information Policy** - the overall responsibility for the administration of a criminal history/background check rests with the (Designated individual: PRESIDENT or VICE PRESIDENT of association team.) NCYFC must approve of companies used for background checks. Background checks must be submitted to the NCYFC Executive Board no later than June 15th of each season. The NCYFC League Board must approve all coaches, board members and volunteers before they receive a League badge.
- 3.5f** Coaches information for background checks and pictures for badges must be turned in by June 15th. August 1st will be deadline to add ANY new coaches unless a team drops below 5 coaches on a level.
- 3.5g** **Add on of Badged Personnel after June 15th deadline-** Once Teams have submitted the background checks and picture of individuals to be badged to NCYFC, NCYFC has two weeks (14 days) to provide that team with that individual's badge.
- 3.5h** **Organizations are limited to the following numbers of badged personnel...** Eight (8) Football Coaches/Personnel per level, Five (5) Cheer Coaches/Personnel per level and Ten (10) Executive Board Personnel. This limits all organizations to a maximum of Sixty Two (62) badged personnel. Organizations will be given two MPR badges that shall be used for their side line MPR Monitors. These badges will assist in highlighting who the MPR monitors are for that game. If these badges are lost or damaged then the organizations will need to contact their Vice Commissioner to receive another badge at the organizations cost. The loss of the MPR monitor badge does not excuse the need to perform MPR. MPR will still proceed as covered in rule 14.30.

SECTION 4

AFFILIATION REQUIREMENTS

- 4.1** New organizations wishing to affiliate with NCYFC for the upcoming season must submit a written application and appropriate team fees by no later than Feb 15th of the current year.
- 4.1a** All other organizations wishing to affiliate with NCYFC for the following year season, must execute an annual contract turned in 2 weeks after end of year NCYFC meeting.
- 4.1b** All organizations must agree to support and promote NCYFC programs and philosophies and must agree to abide by NCYFC policies, procedures, rules and regulations.
- 4.1c** All organizations must agree that the NCYFC Operating Guidelines will be distributed, read and understood by all administrative and coaching personnel in their organization.

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SECTION 5 THE ASSOCIATION

- 5.1 **INCORPORATION:** Incorporation is mandatory for all NCYFC affiliate associations.
- 5.1a A copy of each association's Articles of Incorporation and proof of annual filing must be supplied to NCYFC annually.
- 5.1b **BYLAWS:** A copy of each association's current operating policies and procedures must be on file with NCYFC

SECTION 6 SCHEDULING

- 6.1 **SCHEDULING:** All scheduling of games will be done by NCYFC board to insure parity, equality and protection for all NCYFC teams. The League will set dates for all NCYFC events. The League will not schedule any Sunday Games if at all possible. Sunday Games will be a last resort.
- 6.1a **SCHEDULING REQUESTS:** Requests for scheduling (e.g., home field availability or requested opponents) must be made in writing to the NCYFC Board by March 1st in order to receive consideration.
- 6.1b **TENTATIVE SCHEDULE:** By March 15th, each association will receive a proposed regular season schedule.
- 6.1c All problems/conflicts with the proposed schedule must be made in writing to the NCYFC Associations Board by June 1st.
- 6.1d All schedule adjustments will be made by June 15th
- 6.1e The schedule will be considered final on July 1st.
- 6.1f **BYE GAMES:** The executive board will try to avoid scheduling bye games. Ultimately it is the number of teams that are in the league that creates or avoids a bye game.
- 6.1g All teams must provide addresses of their home fields prior to Aug 1st. League will send out to all teams.
- 6.1h **League Events:** League events will be scheduled by the Executive Board keeping in mind to create parity in the league and location.
- 6.1i **Round Robin:** League will keep gate
- 6.1j **Cheer Competition:** Football players MUST attend cheer competition to support their cheer squad. If a football level does not have a cheer squad competing they do not have to attend. Roll call will be taken for each team by another team. Game day binders MUST be brought to cheer comp and players will be marked off on weigh in chart. There will be a 2-player exemption, per level for missing cheer competition. Those who do not attend will not be eligible to play in the 1st half of the first playoff game they attend.

SECTION 7 AGE-WEIGHT DIVISIONS

All weights will allow for a 4oz. Variance. (.25 lbs)

League waivers for younger kids desiring to move up levels, due to weight issues, will be required to be signed by parents and Team President.

- 7.1 **AGE WEIGHT DIVISIONS:** Following are the ages and weights that will be used for certification of players throughout the season. The maximum age is the age the football player may turn on or before October 31st, of the current year. Each organization will field to the best of their ability the following age divisions:
- 7.2 Starts Ages 6, 7, 8 year olds (9 yr old - Older/Lighter born July 2nd - October 31st and weigh 65lbs or less-limit 5)
There will be no maximum weight.

** X-Man weight is over 90Lbs (see **7.5a through 7.5e below)
- 7.3 Rookies Ages 8, 9 and 10 year olds.

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There will be no maximum weight.

** X-Man weight is over 115lbs (see **7.5a through 7.5e below)

- 7.3a** Rookies Older/Lighter Age 11 years old. The max weight for Rookie older-lighters is 80 pounds. (Limit of 5 older-lighters per team).
- 7.4** Jr. Varsity Ages 10, 11, 12 and *13
There will be no maximum weight.
** X-Man weight is over 145lbs (see **7.5a through 7.5e below)
- 7.4a** Jr. Varsity Older/Lighter Age 13 years old. The max weight for the JV Older-Lighter is 105 pounds. (Limit of 5 older-lighters per team).
- 7.5** Varsity Ages 11*** over 120 lbs that desire to more up, 12, 13, and 14*
There will be no maximum weight.
*14 year olds may not turn 15 until after the NCYFC Superbowl.
**X-Man weight is over 175lbs (see **7.5a through 7.5e below)
***11 year olds must weigh over 120 pounds.
- 7.5a** Once players are designated as X-Men; they remain X-Men throughout the season, (Even if they lose weight). X-Men must be identified by an X on the back AND front of the helmet. The X must be the opposite color of the helmet and clearly visible. Each leg of the X must be 1" thick by 5" long on the back.
- 7.5b** The "X" on the front of the helmet shall be 2" X 2". All X- Men must meet on the field with the officials and head coaches 5 minutes prior to the start of the game. NCYFC will provide X's.
- 7.5c** The X-Man must play as a defensive or offensive lineman. They must line up on the LOS from tackle to tackle and they cannot be on kick-off or kick return teams (except during punts while on the LOS). A defensive X-man must line up within the outside shoulder of the offensive tackles. The X-Man cannot advance the ball. Should the X-Man gain possession of the ball, the play will be immediately blown dead.
- 7.5d** X men rule- ball on 25-yard line if team has too many x men for kick off or kick return. Can only line up outside eye to outside eye on the tackle. Have to make contact and cannot drop back into coverage.
- 7.5e** X men may be kicker on PAT but must kick the ball. If a play-fake is ran, ball is ruled dead and no points will be awarded. If ball is fumbled then play is ruled dead.
- 7.6 IN-SEASON WEIGHT ALLOWANCE AFTER CERTIFICATION**
The weight allowance per player will be 1lb per week for older lighters only. After the 1st game of the season older lighter players may gain 1lb per week. **X-MAN Weight: There is NO one pound weight gain during the season for beginning X-Man weight. X-Men beginning weight stays the same.**

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

7.7 INDUCING A PLAYER TO LOSE WEIGHT

- 7.7a** No one connected with the program may ever suggest to a player or parent that a player lose weight to make a team. The use of "rubber suits" is forbidden. Players may not "run" before weighing in.

7.8 INELIGIBLE PLAYERS

- 7.8a** Any coach, administrator or individual who knowingly allows an ineligible football player/cheerleader to participate in a game or scrimmage will immediately be suspended for the remainder of the season and the following season, forfeit the game that the ineligible player participated in and a \$250 fine will be charged to the organization.
- 7.8b** Ineligible player is defined as but is not limited to; Player not of age or weight for level certified to, suspended players, and X-Men playing out of position.

SECTION 8

TEAM ASSIGNMENTS

- 8.1** All players must be weighed their first day of practice and assigned to a team by a representative of the board. Neither coaches, players or parents are allowed to assign a football player/cheerleader to a team.

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- 8.2** No one may establish a limit to the number of players on a team if the limit is fewer than thirty five (35).
- 8.3** It is forbidden to cut participants just to make a team smaller. You may not sign up players/cheerleaders after Round Robin. If a team drops below fifteen (15) players after Round Robin, they may move up an already certified player from the level below after notification to the League Commissioner or may recruit new players upto fifteen (15) players. A player may never be waived to a level below once they have been certified to a level.
- 8.4** **TEAM SIZE:** Football teams shall not exceed the maximum/minimum number of participants stated below:
- 8.4a** **FOOTBALL:** A football team shall have not less than twelve (12) and no more than forty (40) players certified to its roster.
- 8.4b** The maximum roster size for football shall be 40 participants. **EXCEPTION:** If a player fails to make weight at certification, that player may be waived to the next level up with no penalty to the association for being over roster limit.
- 8.4c** **MINIMUM PLAYERS FOR GAME:** A minimum of twelve (12) players is required to play a game.
- 8.4d** Anytime there are less than 12 (but no less than 11) players for a game there will be a game. Referees will be used.
- 8.4e** If it was the visiting team that showed up with less than 12 players, they will pay the home team for all the referees for that scheduled game within 72 hours.
- 8.4f** The game will be a forfeit-win for the team with sufficient number of players.
- 8.5** NCYFC should be notified immediately, in writing, anytime a team drops below the minimum number of players to play a game.
- 8.6** NCYFC may sanction "scrimmage squads" on a case-by-case basis. These squads will have less than 12 players and the scrimmage will be a forfeit-win for the certified team (12 or more players certified to a NCYFC roster).

SECTION 9 PRACTICES

- 9.1** **FIRST DAY OF PRACTICE:** The first day of practice for NCYFC football teams shall be the second to last Monday in July unless otherwise specified by NCYFC. Cheerleaders may practice year round provided they are covered by insurance. No player or cheerleader may participate prior to having a current physical examination on file with his or her association. 1. Cool off period: There will be a "Cool Off Period" from May 1st to the start of the regular season for teams that practice off season for competitions. Approval from the NCYFC Cheer Director will be needed for any team requesting to perform during this "cool off period".
- 9.2** **CONDITIONING PERIOD**
- 9.2a** A minimum of the first ten (10) hours of practice sessions must be devoted to conditioning for all participants (both football players and cheerleaders).
- 9.2b** During this conditioning period, no protective football gear, except helmets and mouthpieces, may be worn. Absolutely no player may engage in contact.
- 9.2c** The conditioning period may be waived if the player can show proof that they have played another sport within 2 weeks of joining the team.
- 9.3** **PRACTICE SESSIONS**
- 9.3a** No practice session may last longer than two (2) hours. Double practice sessions during any 24-hour period are prohibited.
- 9.3b** Practice sessions are limited as follows:

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FIRST WEEK: A maximum of five (5), two (2) hour sessions is permitted during the first week of practice. This will allow the majority of football players/cheerleaders to complete the required ten (10) hours of conditioning practice. **SECOND WEEK TO FIRST GAME:** A maximum of five (5), two (2) hour practice sessions in any seven (7) day period is allowed until first game. **AFTER THE FIRST GAME:** practices will be limited to three (3), two (2) hour practice sessions and one (1) hour film review session (not required) and a one (1) hour no contact walk through session (not required) in any seven (7) day period.

- 9.3c A special session to hand out equipment is not considered a regular practice session. Time used to distribute equipment or uniforms should not be deducted from practice session time.
- 9.3d Practice sessions are considered to be a gathering of any more than 1 coach and seven players/cheerleaders. Example: group conditioning; individual skill sessions; play run through with or without equipment; any scrimmage with another team; camps/clinics (during season only).
- 9.3e **CONSUMPTION OF LIQUIDS:** Since heat prostration is by far the number one killer of football players, frequent water breaks for both Football players and cheerleaders should be given in accordance with heat, humidity and level of activity.
- 9.3f No limit, within reason, should be placed on a football player/cheerleader's intake of water.
- 9.3g No football player/cheerleader will ever be denied water if requested.
- 9.3h Water breaks will be given at a minimum of 30-minute intervals.

9.4 FIRST AID REQUIREMENTS

- 9.4a A First Aid Kit must be on the field at all practice sessions.
- 9.4b At least one individual with a current Red Cross Multi-Media First Aid card must be present at all practice sessions.

9.5 FORBIDDEN DRILLS

- 9.5a No drill may be used (such as "bull in the ring") where a group of players are instructed or encouraged to administer physical abuse or excessive contact upon a single football player/cheerleader. A coach may be held liable by a court of law for instructing any drill or technique that result in a football player/cheerleader's injury.

9.6 FOOTBALL PLAYER/CHEERLEADER REQUIREMENTS

- 9.6a No football player/cheerleader may be permitted to participate in a practice session until s/he has turned in the following: (1) Signed Parent Form. (2) Current physician's certificate of approval to participate.
- 9.6b No player may be permitted to participate in a contact practice unless s/he has: (1) Been issued the required protective equipment.
- 9.6c Any football player/cheerleader who has been under the care of a physician must present a medical release before returning to his team to participate in practice sessions or games.

9.7 INSURANCE

- 9.7a A valid football accident insurance policy must be in effect prior to any practice sessions taking place.

9.8 PERSONS AUTHORIZED TO ATTEND PRACTICE SESSIONS

- 9.8a Every practice session must be attended by at least one member of the association board. This is for the coaches' as well as the football players'/cheerleaders' protection. The representative keeps unauthorized personnel off the practice field areas, insures football players/cheerleaders are not mistreated and fields questions from parents, prospective players, etc.
- 9.8b Besides NCYFC or association representatives, only coaches, players and support personnel (equipment managers, water boys, etc.) requested by the head coach may be present on the practice field.
- 9.8c Friends, relatives (parents, siblings, etc.) of the Football players/cheerleaders are not permitted on the practice field or sideline areas.

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

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- 9.9a Smoking cigarettes, cigars or pipes or chewing tobacco in the presence of football players and/or cheerleaders at practices by coaches, administrators or support personnel is prohibited, unless in a designated smoking area. Smoking is prohibited on school grounds.
- 9.9b Alcohol and/or narcotics consumption is prohibited at any function attended by football players or cheerleaders.
- 9.9c Individuals may not leave a practice site and go to a parking lot, for instance, to consume alcohol or take narcotics in any form.
- 9.9d Vulgar and/or abusive language will not be used in the presence of football players or cheerleaders.
- 9.9e Coaches, administrators or support personnel violating this section shall be suspended automatically for a period of seven (7) days and one (1) Game or more for the first offense. Subsequent offenses can result in expulsion.

SECTION 10

Recruiting

- 10.1 Football players/cheerleaders may never be recruited with the promise of financial rewards or free goods or services.
- 10.2 No one may try to induce or recruit a football player/cheerleader from one organization to another after that football player/cheerleader has been assigned to a team.
- 10.2a If a coach or other individual attempts to recruit a football player/cheerleader from another NCYFC Associate's organization that has signed an application for the upcoming season, that coach or individual will be immediately suspended for a period of two (2) years and after such period will be on probation for an additional two (2) years.
- 10.3 No waivers will be necessary to switch teams within the NCYFC League after the season's end. Players may not change teams within the NCYFC League once the season starts unless that player moves and is able to show proof of a change of address.
- 10.4 Where area boundaries do not exist between neighboring associations, a football player/cheerleader may only participate for one association.
- 10.5 Participants may participate in only one tackle football or cheerleader program (i.e., high school or youth program) during the NCYFC season.

SECTION 11

WEIGH-INS

Weigh masters are required to be at weigh in area on time regardless if their team is there or ready to go when they are supposed to be.

- 11.1 WEIGH-INS: Player weigh-ins is mandatory for all games.
- 11.2 The home team must provide an enclosed area in which to weigh in.
- 11.3 No one is allowed inside the room where certification weigh-ins takes place except the certifying official(s) and his/her assistant(s).
- 11.3a The certifying official may be a president, or designee from any association other than that of the certifying player. Both Head Coaches are allowed in the weigh in room while the opposing team is weighing in.
- 11.3b The association weigh master for that team (cannot be a coach for that team) and the association president or his/her representative (cannot be a coach for that team) will present the team and all paperwork requirements for each football player/cheerleader to be certified.
- 11.3c One coach will be allowed to be at weigh in area with football players.
- 11.3d Weigh masters may be male or female. An adult female must be present in the weigh-in room for weighing of all female players.
- 11.4 The certifying official, at his discretion, may excuse all other personnel from the room with the exception of at least one assistant.

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- 11.5 Each player may weigh once. If s/he does not make weight, s/he may strip and immediately weigh once more. If a player fails to make weight on his/her second attempt, s/he is ineligible to participate in that game and the appropriate place on his/her player card will be checked and initialed by the opposing team's weigh master.
- 11.5a A player may never leave the weigh-in room between his/her first and second attempt to make weight.
- 11.6 Weigh-ins, except for certification, shall be conducted for maximum weight.
- 11.7 A player may wear all or part of his/her uniform, except helmet, when being weighed.
- 11.8 Trade-offs, where one team agrees to let an overweight player participate if the opposing team allows one or more of their overweight players to participate, are forbidden.
- 11.9 **ILLEGAL WEIGH-IN:** No player may be weighed prior to the beginning of the official weigh-in.
- 11.9a Any player caught will be ineligible for participation in that game.
- 11.9b If a coach is present, she/he will be suspended for that game, the following practice week and the game the following week.
- 11.10 During weigh-in, team weigh masters are considered NCYFC officials.
- 11.10a The opposing team's weigh master is always in charge during a team weigh-in.
- 11.10b NCYFC officials may attend weigh-ins as observers. In the case of a discrepancy at the weigh-ins, that official shall have the authority to render a decision. That decision shall be final and not subject to appeal.
- 11.11 Football player/cheerleader ID cards and certified team rosters will be available in team books for review. The teams will exchange mandatory play numerical rosters.
- 11.11a The weigh master will sign and date every player ID card, indicating whether a player is O.K., injured (I), overweight (OW) or (X-Man), absent (A), or removed (R), sick (S).
- 11.11b The weigh master should check for completeness of the numerical roster and line out and initial names of players not participating.
- 11.11c On completion of weigh-in, the weigh master will date and sign the numerical roster in the upper right hand corner. This becomes the official Mandatory Play Rule form to be used by the MPR monitors and turned in at game's end.
- 11.12 NO bathroom scales are allowed
- 11.13 **PLAYER CONDUCT DURING WEIGH-INS:** During the weigh-ins, players must remain silent and lined up single file in numerical order with X-men first, older/lighter players, then remaining players.
- 11.13a Chants, yells or verbal exchanges between players or teams are forbidden during weigh-ins.
- 11.13b Weigh masters should always remember to be courteous to opposing players, but absolutely firm in maintaining silence and order in the weigh-in area.
- 11.14 **WEIGH-IN ORDER:** The away team shall be weighed first, unless all players are not ready at time of weigh in, one hour prior to the scheduled start of the game, the home team may be weighed first.
- 11.14a Players arriving after the start of the game shall be allowed to weigh in at halftime by the opposing teams weigh master. Late player is only required to fill ½ of the MPR requirement.
- 11.14b No player shall be allowed to participate in a game that does not arrive prior to the end of half time.
- 11.14c No player shall be allowed to participate in a game until he/she has properly weighed in.
- 11.14d Players who do not make weight must remove their equipment and uniform. They are expected to wear their game jersey and remain with their team, in the bench area, during the game.
- 11.15 **EXITING THE WEIGH-IN AREA:** Teams must always leave the locker room, etc., in a clean and orderly fashion. All gear or personal effects should be taken with the players/coaches to the sidelines when a team takes the field for a game.
- 11.16 Teams may not warm up prior to weighing in, unless weigh-ins are not completed within 60 minutes of the scheduled start time of the competition. **No team may warm up prior to weigh in. That team will forfeit the game if caught doing so.**

SECTION 12

FOOTBALL PLAYER/CHEERLEADER CERTIFICATION

Round Robin will be the official date of weigh in certification for football players.

- 12.1 PROOF OF AGE** The following must be presented for football player/cheerleader certification:
- 12.1a** 1. If a new player, a copy of the ORIGINAL certified copy of a birth record from a county courthouse (with embossed seal and contrasting ink). 2. A passport or immigration visa. 3. Out of country Birth Certificates will be handled on a case-by-case basis. 4. Foster/Adoption Children will require Original documentation from the state or county social worker. Player cards will be emboss stamped in lieu of Birth Cert. once Certified into league.
- 12.1b** Players will have until League Book Certification to present proof of age.
- 12.2 TEAM BINDERS**
Each team must present the following paperwork, placed in a 3-ring binder, to the opposing teams weigh masters at weigh-ins for all games for each division...
- 12.2a** Certified copy of main team roster and three (3) additional copies.
- 12.2b** Binders must be in the following order for certification and throughout the season. 1. Player Card –Player must have a jersey number visible in picture A. Players cards must be on white paper only B. Player/Cheerleaders pictures must be of current year 2. Player Application 3. Proof of Age (birth certificate, passport, etc.) 4. Physical form
- 12.2c** If player cards are kept in plastic sleeves, the area for the weigh-master/cheer coaches must be cut out for ease of access.
- 12.3 TEAM ROSTERS**
- 12.3a** Prior to certification all appropriate spaces on the roster must be filled in. Rosters must be typed. No handwritten entries allowed.
- 12.3b** List all football players/cheerleaders in numerical order (X-Men, older/lighter and waiver players first).
- 12.3c** Only the columns for football player/cheerleader name (first and last), age, date of birth, jersey # for football players should be completed prior to certification jamboree. Leave all other columns blank for completion by certification officials.
- 12.3d** In the event a football player or cheerleader who is listed on the roster is not fully certified, his/ her name may be lined out and initialed by the certifying official.
- 12.3e** Each team must present the original and one copy of each team roster, signed by their association president, to a certifying official.
- 12.3f** One copy is retained by NCYFC.
- 12.3g** The original is retained by the team; additional copies may be made at the association's discretion. One copy must go into the binder with the football player/cheerleader player cards to be presented at all pregame weigh/check-ins.
- 12.3h** The certifying official will place their stamp directly under the last football player/cheerleader's name on the copy and the original roster, and sign both the copy and the original roster. If there are a minimum of twelve (12) football players who make weight and have all paperwork in proper order, a second stamp will be affixed to the roster in the upper right corner. A second stamp will be affixed to cheerleader rosters in the upper right corner if all paperwork is in proper order.
- 12.3i** Every roster with a minimum of a (12) player roster must be certified prior to the first regular season game for a team to be eligible for post-season championship play.
- 12.3j** All teams are required to have double-stamped rosters by 1st game of the season to be eligible for postseason championship competitions.
- 12.3k** **Round Robin:** Round Robin will be the official date of certified weigh-ins. Older Lighters must make weight at Round Robin or they will be moved up a level at that time.

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12.4 ADDING/DROPPING PLAYERS AFTER CERTIFICATION OF TEAM ROSTER

- 12.4a** Players may be added to the roster up until Round Robin. Names must be TYPED in on the official roster. Handwritten names will not be accepted or allowed to play. **NO Player/Cheerleader will be certified on Game day, must be done prior.** At Round Robin official rosters must be given to the league commissioner or vice commissioner. He or she will then sign and emboss/stamp the roster and return to the teams before the next game. Those rosters are to be kept in the binder at all times. Any player added after Round Robin must make beginning season weight in order to play.
- 12.4b** Additional football players/cheerleaders may only be certified by a certifying official.
- 12.4c** After Round Robin, players may be added to any team only when players drop below fifteen (15) and only to reach a limit of fifteen (15) players, with executive board approval.
- 12.4d** Teams adding players after the certification date must get that player/cheerleader to a certifying official with the original old certified roster and a new typed roster with the new player/cheerleaders name on the new roster. Failure to present the old certified roster or the new type roster with the addition of the new player/cheerleader at the time of certifying the new player/cheerleader will deem that player un-certifiable. Paperwork must be in order and certified before player can be officially weighed.

12.5 MOVING PLAYERS BETWEEN DIVISIONS

- 12.5a** Once a football player/cheerleader has been certified s/he may not be moved between divisions without NCYFC approval, and then only until the second regular season game.
- 12.5b** A football player/cheerleader may not be moved until s/he has been re-certified by the designated certifying official.
- 12.6 Book Certification- Certification will be 1 to 2 weeks prior to Round Robin. Any errors must be fixed PRIOR to Round Robin (NO Books will be certified at Round Robin) If there are still any errors there will be a \$100 fine PER LEVEL that has the error's payable to NCYFC AND that teams 1st game will be a forfeit. Game will still be played but will be a forfeit for that level.**
- 12.6a** If the required documentation and properly filled out forms are not presented in good order at a team's scheduled certification, the certifying official(s) has (have) the right to refuse to certify the player(s) and/or team(s). The association then must transport football players/cheerleaders to their area director, at a time and place convenient to the certifying official. The association should contact a certifying official prior to the scheduled certification to review procedures with them.
- 12.6b CERTIFICATION WEIGHT:** Certification weight is the minimum/maximum weight listed in the age/weight schematic (Sect. 7). A player may never leave the weigh in room between his/her first and second attempt to make weight.

SECTION 13

COACHING AND CONDUCT

13.1 ADULT COACHING STAFFS

- 13.1a** ADULT PERSONNEL: Adult team coaching personnel shall consist of one (1) head coach and no more than seven (7) assistants/trainees/instructors/team mom. JR Assistants are allowed but will be included in the number of coaches allowed. A badged association member may be added to the sideline to keep MPR (Not a Jr. Coach).
- 13.1b** The head coach of any team must be 21 years of age as of the first day of practice.
- 13.1c** Assistant coaches must be at least 18 years of age as of the first day of practice.
- 13.1d** Each team will be permitted three trainees/JR Assistants as three of the seven assistants who must be at least 15 years old.
- 13.1e** Coaching instructors, a coaching youth instructor will not be able to be a participant in the program or ineligible to participate with the team that they will be instructing.

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- 13.1f COACH'S RULES MEETING:** The Athletic Director from each association and a Head Coach or a designated assistant coach from each team, must attend a NCYFC sponsored coach's clinic (rules meeting).
- 13.1g COACHES' CONTRACTS:** All head coaches, assistant coaches, trainees and/or instructors and weigh masters are required to complete and sign a NCYFC "Coach's Contract". All contracts must bear the signature of the association president as well as the person named on the individual contract. One copy of each coach's contract shall be retained by the association for that contracted season.
- 13.1h** Any coach transferring from one association to another must obtain a release (in writing) from the first association prior to the start of practice. Not to extend pass the current season.
- 13.2 STANDARDS OF CONDUCT**
- 13.2a** The standards of conduct in this section and the related penalties are designed to sustain a fair and creditable environment. There are a few individuals involved with our program for which the concept of fairness and honesty are foreign: These guidelines apply to everyone involved in NCYFC.
- 13.2b** It is forbidden for any NCYFC affiliated adult to strike or "manhandle" a football player or cheerleader.
- 13.2c** It is forbidden for any NCYFC adult to propose, encourage or otherwise facilitate any NCYFC affiliated youth to participate in any activity that is a violation of state or Federal law.
- 13.2d** It is prohibited for any adult NCYFC staff member or affiliate association staff member knowingly allow an ineligible, uncertified or otherwise disqualified individual to participate in league activities.
- 13.2e** The use of alcohol and tobacco products while engaged in NCYFC sanctioned activities such as coaching; instructing, games and competition are prohibited.
- 13.2f** Adults (coaches, administrators, team parents, etc) are expected to use tact when disciplining a player or cheerleader. The child is not to be berated publicly.
- 13.2g** It is prohibited for any person to verbally encourage any player to inflict physical harm to any other player or use language that is derogatory to other players or associations.
- 13.2h** The omission of/or the misinterpretation of facts during NCYFC or Association inquiry is a violation that is subject to fines and other disciplinary action. Failure to disclose information until the disclosure is to an individual or association's advantage or benefit is a violation subject to fines and other disciplinary action up to, or including expulsion.
- 13.2i** Associations that must cancel a game due to rain or any other unforeseen circumstance must do everything within their power to make up the game. Both associations must agree on the place and time.
- 13.2j** No betting on games, competition or any other NCYFC events.
- 13.2k** Any coach that is ejected for un-sportsmanlike conduct during a game/scrimmage will be immediately suspended until further notice pending a review by the League Executive Board.
- 13.2l** Coaches will be aware that their actions are always under scrutiny.
- 13.2m** Coaches must always conduct themselves in a manner that exemplifies their team and the NCYFC.
- 13.2n** The League shall have the authority to remove any adult from game day operations for just cause in violation of the rulebook. Badge removal and ban from league activities may be enforced pending board review.
- 13.2o** Any coach that is suspended will not have contact with any person involved in their teams' organization, nor will they have contact with any other member of the League.
- 13.2p** Suspended coaches are to cease all communications pending the outcome of the review.
- 13.2q** Organizations may face fines, probations, suspension, and or removal from the League, and/or any combination of the above for violating League rules or for conducting their teams in a manner which does not reflect the best interests of the League.
- 13.2r** Officials' calls, actions and statements will not be challenged. Game results will not be changed due to alleged official misconduct.

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- 13.2s** BENCHING: The head coach may bench from a game or practice any football player/cheerleader for poor grades, misconduct, attendance or improper dress.
- 13.2t** REMOVAL FROM SQUAD: The head coach may remove from a team/squad or bench from a game and/or competition, with the approval of the association president, any football player/cheerleader for misconduct, attendance or improper dress.
- 13.2u** Any coach, administrator or individual who knowingly allows an ineligible football player/cheerleader to participate in a game or scrimmage will immediately be suspended for the remainder of the season and the following season, forfeit the game that the ineligible player participated in and a \$250 fine will be charged to the organization.
- 13.2v** Comments and/or Actions posted on Social Media, In cases where it is noted of postings or comments being made that are deemed not suitable as a representation of NCYFC; or when comments and/or postings and/or actions are deemed not appropriate for someone involved in youth sports, the NCYFC Executive Board, through investigation and majority vote, has the ability to remove the person of concern from NCYFC and remove their badge. Furthermore if Organizations are involved and/or know of the incident(s) and fail to act, may result in fine and or suspension/expulsion of entire organization.
- 13.3** **BEHAVIOR FROM THE SIDELINES:** No individual, be it coach or football player/cheerleader, in the sideline area shall make verbal exchanges with personnel from the opposing team.
- 13.3a** All verbal remarks from the sidelines during a game can only be directed to one's own team. Remarks should be limited to coaching instructions and positive reinforcement and cheers for the efforts of one's own team.
- 13.3b** Derogatory remarks (like "He can't hit", "They're a bunch of sissies", etc.) are strictly forbidden.
- 13.3c** No member of an association, team or its staff may go to the opposing team's side of the field for the purpose of stealing play calls or signaling back to their team.

SECTION 14

PLAYING RULES

- 14.1** **EQUIPMENT REQUIRED FOR PARTICIPATION IN CONTACT**
- 14.1a** Certification officials will check each player's equipment for compliance at certification.
- 14.1b** The following equipment is required for each player prior to his or her participation in contact: 1) **HELMETS-** All must bear NOCSAE stamp and facemask. **FACEMASKS-** All facemasks must be full cage, steel frame type. Plastic, nylon, polycarbonate, T-bar or double bar facemasks are not permitted unless NOCSAE approved and stamped. **CHIN STRAPS-** All helmets must have a 4-point chin strap with **PLASTIC** snaps (no metal snaps allowed). **MOUTHPIECE-** All mouthpieces must be colored and have a safety strap (tether) and be secured to the facemask. 2) **SHOES-** Cleats shall not exceed 1/2 inch in length. Metal cleats are not allowed. 3) **FACE SHIELDS-** May be used but are not required. Shield must be clear. 4) **KNEE BRACES-** May be used but must have all metal parts padded.
- 14.2** **GAME JERSEYS** - last names only on jersey. Use first initial/last name if a duplicate. No first names/nicknames.
- 14.2a** **NUMBER SIZE:** Jerseys must have a minimum 8 inch front and 10 inch back number. **Optional:** 8 inch front and back numbers will be allowed on X-small and Small jerseys only! Away jerseys will be required by 2013.
- 14.2b** As of 2013, the home team decides which color jerseys it will wear and notifies the visiting team.
- 14.2c** As of 2013, the visiting team must then wear different color jerseys than the home team.
- 14.2d** If a team has only one color jersey (No away Jersey), they must notify their opponent if they have the same color jersey.
- 14.3** **GAMES AND PLAYING RULES**
- 14.3a** **National Anthem is to be played at all games**
- 14.4** **TEAMS TAKING THE FIELD**
- 14.4a** No team will be permitted to warm up in the end zone or take the playing field area (sidelines, track, etc.) while another game is in progress.

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- 14.4b Each team must take the field in an orderly fashion.
- 14.4c Each team shall proceed directly to their bench area and the half of the field designated to them for warm-ups.
- 14.4d Teams may not cut across an opponent half of the field or their bench area.
- 14.4e No verbal or physical gestures are to be exchanged between teams when taking the field.
- 14.4f Yells or chants of a positive nature by each team in front of its own fans on their own side of the field are permitted.
- 14.4g Players may not yell or chant anything that refers to or is directed at the opposing team.
- 14.4h Team snacks must be allowed into games. Ice chest are subject to search. A badged member must bring in team snacks if they are in an ice chest. One ice chest per level will be allowed for football and cheer. Ice chest must remain on the field.
- 14.5 **BASIC RULES: All games will be played under the current National Alliance Edition Football Rules Book of the National Federation of State High School Athletic Associations, except where modified by NCYFC.**
- 14.5a **LENGTH OF QUARTERS:** The length of all quarters for all divisions of play is ten (10) minutes, 12 min half time.
- 14.5b **SCORING:**
 - Touchdown 6 points
 - Field Goal 3 points
 - Safety 2 points
 - Point-After-Touchdown (PAT) by kick 2 points
 - PAT by run 1 point on Rookies, JV and Varsity
 - STARTS PAT 1 point by run, 2 points by pass
- 14.5c All kick offs will be from the 40-yard line with the exception of Starts. If there are not enough “Non X Men” to field a kick off or kick return team, the ball will be placed at the receiving teams’ 25-yard line.
- 14.5d **FREE KICK:** If a defensive team gets a SAFETY, and the kick off or kick return team does not have enough “Non X Men” to field a kick off or kick return team, the ball will be placed at the receiving teams’ 40 yard line.
- 14.5e There will be no blitzing allowed during the Round Robin.
- 14.5f All teams are required to attend the Round Robin.
- 14.5g Regular High School Playing Rules will be in effect except where modified by the League Board.
- 14.5h Teams will be allowed to scout other teams using video or still cameras. An opposing team may scout DURING A GAME ONLY. This may include the charting of plays and hand written notes or electronic equipment.
- 14.5i Teams have no obligation to provide booth rights to away teams.
- 14.5j Teams may use radio equipment between coaches. The use of radios in player’s helmets will be allowed.
- 14.5k There will be only one player on the field at a time that has a radio.
- 14.5l Each player that is equipped with an on-field radio shall be designated by a 1” fluorescent green dot in the middle and back of the helmet.
- 14.5m There shall be no crashing of the center on Punts or PAT’s.
- 14.5n Each team will be allowed 3 time outs per half.
- 14.5o No games will be scheduled to start prior to 9:00 a.m. An organization with more than one team may only double book a game with the opponent’s approval. If the situation occurs it will be handled on a case-by-case basis.
- 14.5p Injury time outs called by the officials will not count against the team.
- 14.5q The officials shall stop the clock on change of possession and will not restart it until the ball has been snapped (**Definition of Varsity Time**). This is only within the last two minutes of each half.
- 14.5r On Starts level only, 1 coach and 2 players may roam from 25-yard line to the goal line.

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- 14.5s** Blocking below the waist will be allowed on the Offensive line from tackle to tackle only!! Blocking below the waist must be targeted at the upper thigh. Blocking below the waist downfield and in the backfield is NOT allowed!
- 14.5t** Teams will be allowed a 2-minute warning at the end of the first half and at the end of the second half. Varsity time clock will be run during the last 2 minutes of each half (**see 14.5q**).
- 14.6** **“Gordon Rule”**: Any team with a lead of 1 point or more, who has ball possession and has the ability to run out the clock by taking a knee, must do so. **Ex:** If there is 1:19 left in the game, you are in possession of the ball at the opponents' 22-yard line. You must take a knee to run out the clock. No rushing to the LOS to run another play, or trying to score. No field goal attempts. No team may stack the box on defense with more than 8 players during this rule adjustment.
- 14.6a** There is no penalty for defensive penetration when a player is taking a knee. **Exception to rule: “Gordon rule” (rule 14.5) When a team is mandated to taking a knee to abide by this rule.**
- 14.7** **"Mercy Rule"** If a team is up in score by 28 or more points than the Mercy Rule will be in effect. Both teams will play regular football with a running clock. If point spread falls below 28 points, then Mercy Rule is over and clock returns to normal. It is recommended for the winning team, if available, to play second or third string players on the field in the spirit of sportsmanship as well as to avoid running up the score.
- 14.8** ANY Violation of these rules will result in an immediate 1-week and 1 game suspension.
- 14.9** **Additional Starts Rules (in addition to above rules)**
- 14.9a** The Starts division will keep score. There will be Refs on the field as well as one Coach from each team. Once the huddle breaks, the Coach is required to stay 15 yards back off the LOS and have no further physical contact with the Players. Penalties for breaking this rule: 1st offense; verbal warning, 2nd offense; coach will be removed from the field and NO other coaches may be on the field for the remainder of the game.
- 14.9b** There will be no punts at this level. On 4th down if the possession team wants to punt, they will declare punt to the officials and the officials will mark off a 25-yard punt and the opposing team will take possession. If the ball is inside the 25, ball will be placed 1/2 the distance to the goal on a punt.
- 14.9c** The maximum penalty assessed at Starts will be 10 yards.
- 14.9d** Kick offs are allowed on the starts level. Kick offs will be from the 45-yard line. No X-men are allowed on the kick off or kick return teams.
- 14.9e** Starts will use regular High School Football Rules
- 14.9f** All Teams must have a Starts Division
- 14.9g** Bear crawls are allowed.
- 14.9h** Lineman at the Starts level must line up within 3 feet of each other
- 14.9i** Linebackers must line up 3 yards off the line of scrimmage.
- 14.9j** At the STARTS level, the center will never be crashed. The defensive linemen must line up on the guard's, not over the center. They must make contact with the Offensive guards prior to entering the A gap. QB sneak may only occur from Pistol /Shotgun formation hands of QB not under Center.
- 14.10** **Player Guidelines**
- 14.10a** All Players will be required to read and agree to the player guidelines that will be listed on each application.
- 14.10b** Any player ejected from a game will automatically be issued a 2 week/ 2 game suspension, including practice, pending a review by the Grievance Board. Removal and throwing of helmet and/or kicking a helmet are an automatic ejection, regardless of whether the ref's call it.
- 14.10c** **DISRESPECT FOR AUTHORITY:** Any act of disrespect by a juvenile toward a Coach, Player, League Official or Team can result in disciplinary action by the League
- 14.10d** **FIGHTING:** the League will not tolerate any act of fighting or otherwise abusive behavior by any player, cheerleader or team.

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- 14.10e** Neither the NCYFC, nor any NCYFC staff member can be held liable for the removal of any participant, parent or coach from any organization. Should any NCYFC staff member be named in any legal proceedings regarding this, the organization responsible for action shall be responsible for reimbursement of legal fees.
- 14.10f** Players will be required to conduct themselves in an appropriate manner at all times.
- 14.10g** Any player that commits an act which is found to be against the law and/or an act that is not in the best interest of the league; will be subject to disciplinary action from the League.
- 14.10h** The following are reasons, at the organizations discretion, for suspension during the season:
- 1)** Any player who misses four (4) practices without notifying the Head Coach can be cut at the coach's discretion, pending approval by the League.
 - 2)** Any player who misses two (2) out of three (3) practices in one week (assuming there is no bye week) cannot play in that week's game
 - 3)** Any player who misses one (1) of three (3) practices cannot play in the first half of that week's game.
- 14.10i** Any player found to be willfully disregarding the safety of another player by a game day referee will be immediately suspended and placed on probation with an automatic 1 week/1 game suspension pending a review by the League.
- 14.10j** All players must have active participation during practice with attention by the head coach being given to all players. Practices are designed to teach all players the game of football.
- 14.11 CAMPS, GAMES AND SCRIMMAGES**
- 14.11a HOSTING: Any association may host a football or cheerleader instructional camp or apply to NCYFC to host a NCYFC-sanctioned jamboree (certification or non-certification), Cheerleader competition or play-off game.**
- 14.11b CAMPS: Associations may participate in instructional camps geared to the age groups represented in NCYFC.**
- 14.11c** Participation in football or cheerleader instructional camps is left to the discretion of the individual association and participants.
- 14.11d** Participation in camps or clinics before the start of the regular season, does not count toward the mandatory 10 hours of conditioning.
- Participation in camps or clinics within two weeks of the start of practice is prohibited. Any exceptions MUST be cleared by the Cheer Conference Director or Commissioner.
- 14.11e**
- 14.11f** Participation in camps or clinics after the NCYFC practice season begins is prohibited unless approved.

NOTE: Camps or clinics hosted by NCYFC are exempt from Rules 14.11e and 14.11f

- 14.11g** Camps or clinics may not exceed 10 hours per organization.
- 14.11h SCRIMMAGES: All scrimmages must first have NCYFC approval.**
- 14.11i WEIGH-IN:** No player may participate in a jamboree, scrimmage, practice game or regular game who fails to make the prescribed weight for his/her respective age-weight division as required for the first regular season game.
- 14.12 REGULAR SEASON**
- 14.12a** The length of the regular season may vary from eight (8) to ten (10) weeks, and will be established annually by NCYFC Board. NCYFC will make every effort to schedule each team with an equal number of home and away games. This will allow those teams who wish to wrap up their season at the end of regular season play to do so.
- 14.12b** The first day of the regular season shall be as designated by NCYFC.
- 14.12c** Teams wishing to play more than the number of regular season games scheduled may play as many as they wish in the post-season with NCYFC approval.

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- 14.12d PRE-GAME CONTACT:** It is the responsibility of the home team to contact the visiting team one week prior to their game to insure that game times and place have not been changed. As a courtesy, the home association should take the responsibility of sending directions to game site, game times, jersey colors, whether chairs are needed, etc., to all visiting associations at the beginning of the season well before scheduled games.
- 14.12e** Your area director should have the phone numbers of each contact person you will need and should include them with your schedule.
- 14.12f** It is the visiting team's responsibility to show up on the right day at the right place and time.
- 14.12g** Failure of a team to show up for a game will result in forfeiture of the game, the association being placed on probation for one (1) year, and a \$500 per game fine to be paid to the hosting team within 72 hours of the scheduled game(s). This fee will cover costs for referees, medics, janitors or any other associated game day costs, including perishable food. Further NCYFC action may be taken.
- 14.12h** Failure of a cheerleader squad to show for a game, including play-off games when their division team is participating, will result in the association being placed on probation for one (1) year and a fine of \$500 per game. Further NCYFC action may be taken, (If applicable).
- 14.12i** No team or cheerleader squad from the offending association will be allowed to participate in any post-season games or competition.
- 14.12j** A second offense will carry immediate expulsion from NCYFC.
- 14.13 CHAMPIONSHIP PLAY-OFFS: NCYFC Championship Play-offs will begin no earlier than the first weekend after the end of the regular season.**
- 14.13a** Teams invited to participate in NCYFC Championship Play-offs may not decline the invitation. That team must advance to the next level of play each week if they are victorious.
- 14.13b** The mandatory play rule will be in effect for all championship play-off games and Super Bowl.
- 14.13c** League standings will be determined by Division Record, League record, Head to head, and then least points allowed/points for.
- 14.13d** Playoff seeding will be based on the League Standings.
- 14.13e** All final ties will be determined by coin toss.
- 14.13f** All tie games will be played off following the National Federation Rules.
- 14.13g** All teams in good standing will be eligible for post- season play. Good standing will be defined by, and enforced by the Executive Board, to include, but not limited to: No forfeits, suspensions, sanctions, fees and league bills paid on time, etc.
- 14.13h** The playoff format will be based on the best seeded team facing the last seeded team.
- 14.14 CONDUCT TOWARDS GAME OFFICIALS:** The head coach, his staff and players must accept the decisions of game officials as being fair and called to the best of their ability.
- 14.14a** Only the head coach may query a referee's call during a game.
- 14.14b** The head coach may request a time out to talk to the referees concerning a rule interpretation. If the referee made the wrong call or ruling, according to the current rules, no time out will be charged to the team. If the ruling stands, the team requesting the time will be charged with a time out.
- 14.15 TIE GAMES**
- 14.15a** All games, regular season or play-off, ending in a tie score at the end of regulation play will employ the tie breaker system listed in the current NFSHSA rule book under supplement (10-Yard Line Overtime Procedure).
- 14.15b** Each team will be allowed a maximum of three (3) sets of downs to break the tie at the end of regulation play during the regular season. If a tie still exists at the end of these downs, it will be recorded as a tie.
- 14.16 REPORTING GAME SCORES: Game scores are to be reported by the hosting association (home team) in accordance with annually prescribed NCYFC instructions. If the home association fails to report game scores in the prescribed time frame, they will be fined \$100.00. Scores to be reported within 24 hrs of last game.**

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14.17 TEAM RANKINGS: Weekly divisional rankings will be supplied to associations by NCYFC after the second week of the regular season.

14.17a Point spreads are not used in computing rankings.

14.17b The week after the NCYFC Championship games, final rankings for the season will be released.

14.18 GAME BALLS

14.18a **Ball size-** Starts must use a Pee Wee sized (K2) football, Rookies must use a Junior sized football (TDJ), JV and Varsity must use a Youth (TDY) sized football only. Game balls must have size clearly marked on ball from manufacturer. K2, TDJ, or TDY must be marked on ball by manufacturer. No altering color. Must not be same color as home team jersey.

14.18b Failure to use the required game balls will result in an illegal equipment penalty which is an unsportsmanlike penalty on the Head Coach resulting in a 15 yard penalty and an association fine of \$50.

14.19 BENCH AND SIDELINE AREAS: The bench area is reserved exclusively for players and coaches. Only coaches, wearing their ID cards from the team actually playing, and the players from that team are permitted in the bench area.

14.19a Two (2) water persons, designated by the head coach, same age or younger as players on the field or use of team moms are also permitted.

14.19b Team statisticians (MPR), Press photographers, with a press card and association approval, and one administrative representative from each association are the only individuals permitted on the sidelines, but they must remain outside the bench area along the sidelines.

14.19c No member of a team or its staff may go beyond the twenty five (25) yard line along the sidelines.

14.20 GAME PROTESTS

14.20a Game protests must be in writing, signed by the head coach and association president, and postmarked no later than forty-eight (48) hours after the end of the game. Protests must be sent to NCYFC Board. Include all names, addresses and phone numbers of witnesses.

14.20b The decision to file a game protest alone is not sufficient grounds not to play the game, nor pull your team from the field before the official end of the game.

14.20c The only grounds to pull a team from a game are where a situation exists which poses a safety threat to those involved with the game.

14.20d The head referee is the only person who can make the decision to suspend a game due to safety reasons.

14.20e Interpretation(s) of the NCYFC rule book that affect the outcome of a game are grounds for filing a protest. Calls by referees are not grounds for a protest.

14.20f NCYFC decisions involving protests are final, and there is no right of appeal.

14.21 GAME DAY REQUIREMENTS

14.21a **PLAYING FIELD:** The home team is responsible for providing a standard 100 x 53-1/3 yard playing field, working scoreboard, with bathrooms and drinking water facilities for spectators.

14.21b **FIELD MARKINGS:** All fields shall be properly marked to include yard markers and end zone pylons. A yardage chain and down marker shall also be provided.

14.21c **CROWD CONTROL:** Crowd control is the responsibility of both the home and visiting associations.

14.21d There shall be a crowd control barrier extending the entire length of the field on both sides. The barrier shall be a minimum of ten (10) yards from the playing field. (If no bleachers are provided)

14.21e All spectators belong in the stands during the game except when entering, leaving or going to and from the snack bar or restroom. Spectators should at all times be behind the field barrier off the field entirely, including the track if one surrounds the field.

14.21f If spectators gather to view the game from anywhere but the stands and fail to return to the stands after a warning from the P.A. announcer, the game should be stopped until all spectators return to the stands.

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- 14.21g** The entire field and end zones shall be kept clear of individuals prior to the game, as well as during halftime. Youngsters playing or playing catch anywhere near the vicinity of the playing field or stands should be considered a safety hazard and not permitted.
- 14.21h** The head coach is directly responsible for the conduct of his team's fans.
- 14.21i** When a scoreboard clock is unavailable or inoperative, the time will be kept on the sidelines. The time will be kept by the referees or by a representative from both the home and visiting teams with a single stopwatch. The home team representative will hold and operate the stopwatch on the commands, which the visiting team representative receives from the referee.
- 14.22** **SIDELINE CREW:** The visiting team will furnish three (3) individuals, 16 years of age or older, for the yardage chain and down marker crew.
- 14.23** **ANNOUNCER'S BOOTH.**
- 14.23a** P.A. announcers for games are to remain objective and neutral at all times. They are not play-by-play announcers, but should limit themselves to introduction of players, relaying information about the down, yards-to-go, yard line ball is on, play gains or losses, players involved in the preceding play, both offensively and defensively, officials decisions on penalties, time left in game, etc. Only appropriate music allowed.
- 14.23b** Announcements pertaining to the home team affairs or activities should be limited to timeouts, half time or between quarters.
- 14.24** **VISITORS ROSTER:** The visiting team will provide the home team representatives with a numerical roster of their team for the use of the public address announcer.
- 14.25** **MEDICAL PERSONNEL:** A medical Para-professional (EMT 1 qualified as minimum) must be in attendance at all games and cheerleader competitions. EMT must be able to show proof of qualifications and wear clearly marked clothing.
- 14.25a** EMT should be sitting under same awning as referees.
- 14.25b** It will be the responsibility of the host association to notify the visiting association and game referees of the identity and location of said medical personnel.
- 14.25c** No games or controlled scrimmages can be started until a qualified medical paraprofessional is in attendance.
- 14.25d** A one-hour delay may be allowed to await the arrival of the medical responder. Should the medical responder not arrive the game will be cancelled and it will result in a forfeit by the home team.
- 14.25e** In the event the home (hosting) association fails to provide the proper medical Para-professionals; the following penalties will be imposed:
- 14.25f** All games where a qualified medical Para-professional is not provided by the home association shall be a forfeit/win for the visiting association and a \$250 fine for day, payable to NCYFC, will be imposed on the home association.
- 14.25g** If the visiting association has a qualified medical Para-professional in attendance, the games may go on as legal games, provided the visiting association concurs.
- 14.25h** EMT must have basic first aid kit and must have ice packs.
- 14.25i** All fines must be paid within seventy-two (72) hours to NCYFC. Any delay in payment of fines will result in forfeiture of all succeeding games until the fine is paid.
- 14.26** **ARRIVAL/INTRODUCTIONS:** Upon arrival, the home and visiting associations and/or teams will identify to each other their respective weigh master(s), head coach(s) or coach in charge and adult cheerleader representatives. In addition, the home team and/or association will identify their association officer in charge.
- 14.27** **ADMISSION CHARGES**
- 14.27a** The maximum admission charge to a regular season game is \$5.00 for adults and \$3.00 for seniors and children 6-17 years of age. Five (5) and under are free.
- 14.27b** The maximum admission to a post-season game or other special event is \$5.00 for adults and \$3.00 for seniors and children 6-17 years of age. Five (5) and under are free.

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- 14.27c Only coaches and administrators with ID cards from the visiting association are admitted free to all NCYFC events.
- 14.27d Football Players and Cheerleaders from the visiting association are admitted free when they are in their game gear.
- 14.27e No outside food or drinks will be allowed into games. No tailgating allowed.
- 14.28 **COACHES SIDELINE ATTIRE:** Coaches must present a professional appearance as youth leaders. (No tank tops, muscle shirts, backwards caps, sagging pants or sagging shorts)
- 14.29 **PLAYERS WITH CASTS/SPLINTS:** Any player wearing a hard cast or splint may play with Association Board approval, doctor's clearance and referee clearance. The cast or splint must be padded with a ½ inch of padding all the way around to prevent injury to others. No foreign matter may be used under or to reinforce protective pads.
- 14.30 Mand. Play Rule: Starts=8, Rookies=8, JV=6, Varsity=6. MPR is in effect for reg. and post season. If Mercy Rule is in effect, no MPR. It is mandatory that all teams have badged association members keeping play count on their own sidelines (No Jr. Coach). If keeping opposing team, both MPR trackers must stay together on their side for remainder of game. MPR DYSA data sheet will be required for all games. Failure to keep MPR or follow rule will result in 2 wk Head Coach suspension and \$500.00 fine payable to DYSA prior to following game or forfeit of next game will occur.

SECTION 15 AWARDS

15.1 NCYFC CHAMPIONSHIP AWARDS

- 15.1a All players and coaches of teams in the NCYFC Super Bowl will receive an award.
- 15.1b Championship Trophies will be awarded to the coach AND organization that advanced to the League Championship game. Trophies to be provided by NCYFC.

SECTION 16 REFEREES

16.1 GAME REFEREES

- 16.1a **GAME REFEREES:** The NCYFC is responsible for providing, and the home team is responsible for paying a minimum of four (4) referees per game.
- 16.1b Any individual affiliated with any association, in any way, may not referee any game for any team of that association.
- 16.1c A minimum of four (4) referees are required for each NCYFC Sectional, Regional and Championship game.
- 16.1d **GAME PLAY WITH LESS THAN MINIMUM REFEREES:** A game may be played with three (3) referees if only 3 referees show up.
- 16.1e If only two (2) referees are present, the game may be delayed for one hour.
- 16.1f After that time, the teams may have a controlled scrimmage.
- 16.1g The game will be recorded as a forfeit by the home team if NCYFC determines the home team is not entirely free of fault for the game officials not showing up as required.
- 16.1h **REFEREE QUALIFICATIONS:** All referees must be certified and be from a referees association that is approved by NCYFC.
- 16.1i Referees may not referee more than 4 games in one day.

SECTION 17 COMPLAINTS AND PROTESTS

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- 17.1 A complaint may be filed against any adult or child who breaks or abuses any rule or philosophies designed for the common good of youth football.
- 17.2 Complaints must be made in writing (email) due within 24 hours following the game and with copies sent to your League Commissioner, Grievance Board (Team Presidents) and NCYFC Directors. The person filing the complaint and his association president must sign the complaint. Include the names, addresses and phone numbers of all witnesses. Team must also provide proof of allegations. Ex. Video tape. The Grievance Board has 48 hours to respond to the grievance.
- 17.3 When money is owed to a team by another team, said team will have the opportunity to pay the other team within 5 days. If payment is not made they will forfeit their next home game and/or any League Event. If the payment is not made within 5 days, NCYFC will pay the team that is owed the money. The team that owes must pay NCYFC within 5 days. If money is still not paid by due date, team may be ineligible to play and/or forfeit any upcoming games or league events.

SECTION 18 NCYFC HEARINGS

18.1 HEARING REQUESTS

- 18.1a All requests for a hearing must be made in writing and postmarked within forty-eight (48) hours of the event. Must be sent to League Commissioner and NCYFC Grievance Board to be CC'D.
- 18.1b All hearing requests must be signed by the association president.
- 18.1c Hearing requests can only be made for matters that cannot be resolved through the normal course of an individual association's hearing procedure.
- 18.2 **PERSONS ENTITLED TO HEARINGS:** Coaches and administrators are the only individuals who have the rights to a hearing.
- 18.2a Parents and other adult personnel affiliated with an association do not have hearing privileges at the NCYFC level. Hearings at the association level may be conducted utilizing the same procedures and rules as for NCYFC hearings.
- 18.2b Hearings are not a court of law. Hearsay evidence may be admissible.
- 18.2c Many of the restrictions imposed on a legal trial (e.g., sworn witnesses) have no bearing on a NCYFC hearing.

18.3 HEARING OFFICER AND BOARDS

- 18.3a The NCYFC Directors annually may appoint Hearing Officers.
- 18.3b The Hearing Officers are in charge of all NCYFC hearings and appointment of hearing boards.
- 18.3c S/He may serve as a member of any hearing board.
- 18.3d Each hearing board shall consist of a minimum of three (3) members. One member shall be designated chairman, one member Sergeant-At-Arms and one secretary.
- 18.4 **HEARING PROCEDURES:** Hearings must begin with the Chairman of the Hearing Board explaining the steps and procedures of the hearing to all parties involved. Hearings will conclude with closing statements from all parties.

18.5 CONDUCTING A HEARING

- 18.5a Hearings are to be absolutely private, with no attendance allowed by the general public or news media.
- 18.5b Only the accused individual and/or the actual representative(s) of the accused organization (usually board members), hereafter referred to as "defendant", may be present. The hearing board has the right to limit the number of representatives in attendance at a hearing. Any hearing board member who has affiliation with the accused organization must remove his/herself from the hearing board.
- 18.5c Witnesses, or persons there to speak on behalf of the association, must remain outside the actual hearing room. The Sergeant-At-Arms is in charge of calling witnesses at the appropriate time to give their testimony.

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- 18.5d** All parties have the right to cross-examine each witness. They also have the right to inspect each document offered in evidence and render a statement in regard to any such evidence offered or presented.
- 18.5e** Minutes of the hearing must be kept by the hearing board secretary.
- 18.5f** The hearing board secretary will read the charge(s) and specifications to the defendant(s).
- 18.5g** Witnesses called may simply issue a statement in support for or against the individual or association. They may be asked specific questions by the hearing board, and they may be cross-examined by the defendant.
- 18.5h** Physical evidence (documents) may be submitted by the defendant and hearing board after all witnesses have testified.
- 18.5i** At any time, the hearing board chairman may declare the hearing out of order, and the hearing board will immediately adjourn to render their findings based solely on that evidence presented to the point of adjournment.
- 18.5j** After all witnesses and evidence have been presented, the hearing board will adjourn privately to consider their findings.
- 18.5k** The hearing board may dismiss all charges and/or specifications, or recommend probation, suspension, or expulsion.
- 18.5l** Within seven (7) days of the hearing, all parties involved must receive the written findings.
- 18.5m** All findings by the Hearing Board are final. There are no rights for appeal.

SECTION 19

PENALTIES

- 19.1** These penalties will be assessed if rules are broken:
 - 1st offense Probation
 - 2nd offense Suspension
 - 3rd offense Expulsion
- 19.1a** **PROBATION:** Probation is usually set for a period of one (1) season or more and may carry any number of conditions. For Associations, the following conditions are suggested:
- 19.1b** No participation in post-season play.
- 19.1c** Pay off all outstanding liabilities.
- 19.1d** Any other conditions which will assist the association to improve their program.

19.2 **SUSPENSIONS**

- 19.2a** Any individual or association may be suspended from NCYFC by a 2/3rds majority vote.
- 19.2b** Boards of affiliated associations, and association presidents, are empowered with the same rights to suspend individuals as described above for the protection of their organization.
- 19.2c** The NCYFC Associates are empowered with the rights to suspend individuals as described above for the protection of the overall organization.
- 19.2d** Any individual suspended for seven (7) days or less is not entitled to a hearing.
- 19.2e** Any individual suspended must be informed of either the period of time of the suspension or if it is an "indefinite" suspension. A time limit may later be imposed on an "indefinite" suspension.
- 19.2f** Any individual suspended is automatically relieved of all duties, rights and privileges with the organization. S/He may not attend any organization affairs or functions during the period of his suspension.
- 19.2g** Anyone breaking his or her suspension is automatically suspended for a two (2) year period and subsequently put on probation for an additional two (2) years.
- 19.2h** Any team or association put on suspension may request a hearing.

19.3 **EXPULSION**

- 19.3a** Expulsion requires a two-thirds (2/3) vote of the expelling body.

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- 19.3b Expulsion is for life.
- 19.3c Individuals or organizations proposed for expulsion may request a hearing.

SECTION 20

CHEERLEADER SAFETY AND COMPETITION RULES

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

20.1 General Information

1. Cheerleaders must have a physical in order to cheer.
2. All Cheerleaders should receive proper training before attempting any form of cheerleading, gymnastics, jumps or stunts.
3. All cheerleading squads should adopt a comprehensive conditioning and strength-building program.
4. Cheerleading squads should be placed under the direction of a qualified and NCYFC Certified coach.
5. Within one (1) week of Round Robin, all teams must send their cheer numbers to the Cheer Director. Any time that number changes you must notify the cheer director.

20.1a Book Checks/Rosters

Book Checks are required 15 minutes prior to the start of each game. Both teams will meet at the goal posts closest to the entrance of the field.

1. No cheerleader may be added to the roster after Round Robin.
2. Any cheerleader added after certification will need to get that cheerleader certified before she can participate.

20.1b Binders:

The following documents must be in the binders in the following order to certify cheerleaders. Only League paperwork is to be in the binders for certification. Separate binders are required for each level and if an organization has more than one team.

1. NCYFC Cheer Player Card-Must be typed and have photo downloaded onto card.
2. NCYFC Application
3. Proof of Age (embossed birth certificate, passport, etc.) or previous year's Certified Player Card.
4. Physical

Player cards are to be removed from plastic sleeve for certification.

20.2 AGE CHART / DIVISION AGES

20.2a Mascots are allowed on the STARTS level only! 2 Mascots are allowed - They are not a part of the 25 maximum per level. Mascots will be certified separately as a Mascots (Exception: the two allowed at starts). Their performance

20.2b Mascots may perform at competition as exhibition only unless they are the 2 Mascots allowed per Start squad.

20.2c Mascots are not allowed to stunt

Exception: Separate mascot team (not a part of regular cheer squads), mascots are allowed to fly at prep level or below.

20.2d OMIT

20.2e Mascots are age 4 and 5.

20.2f Starters 6, 7 and 8

Rookies 8, 9 and 10

Jr. Varsity 10, 11 and 12

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Varsity 12, 13 and 14* (Maximum of 25 per squad, There is to be **No** combining of levels i.e. starts & rookies etc. Once a cheerleader is certified at a level they may not move up or down. This is intended for competition within the League). ***14 year olds may not turn 15 until after the League Superbowl.**

20.2 g For ages that cross over two (2) different divisions, the Organization Board has final say on placement of the cheerleader. See section 8.1 above.

20.3 COACHING STAFF

20.3a Coaches will adhere to the NCYFC code of Ethics.

20.3b Adult coaching personnel shall consist of (1) one head coach and no more than 4 Assistant coaches/Junior instructors.

20.3c Head coaches must be at least 18 years of age.

20.3d Assistant coaches must be at least 18 years of age.

20.3e Junior Instructors must be at least 14 years of age.

20.3f Jr assistants MAY NOT be a part of a cheer routine. May step in for a stunt group if a cheerleader is missing that day only - not for an extended period of time.

20.3g Each team will be allowed no more than two (2) junior instructors as part of the four assistants.

20.3h Each organization must have one cheer rep. at the rules meeting.

20.4 COACHING STANDARDS

All of the below standards apply to coaches and instructors.

20.4a All coaches are considered to be in an official status whenever they are participating in cheerleading or league activities. **Coaches and instructors are subject to de-certification, suspension or expulsion for violations of any of the following:**

20.4b Coaches shall refrain from smoking, consumption of alcohol or use of illegal drugs during games and practice and all NCYFC Events and or local Associations events while representing NCYFC or an Association within NCYFC.

20.4c Coaches will not criticize cheerleaders in front of spectators, opposing teams, their coaches, the officials or the fans by word of mouth or any gestures.

20.4d Hands on Coaches will set an example in personal appearance at all times. Coaches must adhere to cheer dress code. No midriffs, Shiny Lycra spandex, or short shorts. No jewelry while coaching stunts. **Tennis shoes are required at all times while assisting during stunts.**

20.4e Coaches will refrain from using abusive and profane language before anyone connected with the game or association.

20.4f Music and dance/cheer moves must be appropriate. Any violation of this rule may/can result in the following:

20.4g **1st Offense-** Verbal and written warning-Probation (Probation is usually set for a period of one (1) season or more and may carry many number of conditions.

20.4h **2nd Offense-** Suspension from practices and game for a period of one (1) week

20.4i **3rd Offense-** Expulsion

Note: Please see section 13.2 and section 19 in the Coaching and Playing Rules for more information.

20.5 The ability to lead and motivate is the highest attribute of a coach, however when it is necessary to administer discipline it shall be in accordance with each association's bylaws.

20.5a The Head Coach (with approval of the Cheer Coordinator or Association President) may remove any cheerleader for misconduct, attendance or improper dress.

20.5b Any removal of a cheerleader from a certified roster 2 weeks prior to any League competition will need documentation and immediate notification given to the NCYFC Cheer Director and NCYFC Directors.

20.5c Badges must be worn during practices, games and all NCYFC functions.

20.6 DRESS CODE

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Dress code will be strictly enforced.

- 20.6a Spandex type and short shorts are not allowed.
- 20.6b Warm up suits and Lycra Leggings are permitted in cold weather. Use safety precautions!
- 20.6c Tennis type shoes and shoelaces must be worn to all NCYFC local association events if cheer activities are taking place. Buckles or VELCRO can't be worn at practices, games or competition.
- 20.6d Gloves are not allowed.
- 20.6e No pockets in either shorts or shirts are permitted.
- 20.6f No zippers, buckles, buttons, snaps, any metal or nylons are allowed. Warm up jackets with zippers are allowed at team discretion. Exception: (camp polos are allowed).
- 20.6g If hooded shirts/sweatshirts are worn the hoods and strings must be tucked in at all times.
- 20.6h Levis or other tight fitting garments might cause injuries and are not allowed.
- 20.6i Participants should not wear shorts/sweats with loose fitting tops for practices. NO Spaghetti strap tops. Tank Tops may be worn if straps are at least 1" wide. No midriffs may be shown. Each team should use their own discretion.
- 20.6j When standing at attention, apparel must cover midriff.

20.7 Hair and Nails

- 20.7a Hair should be clean, neatly groomed and kept out of the face and off of the shoulders at all NCYFC events.
- 20.7b Nail length follows the following guidelines; nails are not visible beyond the end of the fingers when viewed from the palm side of the hand held in a vertical position.
- 20.7c Casts, hard plaster or soft, may cheer as long as there is a release from Physician allowing the participation. NO stunting allowed.
- 20.7d No false nails or nail polish can be worn for games, practices or competitions.
- 20.7e No metal attachments or hard plastic of any kind or exposed wire edged ribbon may be part of competition/game hairpiece.
- 20.7f Ponytail holders with small metal are allowed. Metal attachments may be visible. Flat clips are allowed. NO hair glitter. NO Bobby pins are allowed.

20.8 MAKE-UP

The following guidelines are to be enforced at the individual association's discretion.

- 20.8a Light make-up, face painting, tattoos are allowed on game day only. Tattoos are allowed for Competition or Exhibitions.
- 20.8b No jewelry of any kind, including beads in the hair, ankle bracelets, watches, rings, earrings including facial and body rings etc., is allowed at practices, games, competitions or other cheerleading events. Wrist guards are permitted to secure Medical ID bracelets. Medical ID bracelets can also be taped securely to wrist.

20.9 GAME CONDUCT

20.9a Cheer Type and Sideline Conduct

- 20.9b All cheers are to be done in good taste.
- 20.9c ABSOLUTELY NO INAPPROPRIATE GESTURES OR MOVEMENTS WILL BE ALLOWED. No twerking, multiple pelvic thrusts or provocative body rolls.
- 20.9d No cheer derogatory to the opposing team may be used. This includes any Cheers that contain profanity, or such language as to reflect unfavorably upon the opposition.
- 20.9e Cheerleaders will never leave the sideline area without permission from a coach.
- 20.9f No cheer is to be done while there is an injured player on the field. In respect to the injured player you shall take one knee and wait until the player is off the field.

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- 20.9g** When applicable, when visiting and home teams share the same sidelines, cheers should be alternated between the two teams.
- 20.9h** At no time are cheerleaders to be on, or take to the field while football teams occupy it, except for tunnels and run through for your own team and as stated below in 20.9i.
- 20.9i** At the end of the game, the cheerleaders should cross the field & acknowledge the other Cheerleaders and football players. Their coaches must accompany cheerleaders at all times.
- 20.9j** All cheerleaders and coaches are to attend games rain or shine.
- 20.9k** Failure of a cheerleading squad to show for a game, including play-off games when their division team is participating, will result in the association being placed on probation for one (1) year and a fine of \$500 per game. Further NCYFC action may be taken. (if applicable)
- 20.9l** No team or cheerleading squad from the offending association will be allowed to participate in any post-season games or competition.
- 20.9m** A second offense will carry immediate expulsion from NCYFC.
- 20.9n** Any cheerleader or staff member using social media to bully, put down or negatively target a fellow cheerleader, coach or staff member can be suspended and/or removed from the squad.
- 20.9o** NCYFC Competition winning cheer squads will no longer perform in League Postseason
- 20.10** **Song Routines**
- 20.10a** Music for song routines must not contain any profanity or suggestive phrases.
- 20.10b** Dance routines with suggestive hip or body movements will not be permitted. Creative movements are encouraged but must stay within the guidelines. If there are any questions about this rule, contact NCYFC cheer director or a designated league official.
- 20.10c** Music routines may be performed at games during time outs, on the sidelines, as long as the music is played from the sidelines so as not to disturb the announcer or game play.
- 20.11** **Half Time Performance**
- 20.11a** Home and visiting teams will perform at halftime.
- 20.11b** All music must be in the announcer's booth, cued and ready to go by the 2- minute warning. Each team is encouraged to have an Association Coordinator (familiar coach) in the booth to help play music for halftime.
- 20.11c** Visitors will take the field immediately after the football teams have vacated it. Their performance will start immediately.
- 20.11d** The home team squad will take the field immediately after the visiting team is done. Their performance is to be completed and the field vacated prior to the football team re-taking the field.
- 20.11e** Every team must have an opportunity to perform at half time.
- 20.11f** Performance time on the field will not exceed five (5) minutes for either squad.
- 20.11g** Cheer coaches are not permitted to be any part of a stunt group. They can spot at a distance but cannot be one of the four (4) main bases. Each violation of this rule is subject to a \$250 fine.
- 20.12** **TRYOUTS CLINICS, CAMPS & PLACEMENT**
- Tryouts are not permitted**
- 20.12a** **Camps**
Attendance at cheer/dance camps should be encouraged and highly recommended; however, cannot be mandatory.
- 20.12b** Camps may take place up to 2 weeks before the start of the season. After the season begins, unless hosted by NCYFC, no camps are allowed without approval. In the case of conflict, where a specific camp falls within the time period stated above, any exceptions MUST be cleared by the Cheer Conference Director.
- 20.12c** Parades and exhibitions are encouraged to promote NCYFC and your association within the community. An exhibition is the invitation to perform, not compete, in front of a group of spectators. A parade is to march in front of a group of spectators, such as Holiday and Festival parades.
- 20.13** **COMPETITION**

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- 20.13a** Cheer Competition is a League event. Details must include and be finalized through the League Cheer director and Commissioner. Schedule must be finalized and sent to teams within 2 weeks of the event. The order of appearance will be determined by draw at the Competition Meeting held in the beginning of September. Each level will be pulled separately for order sequence.
- 20.13b** Cheerleaders may practice 5 nights per week, 2 weeks before cheer comp. Not to exceed 2 hours per night.
- Cheer Competition Requirements:**
- 20.13c** All teams must participate at cheer comp unless a squad does not have enough girls-3 or less will not be REQUIRED to compete-mandatory that ALL football players attend if that team has a cheer squad competing.
- 20.13d** All squads are encouraged to perform a combination of dance, cheer and stunting routine. League Cheer Directors will determine categories for the competition.
- 20.13e** Floor time requirements will be enforced check guidelines. Routines must be 1.5-2.5 minutes long.
- 20.13f** Cheer rally's on and off the floor are allowed-Organized chants are not.
- 20.13g** Timing will begin with the first organized move or movement.
- 20.13h** The cheerleaders must remove all props, pom-poms immediately following a routine.
- 20.13i** Routines must be no more than 2 minutes and 30 seconds. Minimum time is 1 minute and 30 seconds.
- 20.13j** NCYFC will purchase 2 sets of trophies for 1st, 2nd and 3rd place winners. One for Head coach and one for the Organization in each category. Cheer Directors will determine if more places are necessary.
- 20.13k** The League is responsible for participation medals or ribbons for each cheerleader.
- 20.13l** The League is responsible for 1st, 2nd and 3rd place medals for cheerleaders or more if necessary.
- 20.13m** Each team will pay a fee per cheerleader for competition. These fees are due two weeks prior to competition to avoid late fees. This will go to help with the cost of the mats and other extra equipment needed, as well as trophies, ribbons and medals.
- 20.13n** Mat size is 42 feet x 42 feet
- 20.13o** **Program**
1. The use of pom-poms is optional. No gymnastic stunt may be performed with pom-poms in hand.
 2. No coach/instructor/coordinator may mimic the routine on the sideline during competition performance **EXCEPT** for the **Starts** Level.
- 20.13p** **Props**
- A prop is the use of anything other than your assigned association uniform for the purpose of enhancing your routine. NO Flagpoles are to be used while in a stunt. Props must be made of flexible material.**
1. No mini tramps, springboards or any height prop/apparatus are allowed.
 2. When discarding props (sign, etc) that are made of solid material or have sharp edges/corners, team members must hand down to front spotters.
- 20.13q** **Check In**
1. All squads must present their certified official roster and binder at Cheer Competition.
 2. All squads will be inspected prior to competition in uniform. This will include the inspection of hairpieces, bows and nails. The League will be responsible for inspections.
 3. No Jewelry.
 4. **Light** Make-up will be allowed. Please use discretion.
- 20.13r** **Music**
1. THE LEAGUE MUST PROVIDE AN ADEQUATE SOUND SYSTEM THAT WILL READ BURNED CD'S.
 2. All music for competition is the responsibility of the association and is to be cued and ready for competition. It is strongly suggested you make a backup tape to bring with you.
 3. No vulgar or suggestive language will be allowed. This will result in immediate disqualification.

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4. All music tapes/CD will be ready for pickup at the end of competition. Any tapes/CD not picked up may be destroyed. Those associations continuing on must pick up their music. Each team is responsible for picking up their own music.

20.13s Judging

1. All decisions and placements by the judges are FINAL.
2. League competition judging fees will be paid for by the League
3. There will be a minimum of 3 judges plus 1 rules judge not from the League.
4. League Staff will be available for consult and clarification.
5. Teams will be given blank judging sheets at the competition meeting.
6. Each Judge will judge each category listed on the score sheet alligned with typical scoring.

20.13t Cameras

1. Video Equipment will be allowed at competitions under the following conditions:
2. Absolutely no flash cameras during performance.
3. All video equipment must be operated in a safe designated location.
4. All hand held video equipment must be operated from the spectators' stands.
5. Pictures, movies or videos may not be used for means of protest.
6. No lasers will be permitted. They will be confiscated.

20.13u Disqualification and Point Deductions

Disqualification from competition may be enforced for the following but not limited to:

1. Any association using improper music or moves. No twerking, multiple pelvic thrusts, provocative body rolls etc...
2. Any level performing illegal stunts intentionally will receive a 10 pt deduction. Stunts are but not limited to, stunts that are not allowed for the level you are performing on per League rules or the USASF cheer level grid.
3. Teams may mark routines but not stunt or tumble outside of warm-up areas. No practicing in parking lots.
4. Any association that has not paid their League fees will not be allowed to participate. Any money/fees owed, must be paid within 2 weeks of the event in order to be eligible.

20.13v Point Deductions

1. 2.5 point deduction per infraction for breaking NCYFC guidelines for cheering, USASF cheer level grid, improper moves, improper music
2. .5 point deduction for going off of the mat
3. .5 point deduction for going over time limit

20.14 OUTSIDE COMPETITION

20.14a All NCYFC events must be FIRST PRIORITY over any outside events. Not following this rule could result in a fine and forfeit any of the following years picks for hosting events per league discretion.

20.14b Any teams involved in outside competitions must notify the Cheer Director by email of competitions you will be participating in.

20.14c Outside competitions cannot be made mandatory.

20.14d Teams may follow host competition guidelines for dress codes for outside competitions.

20.14e Cheer teams may practice year round for the sake of non-NCYFC cheer competitions-However, this rule applies to pre existing cheer comp squads only. Any cheerleader that is added to a team's roster for the new and upcoming season may not start practice, choreography, stunting, dance etc, until the start of the new season. Date to be determined by NCYFC.

20.14f Cool off period: There will be a "Cool Off Period" from May 1st to the start of the regular season for teams the practice off season for competitions. Approval from the NCYFC Cheer Director will be needed for any team requesting to perform during this "cool off period."

20.15 NCYFC GUIDELINES FOR CHEERLEADING (Rookies, JV & Varsity--not to include Starters)

Based on USASF Cheer Grid up to level 2 for Rookies, JV and Varsity. USASF rules are to be used as a guideline. League rules supercede any other rules. Other than League Competition, squads may level up one level.

20.15a See Appendix 2 for Level 2 Rules...

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- 20.15b** Use of mini-tramps, springboards, or any height increasing prop/apparatus is not allowed.
- 20.16 Starters Guidelines**
- 20.16a** Starter's Cheer Stunting Rules: Starts cannot go over a Level 1 of USASF cheer Grid. USASF rules are to be used as a guideline. NCYFC rules supercede any other rules.
- 20.16b See Appendix 1 for Level 1 Rules...**
- 20.17 CHEERLEADER CONDUCT GUIDELINES**
- 20.17a** All Cheerleaders will be required to read and agree to the player guidelines that will be listed on each application. Any player/cheerleader ejected from a game will automatically be issued a 2 game suspension, including practice, pending a review by the Grievance Board.
- 20.17b** DISRESPECT FOR AUTHORITY: Any act of disrespect by a juvenile toward a Coach, Player, League Official or Team can result in disciplinary action by the League
- 20.17c** FIGHTING: The League will not tolerate any act of fighting or otherwise abusive behavior by any cheerleader or team.
- 20.17d** Neither the NCYFC, nor any NCYFC staff member can be held liable for the removal of any participant, parent or coach from any organization. Should any NCYFC staff member be named in any legal proceedings regarding this, the organization responsible for action shall be responsible for reimbursement of legal fees.
- 20.17e** Cheerleaders will be required to conduct themselves in an appropriate manner at all times. Any cheerleader that commits an act which is found to be against the law and/or an act that is not in the best interest of the league; will be subject to disciplinary action from the League.
- 20.17f** The following are reasons, at the organizations discretion, for suspension during the season:
1. Any cheerleader who misses four (4) practices without notifying the Head Coach can be cut at the coach's discretion, pending approval by the League.
 2. Any player who misses two (2) out of three (3) practices in one week (assuming there is no bye week) cannot participate in the half time routine
 3. Any player who misses one (1) of three (3) practices cannot play in the first half of that week's game. Any Cheerleader found to be willfully disregarding the safety of another cheerleader by a League Board member, will be immediately placed on probation pending a review by the League.
- 20.17g** All cheerleaders must have active participation during practice with attention by the head coach being given to all cheerleaders. Practices are designed to teach all cheerleaders.
- 20.18 Meetings**
- 20.18a** Every team must have a Team Representative at every league meeting. If a Team Representative can't make it they need to send an alternate. Teams not showing up could result in a fine. If your team is fined and the fine not paid, that team will be considered to be in bad standings with the League. **(Team Representatives and/or alternate needs to be consistent)**
- 20.18b** Each team will need to notify the Cheer Director who their Representatives are and Alternates. Meetings will start no later than 10 minutes after the scheduled time. If a team is late it will be their responsibility to get any information they may have missed.
- Copies of these guidelines should be distributed to all squad members and any administrator involved with the cheerleading program. All guidelines should be understood and accepted by all parties involved in the cheerleading program including advisors, coaches, assistants, squad members, parents, and administrator.**
- 20.19a** All tumbling must originate from ground level. Participants may not tumble over, under or through stunts, pyramids or over/under individuals. Forward rolls over individuals are prohibited. Spotted, assisted, or connected tumbling is prohibited.
- 20.19 Appendix 1 - Level 1 Cheer Rules**

20.19a LEVEL 1 GENERAL TUMBLING

A. All tumbling must originate from and land on the performing surface. Clarification: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed. Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off. Exception: Rebounding to a prone position ($\frac{1}{2}$ twist to stomach) in a stunt is allowed in Level 1.

B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. Clarification: An individual may jump (rebound) over another individual.

C. Tumbling while holding or in contact with any prop is not allowed.

D. Dive rolls are not allowed.

E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

20.19b LEVEL 1 STANDING/RUNNING TUMBLING

A. Skills must involve constant physical contact with the performing surface. Tumbling skills must involve hand support with both hands when passing through the inverted position. Exception: Block cartwheels and round offs are allowed. Exception: Walking handstands are allowed.

B. Forward and backward rolls, front and back walkovers, and handstands are allowed.

C. Cartwheels and round offs are allowed.

D. Front and back handsprings are not allowed.

20.19c LEVEL 1 STUNTS

A. A spotter is required for each top person at prep level and above. Example: Suspended splits, flat-bodied positions and preps are examples of prep level stunts. Extended arm stunts that are not in the upright position (such as extended v-sits, extended flat backs, etc...) are considered prep level stunts. Clarification: The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person. Exception: Shoulder sits/straddles are not considered prep level stunts; and therefore, do not require a spotter.

B. Stunt Levels **1.** Single leg stunts are only allowed below shoulder level. Clarification: If the primary bases squat, go to their knees or drop the overall height of the stunt and hold the top person at their shoulder level, this skill would be considered shoulder level and therefore illegal, regardless of the back spot's positioning. **2.** Stunts above prep level are not allowed (see definition of extended stunts in glossary). A stunt may not pass above prep level. Clarification: Taking the top person above the head of the bases would be illegal.

C. Twisting mounts and transitions are allowed up to a $\frac{1}{4}$ twisting rotation by the top person in relation to the performing surface. Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds $\frac{1}{4}$ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, then they may continue to walk the stunt in additional rotation. Exception: Rebounding to a prone position ($\frac{1}{2}$ twist to stomach) in a stunt is allowed in Level 1.

D. During transitions, at least one base must remain in contact with the top person. Exception: Leap frogs and leap frog variations are not allowed in L1.

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- E. Free flipping or assisted flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. Example: A shoulder sit walking under prep is illegal. Exception: An individual may jump over another individual.
- G. Single based split catches are not allowed.
- H. "True" (unassisted) Double Cupies are not allowed. Clarification: "True" (unassisted) Double Cupies are not allowed at extended, prep or below prep level. i.e. "True" (unassisted) Double Cupies = one base holding two top people. However, depending on the technique used, other variations of "Fake" (assisted) Double Cupies may or may not be allowed.
- I. L1 Stunts-Release Moves
 - 1. Release moves are not allowed other than those allowed at Level 1 in "Dismounts".
 - 2. Release moves may not land in a prone or inverted position.
 - 3. Release moves must return to original bases. Clarification: An individual may not land on the performing surface without assistance.
 - 4. Helicopters are not allowed.
 - 5. A single full twisting log/barrel roll is not allowed.
 - 6. Release moves may not intentionally travel.
 - 7. Release moves may not pass over, under or through other stunts, pyramids or individuals.
- J. L1 Stunts-Inversions
 - 1. Inversions are not allowed. Clarification: All inverted athletes must maintain contact with the performance surface (see tumbling L1 tumbling rules). Example: A supported handstand on the performance surface is not considered a stunt but is a legal inversion.
- K. Bases may not support any weight of a top person while that base is in a backbend or inverted position. Clarification: A person standing on the ground is not considered a top person.

20.19d LEVEL 1 PYRAMIDS

- A. Pyramids must follow Level 1 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top person must receive primary support from a base. Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface and must follow the L1 dismount rules.
- C. Two leg extended stunts:
 - 1. Must be braced by at least one person at prep level or below with hand-arm connection only. The connection must be made at or below prep level.
 - 2. Extended stunts may not brace or be braced by other extended stunts.
- D. Prep level single leg stunts:
 - 1. Must be braced by at least one person at prep level or below with hand-arm connection only.
 - 2. If the person bracing the top person is standing on the performance surface, the bracer must be a separate person not involved with basing or spotting.
 - 3. The connection must be made prior to initiating the single leg prep level stunt.
 - 4. Prep level bracers must have both feet in bases' hands. Exception: Prep level bracers do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.
- E. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. Example: A shoulder sit walking under a prep is illegal.

20.19e LEVEL 1 DISMOUNTS

Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.

A. Cradles from single based stunts must have a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

Clarification: Sponge, Load In, Squish cradles are considered tosses and are not allowed. See Level 1 Tosses.

Clarification: All waist level cradles are illegal.

C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. Clarification: An individual may not land on the performing surface from above waist level without assistance.

D. Only straight pop downs and basic straight cradles are allowed.

E. Twisting dismounts (including $\frac{1}{4}$ turns) are not allowed.

F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.

G. No dismounts are allowed from stunts above prep level in pyramids. Clarification: An extended stunt in a pyramid must be brought down to prep level or below before it can be dismounted.

H. No free flipping or assisted flipping dismounts allowed.

I. Dismounts must return to original base(s).

J. Dismounts may not intentionally travel.

K. Top persons in dismounts may not come in contact with each other while released from the bases.

L. Tension drops/rolls of any kind are not allowed.

20.19f LEVEL 1 TOSSES

A. No tosses allowed. Clarification: This includes "Sponge" (also known as Load In or Squish) tosses. Clarification: All waist level cradles are illegal.

20.20 Appendix 2 - Level 2 Cheer Rules

20.20a LEVEL 2 GENERAL TUMBLING

A. All tumbling must originate from and land on the performing surface. Clarification: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed. Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.

B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. Clarification: An individual may jump (rebound) over another individual.

C. Tumbling while holding or in contact with any prop is not allowed.

D. Dive rolls are allowed. Exception: Dive rolls performed in a swan/arched position are not allowed. Exception: Dive rolls that involve twisting are not allowed.

E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

20.20b LEVEL 2 STANDING TUMBLING

- A. Flips and aerials are not allowed.
- B. Series front and back handsprings are not allowed. Clarification: A back walkover into a back handspring is allowed.
- C. Jump skills in immediate combination with handspring(s) are not allowed. Example: Toe touch handsprings and handspring toe touches are not allowed.
- D. Non-airborne skills must involve hand support with at least one hand when passing through the inverted position. Example: front and back walkovers, cartwheels and round offs are examples of non-airborne tumbling skills.
- E. Airborne skills must involve hand support with both hands when passing through the inverted position. Example: Front and back handsprings are examples of airborne tumbling skills.
- F. No twisting while airborne. Exception: Round offs are allowed.

20.20c LEVEL 2 RUNNING TUMBLING

- A. Flips and aerials are not allowed.
- B. Series front and back handsprings are allowed.
- C. Airborne skills must involve hand support with at least one hand when passing through the inverted position.
- D. No twisting while airborne. Exception: Round offs are allowed.

20.20d LEVEL 2 STUNTS

- A. A spotter is required for each top person above prep level.
- B. Single leg stunts above prep level are not allowed. A single leg stunt may not pass above prep level. Clarification 1: Taking the top person in a single leg stunt above the head of the bases would be illegal. Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms, this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.
- C. Twisting mounts and transitions are allowed up to a total of $\frac{1}{2}$ twisting rotation by the top person in relation to the performing surface. Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds $\frac{1}{2}$ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.
- D. During transitions, at least one base must remain in contact with the top person.
- E. Free flipping or assisted flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. Example: A shoulder sit walking under prep is illegal. Exception: An individual may jump over another individual.
- G. Single based split catches are not allowed.
- H. "True" (unassisted) Double Cupies are not allowed. Clarification: "True" (unassisted) Double Cupies are not allowed at extended, prep or below prep level.

I. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and may only be assisted by a base. Clarification: Log/Barrel roll may not include any skill (example: kick full twists) other than the twist. Clarification: The log roll may not be assisted by another top person.

J. L2 Stunts - Release Moves **1.** No release moves allowed other than those allowed at Level 2 in "Dismounts" and "Tosses." **2.** Release moves may not land in a prone or inverted position. **3.** Release moves must return to original bases. Clarification: An individual may not land on the performing surface without assistance. Exception: See L2 Dismount "C". **4.** Helicopters are not allowed. **5.** A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position. Clarification: The log roll may not be assisted by another top person. Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist. Example: no kick full twists **6.** Release moves may not intentionally travel. **7.** Release moves may not pass over, under or through other stunts, pyramids or individuals.

K. L2 Stunts-Inversions **1.** Transitions from ground level inversions to non-inverted positions are allowed. No other inversions are allowed. Example: Legal: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit. Example: Illegal: Going from a cradle to a handstand or from a prone position to a forward roll.

L. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

Clarification: A person standing on the ground is not considered a top person.

20.20e LEVEL 2 PYRAMIDS

A. Pyramids must follow Level 2 "Stunts" and "Dismounts" rules and are allowed up to 2 high.

B. Top persons must receive primary support from a base. Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface and must follow the L2 dismount rules.

C. Extended stunts may not brace or be braced by any other extended stunts.

D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. Example: A shoulder sit walking under a prep is illegal.

E. Extended single-leg stunts: **1.** Extended single-leg stunts must be braced by at least one top person at prep level or below with hand-arm connection only. The hand-arm of the top person must be, and remain, connected to the hand-arm of the bracer. **2.** The connection must be made prior to initiating the extended single leg stunt. **3.** Prep level top persons must have both feet in bases' hands. Exception: Prep level top persons do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.

20.20f LEVEL 2 DISMOUNTS

Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.

A. Cradles from single based stunts must have a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. Clarification: An individual may not land on the performing surface from above waist level without assistance.

D. Only straight pop downs, basic straight cradles and $\frac{1}{4}$ turns are allowed.

E. Twisting dismounts exceeding $\frac{1}{4}$ turn are not allowed. All other positions are not allowed. Example: toe touch, pike, tuck, etc. are not allowed.

F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.

G. Cradles from extended single leg stunts in pyramids are allowed.

20.21 CHEER GLOSSARY OF TERMS

YOUTH CHEER GLOSSARY

2015 NCYFC

Reference guide for all skills mentioned in the Youth Cheer Levels Grid & General Safety Rules.

Back Dismount: Flyer dismounts backwards (with or without the feet being held) to catchers who are not the original bases to a cradle from a stunt or pyramid.

Base: A person who is in direct weight bearing contact with the performing surface (both feet are securely placed in the performing surface) and provides primary support for another person.

Continuous Back Spotter: A person located behind the stunt that maintains continuous visual contact with the flyer, keeps the arms up and may hold the calves or ankles of the flyer, or the bases' wrists on an extended stunt. The continuous back spotter is responsible for the neck and shoulders of the flyer.

Dead Man Lift: A type of flatback (see below) when the arms of the bases are extended. A Dead Man Lift requires three bases.

Dismount: The final part of a stunt (originated by the bases) used to bring the flyer back to the performing surface (i.e. step off, shove wrap, cradle).

Dive Roll: A forward roll where your feet leave the ground before your hands reach the ground.

Extended Stunts: The supporting arm(s) of the base(s) is/are fully extended above the head. Some extended stunts are exceptions to extended stunt rules; see the Levels Grids for details.

Extended Position: Anytime the bases take the feet of the flyer above the head of the bases, no matter how momentary the flyer has passed through the extended position. Therefore, true show and go's would be considered an extended position.

Forward-Suspended Roll: Bases grab under the flyer's arms and hold to continuously support the flyer during a front flip dismount.

Flatback: A stunt in which the flyer is lying horizontal face up and is supported by two or more bases and one continuous back spotter. A flatback is also referred to as a Dead Man Lift if it is extended.

Flyer: A person who receives primary support from another person.

Front Bracer (Spotter): A person located in front of the stunt added to help control the stunt and for the additional safety of the flyer.

Hand Support: When both hands make contact with the performance surface during a tumbling skill to support the tumbler's weight.

Helicopter: Flyer in a horizontal position is released and rotates in the horizontal plane around the vertical axis, before being caught by the original bases. With the exception of a 1/2 helicopter (see Levels Grid for exact levels where it's allowed), released helicopters are prohibited. Assisted helicopters are permitted (one or more bases must maintain constant physical contact with the flyer).

Mount (Load-in): Any entrance into a stunt skill where one or more persons is supported by one or more persons.

Pendulum: A stunt in which the flyer falls forward and/or backward away from the bases in a lay out position to the required number of catchers while maintaining constant hands to feet/legs contact with the bases. It is not a dismount.

Pop: A controlled upward throwing motion by a base(s) to release the flyer free from contact with the bases to a cradle catch from a shoulder-level stunt and above.

Prep-Level: The height of the bases hands are at shoulder-level (also known as shoulder-height). For purposes of pyramids shoulder sits are considered prep level stunts.

Pyramid: Multiple stunts connected by hand-to-hand (arm-over-arm), hand-to-foot or other physical touching connections. Individuals standing at ground level may be incorporated as apart of the connection. In order to be a pyramid physical connection in a grouping of individuals or multiple stunts is required.

Release Move: A stunt transition or skill in which the flyer becomes free of contact with the base(s) (i.e. tic toc).

Running Tumbling: Tumbling that is performed with a running start and/or involves a step or a hurdle (etc.) used to gain momentum as an entry to another skill. Any type of forward momentum/movement prior to execution of the tumbling skill(s) is defined as "running tumbling."

Standing Tumbling: A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is defined as "standing tumbling."

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Stunt: Any skill encompassing a mount/load-in, stunt transition and/or dismount. Tosses, pyramids, inversions and release moves are considered types/variations of stunts for overall category purposes.

Tension Roll/Drop: A prohibited pyramid/mount in which the base(s) and flyer(s) lean in formation until the top leaves the base without assistance.

Two – High Pyramid: All flyers, individuals in the pyramid/mount who are not in contact with the performing surface, must be primarily supported by a base(s), one or more individuals who are in direct weight-bearing contact with the performing surface.

Two and One Half (1/2) – High Pyramid: All flyers, individuals in the pyramid who are not in contact with the performing surface must be primarily supported by a base(s), one or more individuals who are in a prep-level stunt. Two and One Half High Pyramids are prohibited in the Youth Cheer Divisions, however, passing through a Two and a Half High Pyramid position is allowed in Level 5.

Toss: A throwing motion by a base(s) originating from the ground or waist-level with the flyer becoming free from contact with the bases. Basket tosses, sponge tosses, etc. is classified as a type of “toss”.

