



Official Rule Book

2024 Season



Mission Statement

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

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

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

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

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

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ARTICLE I: Documentation

Team Draw Areas, Coaches and Participant Registration Items

SECTION I: DOJ Clearance

- A. DOJ clearance is mandatory. If there is any issue for which a coach or board member is identified during the scan, he or she will be removed from their position until the issue is cleared with authorities and by the TVYFL Executive Board. TVYFL reserves the right to approve or disapprove any coach or board member seeking reinstatement after an issue found in a DOJ clearance.
- B. All staff with access to youth, including organization board members, coaches, assistant coaches, travel chaperones, etc., should undergo a background check for acceptability prior to initial assignment of duties. Thereafter, a subsequent background check should be run if there is any gap in service.
- C. TVYFL may at any time request a new background check from anyone.
- D. Organization Board Members must be DOJ Live scan before they will be fully approved on the board. Any changes to your member team board must be immediately notified to the TVYFL Executive board.
- E. DOJ Process
 - a. The Background Screening Policy is in effect to protect participants being served by volunteers, contracted staff and staff in all programs offered by the Trans Valley Youth Football League (TVYFL).
 - b. Policy Statement

A background screening is mandatory for all volunteers over the age of 18 that work with children (anyone under the age of 18). Independent contractors may be background screening at the discretion of TVYFL. A volunteer is not authorized to have access to children until a background screening has been processed and approved by the TVYFL. All information will be confidential and not discussed outside of the process.
- F. DOJ Implementation Process
 - a. The background screening authorization form, State of California Department of Justice Live Scan, must be completed, signed by authorized personnel and submitted to TVYFL.
 - b. The TVYFL shall administer all background screening procedures, including a check of the California sex offender registry, and approve/disapprove of the volunteer based upon the results of the background screening.
 - c. The TVYFL will notify the member team of non-approval. The volunteer may withdraw their name from consideration or request a review. If a review is requested, the applicant may meet with the TVYFL Executive Board. In the event the contractor or volunteer feels a mistake has been reported in the background screening process, it is their responsibility to contact the reporting agency and resolve the issue.
- G. DOJ Background Screening Disqualifiers
 - a. All crimes against children, regardless of the amount of time since the offense.
 - b. All sexual offenses, regardless of the amount of time since the offense.

Examples include, but are not limited to: child molestation, rape, sexual assault, sexual battery, sodomy, prostitution, solicitation, indecent exposure, abandonment and neglect of a child, unlawful sexual intercourse with a minor, child endangerment, or inflicting punishment on a child.
 - c. Felony
 - i. All felonies that constitute offenses against a person, regardless of the amount of time since the offense. Examples include but are not limited to: murder, manslaughter, aggravated assault, kidnapping, robbery, and aggravated burglary.
 - ii. All offenses other than those listed in items above (a,b,c) within the past 7 years.

(Starting on Jan 1, 2025 this will change to 10 years)

Examples include, but are not limited to: drug offenses, theft, embezzlement, fraud, child endangerment, etc..
 - d. Misdemeanor
 - i. All misdemeanor violence offenses within the past seven (7) years.

Examples include but are not limited to: simple assault, battery, domestic violence, hit & run, etc.
 - ii. All misdemeanor drug and alcohol offenses within the past 2 years.
 - 1. Multiple offenses in the past 7 years
 - 2. Examples include driving under the influence, simple drug possession, drunk and disorderly, public intoxication, possession of drug paraphernalia, etc.
 - iii. Any other misdemeanor within the past five (5) years that would be considered a potential danger to children.

Examples include but are not limited to: contributing to the delinquency of a minor, providing alcohol to a minor, theft (if the person is handling funds), etc.

- iv. Anyone on probation or parole.
- e. Other
 - i. Anyone who has an open or active case, active probation, or active warrant.
 - ii. TVYFL reserves the right to adjust any disqualifiers at any time.
- f. Should any of the pending charges described above be uncovered, or should any of the above charges be brought against an applicant during the season, the applicant should be suspended from serving until the charges are cleared or dropped and the MO approves reinstatement.
- g. Guilty means the applicant was found guilty following a trial, entered a guilty plea, entered a no contest plea accompanied by the court's finding of guilt, regardless of whether there was an adjudication of guilt (conviction) or a withholding of guilt. This policy does not apply if criminal charges resulted in acquittal, dismissal or in an entry of nolle prosequi.
- H. Criminal History Inquire
 - a. If the applicant wishes to obtain a copy of his/her criminal history record, he/she should either contact the Department of Justice Record Review Office (916) 227-3835 or access the required forms at www.ag.ca.gov/fingerprints/security.php.
 - i. www.ag.ca.gov/fingerprints/security.php.
 - b. Electronic Response Code: 07400
- I. DOJ in file
 - a. Name Change: If you change your name, you will need to do a new DOJ with your new name
 - b. If you leave a Team/Organization for a season and return, a new DOJ will be required.

SECTION II: Player Eligibility (Including Varsity, Junior Varsity, Novice and Junior Novice)

- A. There are no weight limits with TVYFL. Participation is based upon age.
- B. Age eligibility is based on the cutoff date of November 29th of the current year.
 - a. An athlete must be moved up to the next level if they turn 9 (Novice), 11 (JV), or 13 (Varsity) when their birth date falls on or before the cutoff date.
- C. VARSITY SQUADS shall consist of players 13 and 14 years of age.
 - a. All 8th graders must participate at the Varsity level.
 - b. Individuals entering the 9th grade or who turn 15 years old on/before November 29 may not participate as a player in TVYFL.
- D. JUNIOR VARSITY SQUADS shall consist of players 11 and 12 years of age.
- E. NOVICE SQUADS shall consist of players 9 and 10 years of age.
- F. JUNIOR NOVICE SQUADS shall consist of players 6, 7 and 8 years of age.
 - a. Participants must be 6 years old as of July 15th of the current year.
- G. Participants Age 8,10 and 12 may be placed on higher level only with local board approval.
- H. All players must have the following on file with their member team prior to participation in practice.
 - a. Registered online using SportsPlus
 - b. Current Physical on the TVYFL Medical Form
 - c. Report card, most current copy.
 - d. Birth Certificate for proof of age (i.e., Certified Birth Record or Passport)
- I. Physicals
 - a. Physical needs to be dated for the current calendar year (after January 1st).
 - b. Physical need to be on the current TVYFL Medical Form.
 - i. Must include all signatures and a stamp from the doctors' office
 - c. Physicals must be completed by a Certified Medical Professional (MD, DO, NP, or PA suggested), no chiropractors or no physical therapist.
- J. If an opposing Head Coach questions the eligibility of a player, he may have his organization request an investigation by the TVYFL board into the eligibility of said player.
 - a. If a player is found to be ineligible, all games played in are forfeited.
- K. Special circumstances waivers can be requested on a "case by case" basis with completed waiver form.
 - a. Special circumstances: Medical or Learning Disability (additional documentation may be required.)

SECTION III: Team Roster

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

- a. Any organization not in compliance shall forfeit all games until the League receives the original roster and all TVYFL assessed fees.
 - b. Beginning with game 1 all rosters become final. All roster must be approved prior to game 1. No additions or changes will be allowed on game day.
 - c. Players may be added to the roster on a case by case basis. No additions will be allowed if the approved final roster has more than 18 or more participants.
 - d. Ineligible participants: Any participants who is added to the roster after it has been approved by TVYFL (handwritten or added using online registration that is not on the approved roster)
- B. All coaches are to be listed on the official roster for the team they represent.
 - C. All member teams shall accept football registration until the day the final roster is to be turned in or until member teams reach a roster size of 40 players.
 - a. Member teams may continue to accept more than 40 players if they so choose; however, the League must first approve increases in roster size.
 - D. Due to lead-time for cheer uniforms, cut-off for member teams to accept cheer registrations will be the first week in June, date will be set by TVYFL.
 - a. If uniform will not arrive prior to the 2nd regular season game, registration of the cheerleader will not be allowed.
 - E. Teams shall not make cuts to their roster size, shall not conduct try-outs, and shall work from a "first come, first served" basis.

SECTION IV: Transfers

- A. Players/Coaches who completed the last season will be assigned to the same "parent" team provided they have met all qualifications as required and adopted by the Local Teams Board of Directors.
 - a. Any player/coach who wishes to change team affiliation (with the approval and accompaniment of the player's parents, or legal guardian) must complete the TVYFL transfer form.
- B. Transfer process is initiated with the new/receiving team. Transfers shall be completed/processed and-approved by the member teams Representatives and TVYFL prior to the start of practice.
- C. If a Local Team Board denies a transfer request, the player/coach (with the approval and accompaniment of the player's parents or legal guardian) may present in written form to the League Board the reasons for a "team change". If the League Board deems appropriate, a meeting may be scheduled (which may include the player, parents, legal guardians or coach), with the Local Team Board denying the transfer. After hearing all sides of the case, the League Board will retire to "Closed Session" for further discussion and a judgment. All participants in the case will be notified of the Board's decision. All decisions of the League Board are final.
- D. Recruiting participants who are currently on a TVYFL team is not allowed. The recruitment of players will result in penalties of possible removal of player(s), loss of standings and the removal of offending coaches and or board members.
- E. There are no in season transfers. Once the first regular season game has been completed. (Game 1, Week 1), you are on that team for the remainder of the season. No exceptions will be made.
- F. Any participant that does not have a completed and approved by TVYFL transfer is deemed ineligible.

SECTION V: Team Draw Areas

- A. TVYFL member team "Draw Areas" shall be presented to the League Board with their Membership Agreement. "Draw Areas" are defined as the area in which a team may accept applications for participation.)
- B. Players who have participated on a TVYFL member team without a transfer during the season prior to a change in the member teams "Draw Area" shall be grandfathered onto said team provided said player meets all qualifications as required by the member team.
- C. Teams within the Boundaries of Patterson, Crows Landing, Newman, Turlock, Gustine and the City of Modesto (limited to Modesto and Salida-based teams) are open draw areas.

SECTION VI: Violations

- A. Any violations found inclusive of Sections II through V under Article I will result in the following minimal suspension to coaches:
 - a. First offense - (1) One week suspension.
 - b. Second offense - (2) Two-week suspension.
 - c. Third offense - (3) Suspension of the remainder of the season.
- B. If only 2 games or fewer are left in the season, the coach will be suspended for the remainder of the current season and the first 4 league games of the following season.

- C. The TVYFL board retains the right to alter any punishment regarding any team members, players or coaches, if there is reasonable cause and evidence that show the rule violation was injurious, whether physically or mentally, to any participant or coach in the TVYFL. Proper written documentation will accompany the notation of altered penalty regardless of the severity for which the penalty was noted.
- D. Any rules disobeyed or omitted by any team coach or participant and not covered specifically by a penalty are subject to disciplinary action if agreed upon by the TVYFL board members or Executive Board members after disclosure and discussion of the violation and penalty has been reviewed. TVYFL will take into account effects of the violation as it pertains to the Mission of the League and the needs of the individual participants.
- E. These consequences may also be imposed for any rule infraction.
- F. TVYFL reserves the right to remove a coach or team board member without just cause as deemed necessary.

ARTICLE II: Clinics, Practice and Games

SECTION I: Pre-Season / Clinics / Camps

- A. Pre-Season conditioning.
 - a. Pre-Season conditioning is one (1) or two (2) days per week at 1 ½ hours per day maximum.
 - b. Pre-Season conditioning cannot start until after May 1st.
 - c. League Rep (for Football) and Cheer Rep (for cheer) must be present at all conditioning sessions.
 - d. Practice Safety Coordinator must be present at all conditioning sessions.
 - e. Teams must submit for approval to TVYFL the following
 - i. List of days where conditioning will happen
 - ii. List of all staff managing this conditioning
 - iii. List of planned activities
 - iv. Location of conditioning
 - f. Pre-season does not count towards your conditioning week.
 - g. Must be optional for all players and cheerleaders with no repercussions towards non-participating players.
 - h. Pre-season conditioning must meet the following guidelines:
 - i. Participation must be open to all TVYFL teams.
 - ii. Must be optional for all players and cheerleaders with no repercussions towards non-participating players.
 - iii. There shall be no player contact allowed; this includes blocking sleds, bags, and dummies.
 - iv. There shall be no cheer stunting or tumbling allowed.
 - v. Coaches on field must have completed /cleared DOJ, must have been approved to coach through TVYFL the prior season.
 - vi. No helmets or shoulder pads are permitted at any time.
 - i. Starting May (Allowed days may be defined by TVYFL)
 - i. No footballs allowed
 - ii. No contact football activities allowed
 - iii. No 7 on 7 allowed
 - j. Starting June (Allowed days may be defined by TVYFL)
 - i. Footballs are allowed
 - ii. No contact football activities allowed
 - iii. No 7 on 7 allowed
 - k. Starting 3rd week in June (Date will be set by TVYFL)
 - i. Mandatory no conditioning period, no on field activities permitted at all.
- B. Clinics/Camps:
 - a. The clinics/camps cannot start until after May 1st.
 - b. Teams are allowed to host 1 organization only clinic/camp per year.
 - i. Each additional clinic/camp must be open to all and only include participants within the TVYFL.
 - c. The League Rep (for Football) and Cheer Rep (for cheer) must be present at the hosted clinic/camp.
 - d. Practice Safety Coordinator must be present at the hosted clinic/camp.
 - e. All clinics/camps must be administered by an approved TVYFL coach
 - f. Teams must submit for approval to TVYFL the following
 - i. List of planned activities
 - ii. List of all staff managing this conditioning
 - iii. List of planned activities
 - iv. Location of conditioning
 - g. Clinics/Camps do not count towards your conditioning week.
 - h. Must be optional for all players and cheerleaders with no repercussions towards non-participating players.
 - i. Day and Time the clinics/camps will happen
 - i. The clinics/camps may not exceed one day for a maximum of six hours.
 - ii. The clinics/camps must be held prior to the 3rd week in June (Date will be set by TVYFL)
 - j. Starting 3rd week in June (Date will be set by TVYFL)
 - i. Mandatory no conditioning period, no on field activities permitted at all.
 - k. Recruiting is not allowed during a clinic/camp.
 - l. There shall be no player contact allowed; this includes blocking sleds, bags, and dummies.
 - m. There shall be no cheer stunting or tumbling allowed.

SECTION II: Practices / Conditioning

A. Practice

- a. Cheer and Football will always maintain the same schedule/time/location/days of practice with their respective teams. (See cheer competition rules for exceptions)
- b. No more than 30-minutes of full contact daily in any single day. (AB1)
 - i. No more than 2 full-contact practices per week. (AB1)
 - ii. Full contact includes any drill conducted in game-like competitive conditions in which there is no predetermined winner – defined as “Thud” or “Live” in USA Football’s Levels of Contact.
- c. Practice of any kind on Sundays is strictly prohibited or a day where a game is scheduled. (See cheer competition rules for exceptions)
- d. Any level of team practice without a league approved coach is strictly prohibited and will be cause for immediate suspension or expulsion of the team Head Coach of that level from the League.
- e. 2-hour practices shall be scheduled
- f. Minimal practice times (football and cheer) required weekly to participate in games are as follows:
 - i. 4-day practice weeks: No less than 3 days of practice for Jr. Novice, Novice, Junior Varsity, and Varsity.
 - ii. 3-day practice weeks: No less than 2 days of practice for Jr. Novice, Novice, Junior Varsity, and Varsity
 - iii. School and church activities are allowed but minimums would still apply. (i.e.: Wednesday evening church studies)
 - iv. School and church activities/camps that are more than 1 day are exceptions to the rules listed above but can only happen once per season. (i.e.: 6th grade science camp)
 - v. Additional exceptions will be dealt with by the local board and the TVYFL Executive Board on a case-by-case basis.

B. CONDITIONING: First week or Regular season practice.

- a. Must meet the following guidelines:
 - i. All Coach Requirements must be met to participate and receive a TVYFL Coaches badge.
 - ii. All Player Requirements must be met to participate.
- b. Each participant must complete a minimum of 10 hours of non contact practice for the purpose of conditioning, acclimating to safety equipment, and progressing to the introduction of full-contact practice. (AB1)
 - i. During this non-contact practice, the youth tackle football participants shall not wear any pads.
 - ii. Any missed days must be made up prior to any contact.
 - iii. This standard is universal among levels, Football and Cheer (Mascots excluded)
- c. Conditioning Week 1 & 2
 - i. Practice shall be 3 or 4-days, Monday - Thursday, 2 hours per day
 - ii. Footballs allowed
 - iii. Bag may not be used for contact or tackling.
 - iv. Non-contact football activities allowed
 - v. No “Full-play” football plays allowed during conditioning week.
 - vi. Helmets should be introduced during week 2

C. After the first two (2) week of Conditioning (regular season practice), practices shall be limited to:

- a. Four (4) days a week up to the first scheduled game (Week 1).

D. After the first scheduled game, practices shall be limited to

- a. Three (3) days per week for the remainder of the season.
- b. An additional two hours per week may be used for team meetings so long as said meetings do not take place at practice and do not include any physical activity.

E. Late Sign Ups

a. Requirements to participate in a game

- i. Must complete all Conditioning requirements above. Warm-ups on a game day may be counted towards required hours. No additional days may be added.
- ii. Must have at least 2 days of full contact practice.
- iii. Must meet the minimum practice days needed to compete

SECTION III: Game Day Regulations

A. Communications with officials

- a. The Head Coach only may request a conference with the Official Crew Chief to discuss an issue during a game.
- b. League Representatives can only conference with Officials during natural breaks in the game (i.e., before game, half time, after game, etc.).

- B. Prohibitions:
 - a. Smoking, use of tobacco, nicotine products or drugs of any kind are prohibited at all times in the presence of children. The use of these products on school campuses is forbidden by California State Law.
 - b. The carrying and/or use of alcoholic beverages by any individual are strictly prohibited on the premises, before, during or after a League Game.
- C. The League Representative and Cheer Representative for each team are required to be at each game. The contest may not start without both football League Representatives present.
- D. An Official Team Roster must be fully completed (regardless of whether a participant is playing or not) on a TVYFL form and must be presented to the opposing Team Representative at the official Roster Check-in.
- E. Only football coaches and football players may participate in the on field post-game congratulations between opposing teams.
- F. Cheerleaders are not permitted to join their respective football team at center field.
- G. Cheerleaders may form a tunnel at the end zone for player introduction (pre-game) and/or on the sideline at the end of the game for football players and coaches to run through.
- H. Cheerleaders and their coaches do not have field access anytime that a game is in progress.
- I. Halftime cheer performances are a fundamental part of a game day. These performances may not be taken away by another team. All member teams will be allowed to perform a halftime routine.
- J. A one-hour delay will be allowed if medical personnel are unavailable.
 - a. If medical personnel are not present after an hour delay, upcoming days games may be canceled and forfeits may be assessed to the host team.
- K. The Host Team must provide a League approved emergency medical technician, state-licensed paramedic, or higher-level licensed medical professional and shall be present during all games. (AB1)
 - a. They shall have the authority to provide prehospital emergency medical care or rescue services consistent with their certification or license, and remove any participant from the game who exhibits an injury, including, but not necessarily limited to, symptoms of a concussion or other head injury. (AB1)
- L. Chain Crew is provided by the Visiting Team
 - a. If the home and visiting team switch sides (i.e.: Playoffs), the team on the visiting sideline shall provide the chain crew.
 - b. Penalties for not having a chain crew would be applied to the Visiting Team.
 - c. No Coaches are allowed on chain crew.
 - d. Chain Crew is not allowed to coach, must stay off their mobile phones and must keep cheering to a minimum.
 - e. Chain Crew must be a responsible adult or a responsible High Student, No players allowed.
- M. Ball/Tee and Water helper
 - a. Ball/Tee Helper, only 2 will be allowed per level/game, No adults allowed
 - b. Water Helper, only 2 will be allowed per level/game, No adults allowed
- N. Only authorized personnel are allowed on the sidelines. Badges coaches, League Representatives, Ball/Tee helper, Water helper, Chain crew, Play Counters and Media staff with badge. All others must remain in the stand or parent designated seat area including parents, children, baby stroller and playpens, etc.
- O. Medical personnel must be introduced to the officials, League Representatives and opposing team Head Coach prior to the start of the game.
- P. All levels shall have 2 local board approved representatives (play counter) and opposing local board approved representatives who are 18 or older. Responsible high school students are allowed. (2 play counters on each side), who will
 - a. Record the plays in ink,
 - b. Located on the sidelines of each team in the area outside of the team box, and
 - c. Count plays for players on the field up to the minimum of 10-plays per player at all levels.
 - d. The local board approved representatives must leave the sideline area after all the players have reached the 10-play minimum.
 - e. Play counters may not coach players.
 - f. Each team representative will have a roster of players for their team and the TVYFL play counting sheet present for their team. One designated coach may inquire on the status of play count progress at any time during the game.
 - g. Completed and signed Play Count Sheets along with both football & cheer roster will be kept and turned into the opposing League Rep (Cheer Rep for cheer roster) at the completion of the Varsity game on that day and in turn be turned into TVYFL at the next league meeting.
 - i. Play Count Sheets will also need to be submitted to TVYFL (Scanned and emailed) by Sunday each week.
 - h. Play counters and designated coach need to wear a safety vest while play count is occurring. Safety Fluorescent Green or Safety Orange is recommended.

- Q. Any intimidation/harassment of the individuals counting plays will not be tolerated and will be dealt with by the League Executive Board as soon as possible with written statements from witnesses.
- R. Ice Chests are only allowed for player snacks and drinks.
 - a. One (1) per level for cheer and one (1) per level for football.
 - b. The ice chest may include a **light snack and small drink** per player/coach.
 - c. **Must have ice chest badge attached to ice chest**
- S. Noise makers
 - a. No use of cannons, fireworks, or other pyrotechnics, of any kind, as well as any “over-sized” bells or horns are prohibited.
 - b. The use of whistles, air horns, plastic horns, as well as any other items used as instruments or noise makers are prohibited.
 - i. Band instruments used by the band are the only permissible instruments.
 - ii. Whistles used by the Officials are the only permissible whistles.

SECTION IV: Roster Check-in and Warm-ups

- A. Check-in shall be done during half-time of the prior game. Jr Novice will be one (1) hour prior to game time. The purpose of Check-ins is to verify players are present and a proper roster to begin team warm-ups.
- B. Each member team is required to have an Official Roster Representative. **This should not be a member of the team/level who is being checked in.** The Representative shall be responsible for checking in the opposing team/level players at the Official Roster Check-in.
- C. Check-in shall be at a designated location. Teams/levels shall be checked-in separately. The Representative shall have the authority to halt check-in if said check-in is not in compliance with League Policy.
- D. **Check-in for cheer will be handled by the Cheer Reps for each team/level and will exchange rosters at the end of day.**
- E. Each member team’s representative is responsible for the conduct of his/her team during check-ins.
- F. All players are required to wear their assigned game jersey to the check-in on all game days. Player numbers may change throughout the season due to various reasons. Team Representatives are to note new numbers on the team’s roster and turn changes into the league as is customary per normal paperwork with the League.
 - a. **it is the member teams responsible to communicate which color jersey each team will be using.**
 - b. **Home team will pick the color they wear and must adjust if the other team only has 1 color.**
- G. All participants must be present to start warm-up exercises no less than one hour before the official start of the game. Any player not present when warm-up begins will forfeit the opportunity to participate in the start of the game and shall not participate in any form until warm-up exercises have been completed.
- H. Late arriving players are allowed to check in with both team representatives up to game time provided the participant receives a proper warm-up prior to entering the game. (A minimum of 10 minutes of warm-up exercises should be completed with a coach.)
- I. An Official Team Roster on TVYFL form, is to be presented to the opposing representative at first check-in.
- J. Representatives from both teams are required to be present for Official Check-in.

SECTION V: Game Rules for all Levels

- A. NFHS Football Rulebook shall be used except when modified by the TVYFL.
- B. Game quarters for all TVYFL teams shall consist of the following:
 - a. Four ten-minute quarters using a sub-varsity clock with a halftime break.
 - b. Each team will be allowed three time-outs per half.
 - c. Injury time-outs called by an official shall not be counted against any team.
- C. Personal Fouls
 - a. Targeting, Illegal Helmet Contact, Defenseless Player Contact, Late Hits, Non-football acts away from the play
 - b. Two (2) personal fouls results in player ejection.
- D. Illegal Blocking Below the waist
 - a. All blocking below the waist, blocking in the back and clipping is illegal. There is no “free blocking zone.”
 - i. The penalty for clipping and blocking below the waist is 15 yards.
 - ii. The penalty for blocking in the back is 10 yards.
- E. Cannot line up over center when in shotgun
- F. Overtime rules
 - a. No game shall end in a tie.
 - b. Refer to official NFHS rulebook for complete rule. TVYFL uses the 10-yard overtime rules.
 - i. Overtime period is untimed play after regulation game has ended

- ii. Visiting team shall choose “heads” or “tails” before the coin is tossed. Winner of the toss shall choose defense or offense first.
 - iii. Each team will be permitted one timeout each period
 - iv. Ball will be placed between the hash mark, on the 10-yard line.
 - v. First offensive team shall have a series of four downs.
 - vi. After the first team on offense has completed its series of downs, the first team on defense will become the offensive team.
- G. All teams are strongly urged to use the High School Numbering System.
- a. Numbers starting with 0 are illegal (i.e., 01, 02, etc.) and will not be used.
 - b. For example, Numbers 50 to 79 inclusive = non-ball handling position numbers (Linemen only).
 - c. Lack of compliance could cause game time errors relating to ineligible number calls during the game.
- H. Players and coaches must remain within the 25-yard lines (bench area) and a minimum of 6 feet from the edge of the field edge.
- I. No person will be allowed on the playing field or within the field area without an Official League Sideline Badge.
- J. All teams shall play on a regulation football field.
- K. Sub-Varsity:
- a. The official game clock starts on the ready following a change of possession if the change of possession is the only reason for stopping the clock. IE: no out of bounds, no touchback, no incomplete pass, no fair catch.
- L. Play clock shall be a 25 second play clock.
- M. Running Clock
- a. A Running Clock is mandated for a team behind 28 points at any time during the game.
 - b. Once a running clock starts, it shall remain running to the completion of the game with stoppage only for timeouts, injury, official water breaks, or scoring.
 - c. No more timeouts will be allowed by the participating teams once a running clock starts.
- N. Half Time
- a. Fifteen (15) minute half time equates to a Twelve (12) minute half time plus a three (3) minute warm-up.
 - b. Twenty (20) minute half times for Homecoming will be allowed provided adequate notification is given. Twenty (20) minute half time equates to a Seventeen (17) minute half plus a three (3) minute warm-up.
- O. Time between games is 10 minutes

SECTION VI: Rules specific to Novice, JV, and Varsity

- A. The Novice, Junior Varsity and Varsity squads will:
- a. be allowed to kick the Point after Touchdown (PAT).
 - b. be awarded two points for a successful PAT.
 - c. be awarded one point for successfully running or passing the ball over the goal line.

SECTION VII: Rules specific to Junior Novice

- A. Start of the Game.
- a. Coin Toss.
 - b. Ball will be placed on the 30-yard line.
- B. There will be downs, scores, penalties.
- C. Game will be played using the entire field.
- D. All plays must start from a huddle.
- E. Overtime play will be allowed
- F. Turnover may be returned for a score.
- G. Touchback and safety
- a. Safety ball - Ball will be placed at the 50 yard line
 - b. Touchback - Ball will be placed at the 20 yard line
- H. Extra Points and Punting.
- a. Extra points will be run in or passed in.
 - i. Run will be worth one (1) point
 - ii. Pass will be worth two (2) points
 - b. If you elect to punt, the ball will be moved 20 yards from the line of scrimmage.
 - i. If they are inside the 35-yard line of the opponent, it will be moved to the 20.
 - ii. No fake punts.

- I. Teams will be allowed one (1) Jr Novice coach on the field for the regular season. After week three (3) the coach cannot be in the huddle and must stay behind the official at a minimum of 15 yards away from the line of scrimmage. Players can get the play call from the coach on the field or sideline prior to huddle.
 - a. No coaching once the ball has been set.
 - b. If the coach on field is less than 15 yards or in the huddle, they may be flagged.
 - i. First offense - warning
 - ii. second offense - 5 yard penalty (at officials discretion)
 - iii. third warning - 5 yard penalty (at officials discretion) - removed and replaced with a different coach
 - c. No Jr Instructors will be allowed on the field
- J. Teams may use any defense but the interior must still line up heads-up (Guards on Guards, Tackles on Tackles).
 - a. No lining up over the center
 - b. Guards and Tackles must be in a 3-point stance.
 - c. Maximum 6 rushers on line of scrimmage.
 - d. Linebackers must stay 3-yards from line of scrimmage until the ball is snapped.
 - e. No blitzing
- K. No hurry up offense and no hard counts.
- L. Delay of game is a flag but not a loss of yards.
- M. Other TVYFL rules will apply and must be followed.

SECTION VIII: Munchie Games (Round-Robin format)

- A. All four levels of participation (football and cheer) shall compete in this pre-season TVYFL event.
- B. Football
 - a. No blitzing
 - b. No playing both ways in the same half (1/2 offense and 1/2 defense)
 - c. All offensive plays begin from a huddle on the field.
 - d. Practice jersey will be worn.
- C. Cheer
 - a. No stunting or tumbling allowed.
 - b. TVYFL Camp Attire (Camp T-shirt and shorts).
- D. Format follows 15 minutes of play – a 5-minute break – 15 minutes of play; scrimmage is then over.
 - a. Times may be adjusted by TVYFL as needed.
- E. This is a running clock scrimmage with coaches officiating (with whistles).

SECTION IX: Tournament play

- A. Teams must get TVYFL approval before participating in any tournament play.
- B. Tournament play (Post Season, Scrimmage and Tournament)
 - a. Starts First day of Regular Practice
 - b. Football ends December 31
 - c. Cheer ends after Jamz Youth Nationals or January 31
 - d. Only TVYFL players from current season will be allowed
 - e. All TVYFL and NFHS rules must be followed
 - i. Tournament rules must be approved if they vary from TVYFL.
- C. Tournament play will not be allowed from January 1 through the first day of Regular practice.
- D. The following must be provided.
 - a. List of practice date
 - b. List of staff
 - c. List of players.
 - d. Name of Event and Location

SECTION X: Dress Code

- A. Cheerleaders
 - a. All cheerleaders are to wear appropriate undergarments under the shell and skirt.
 - b. All Cheer spankies (This include similar products like Nike Pro, etc) must be covered by another garment at all times (i.e., skirt, warmup pants, etc.).
 - c. If a cheerleader signs up late a full uniform is required before they can cheer with the team.

- d. No jewelry will be allowed to be worn at any time during participation in cheer activities. The only exception is a medical alert and it must be taped down. Taping earrings is not allowed.
- B. Football Players
 - a. All football players are to wear appropriate garments during practice and games.
 - b. No jewelry will be allowed to be worn at any time during participation in football activities. The only exception is a medical alert and it must be taped down. Taping earrings is not allowed.
- C. Jr Instructors
 - a. Must wear conservative attire, which includes at a minimum no shorter than 5" and tank tops no lower than 2" below the neckline. No see-through, halter, crop-tops or shredded shirts allowed.
 - b. Athletic footwear must be worn to practices and on game day. No Converse, Vans, Keds, flip-flops, etc. are permitted.
- D. Coaches
 - a. Coaches should set the example in attire and dress at all times. Athletic footwear must be worn to practices and on game day. No Converse, Vans, Keds, flip-flops, etc. are permitted.
 - b. Need to be dressed in Clothing that appropriately represents the organization they are representing. Team attire is strongly recommended
- E. Cheer Reps
 - a. Cheer Reps should set the example in attire and dress at all times. Athletic footwear should be worn to practices and on game day. No Converse, Vans, Keds, flip-flops, etc. are permitted.
 - b. During games and official events: Need to be dressed in Clothing that appropriately represents the organization they are representing. Team attire is strongly recommended.
- F. League Reps
 - a. League Reps should set the example in attire and dress at all times. Athletic footwear should be worn to practices and on game day. No Converse, Vans, Keds, flip-flops, etc. are permitted.
 - b. During games and official events: Need to be dressed in Clothing that appropriately represents the organization they are representing. Team attire is strongly recommended

ARTICLE III: Player and Team Equipment

SECTION I: Team Responsibility

- A. It is the responsibilities of the Team to supply the following:
 - a. Football field items necessary for a game. This includes First Aid Kits for Football and Cheer for practice and games
 - b. The Football field must be roped off and monitored to keep unauthorized access to the field during a game
 - c. Restrooms at practice and games.
 - d. Practice field and team's necessary equipment.
 - e. Completed Team Roster.
 - f. Each Head Coach must keep an accurate account of attendance sheets throughout the entire season beginning with preconditioning.
 - g. Player equipment necessary for game play. (i.e. helmet, shoulder pads, mouthpiece of any color, other pads including – hip, butt, thigh, knee, and pants, belt, strings).
- B. All teams must provide a receipt of all items reconditioned prior to using equipment.
 - a. Helmets must be reconditioned each year
 - b. Every reconditioned and recertified helmet shall display a clearly recognizable mark or notice in the helmet indicating the year of the last certification. (AB1)
 - c. Shoulder pads reconditioned every 2 years (AB1)
 - d. Certified documentation for helmets and shoulder pads must be kept yearly, insurance certificate and inventory of items reconditioned must be submitted prior to the start of preconditioning/practice.

SECTION II: Footballs

- A. Official TVYFL Footballs (Leather or Composite):

a. Jr. Novice	Wilson GST	Model K2	Pee Wee
b. Novice	Wilson GST	Model K2	Pee Wee
c. JV	Wilson GST	Model TDJ	Junior
d. Varsity	Wilson GST	Model TDY	Youth

SECTION III: Players Equipment

- A. Changes to Team Uniform (i.e., jersey, pant, helmet, etc.) including colors, logos, and names, must first be approved by TVYFL prior to the March league meeting Pictures of desired uniform should be provided.
- B. Each player must have a National Operating Committee on Standards for Athletic Equipment (NOCSAE) approved football helmet to participate in practices or games.
- C. Mouthpieces
 - a. Mouthpieces are required and shall be of any readily visible.
 - b. Mouthpieces must be attached to the face mask.
 - c. Each mouthpiece must be serviceable by maintaining thickness and covering all teeth to the back of the mouth.
 - d. Any mouthpiece with a hole or “thinning” from use must be replaced before the participant is allowed to practice or play in a game.
- D. It is the responsibility of the Head Coach of each team to ensure each of his players has all of the required NOCSAE approved equipment prior to participating in practice or games. Helmets require yearly certification and shoulder pads every 2 years.
- E. Any player wearing eyeglasses must wear a clear face shield.
- F. All face shields shall be clear. No shading or tinting permitted.

ARTICLE IV: Coaches and Player Participation

SECTION I: Coach, Cheer Representative, and Football Representative Requirements

- A. The Head Coach must be minimally 21 years of age by July 15th.
- B. Assistant Coaches must be minimally 18 years of age by July 15th.
- C. These required documents must be on file prior to the season opening. The member team will oversee all screening. These are required for all team coaches prior to the season opening.
 - a. Current electronic application:
 - b. Current government issued ID
 - c. Current First Aid/CPR/AED card through the end of the current season (in person training only). (AB1)
 - d. FBI DOJ background screening
 - e. Completion of the USA Football certification or YCADA cheer certification for current year. (AB1)
 - f. Must attend a TVYFL coaches clinic

SECTION II: Coaches

- A. Attendance at a mandatory TVYFL sanctioned Coaches Clinic and Camp is required by all coaches on an annual basis.
- B. Coaches shall be responsible for keeping an accurate written record which clearly identifies the attendance and absences of all participants throughout the season (i.e., Practices, Camps, Games/Scrimmages, Competitions, etc.).
- C. It will be the responsibility of the Head Coach of each "Level" to ensure that the conduct of their coaching staff and players is above reproach at all times.
- D. If at any time the TVYFL Board or its Representative is shown good cause and feels a coach is not adhering to his/her responsibility or is not meeting the standards required as a coach, may immediately take appropriate disciplinary action including but not limited to the suspension or expulsion of said coach from the League.
- E. Ejected/removed/suspended
 - a. Any coach ejected/removed/suspended from the game by an Official, League Board, or its Representative, for any reason, will be immediately suspended from participation or involvement of any kind, in all practices and games following the date in which the incident occurred.
 - i. Assistant Coach suspension
 1. Assistant Coach will be suspended for 4 games immediately following the date of incident. Fine will be assessed for Assistant Coach only.
 2. The Head Coach will be suspended for 1 game immediately following the date of incident. Protests for the head coach suspension will be accepted in written form only with accompanying evidence.
 - ii. Head Coach suspension
 1. The Head Coach will be suspended for 4 games immediately following the date of incident. Fine will be assessed.
 - iii. If any coach is ejected a 2nd time during the season, the coach will be suspended the remainder of the season.
 - iv. If ejection happens during the last regular season game (ie: week 10), Playoffs, or Superbowl, the coach will not be allowed to coach the following season.
 - v. Suspended coach will automatically be placed on probation for the remainder of the season, unless other action is deemed appropriate by the League Board or its Representative.
 - b. The coach will be placed on probation for the remainder of the season unless other action is deemed appropriate by the League Board or its Representative.
- F. Neither profane language nor poor sportsmanship will be tolerated and violators will be ejected/removed/suspended from the game or practice.
- G. There is a maximum of 9 Coaches for each level, which include Sideline Coaches, Jr Instructors and the spotter coach who is participating in the active game (usually found in the press box).
 - a. A spotter is someone not on the sideline, coaching from afar, possibly using a radio or electronic device to communicate with sideline coaches.
- H. Coaches are required to understand, accept, abide by, and implement the rules and regulations of the TVYFL.
- I. Coaches must attend all TVYFL mandated functions.
- J. Shall keep written record of ALL injured players at practices or games with minimal name, date/time, location and description of the injury. All descriptions should include what the participant was doing when injured and the action taken by the coach or other people for the injured person.
- K. Cheer Coaches

- a. Coaches must document the progression of YCADA skills by level using the standardized form provided by TVYFL and keep the Cheer Rep informed regularly of skill level mastery. All documentation must be included in his/her Cheer Binder and available upon request.

L. TVYFL and the Local team reserves the right to revoke participation at any time, for any reason, without prior notice.

SECTION III: Player Participation

- A. Every eligible player at any Level who is suited up must participate in practice and game play.
- B. Players who are deemed ineligible for any reason will not be allowed to dress for the game(s).
- C. Participation by an ineligible player or coach will result in the forfeiture of all games in which he/she participated.
- D. Ejected/removed/suspended
 - a. Any participant ejected/removed/suspended from the game by a referee, League Board, or its Representative, for any reason, shall be immediately suspended from participation or involvement of any kind, in all practices and games for the week following the date the incident occurred.
 - i. **Flagrant ejections may result in additional week(s) of suspension. Options include but are not limited to: One Week, Two weeks, Three weeks, etc.**
 - b. Will be placed on probation for the remainder of the season, unless other action is deemed appropriate by the League Board or its Representative.
 - c. If the following week is a bye, the suspension will continue thru the next official game or a date designated by TVYFL.
- E. Neither profane language nor poor sportsmanship will be tolerated and violators will be ejected/removed/suspended from the game and or practice.

SECTION IV: Player 10-play rule and play counting

- A. Each football player must complete at least 10-plays throughout the course of the game, **prior to the end of the 4th Quarter.**
Play counting is not allowed in overtime.
 - a. **The following do not count as a play.**
 - i. Any play that results in a dead ball penalty (i.e., Offensive false start, illegal snap, et.)
 - ii. inadvertent whistle
 - iii. Quarterback kneel or Offensive Kneel "kneel down" does not count as a play towards the minimum play requirement.
 - b. A penalty for violation of the Minimum Play Rule will be strictly enforced.
 - c. An imposed running clock does not remove the requirement of playing all players 10-plays.
- B. Failure to comply may result in forfeiture of the game as decided by the Executive Board.
 - a. Play counting violations at any level,
 - i. 1st violation - Head Coach will receive one (1) game suspension
 - ii. 2nd violation - Head Coach will receive four (4) game suspension

SECTION V: Practice Safety Coordinator (AB1)

- A. A non-rostered individual, shall be present at all practice locations.
 - a. **Only provides support during practice activities.**
- B. **NO GAME DAY FIELD ACCESS.**
- C. These required documents must be on file prior to the season opening. The member team will oversee all screening. These are required prior to the season opening.
 - a. Current electronic application
 - b. Current government issued ID
 - c. Current First Aid/CPR/AED card through the end of the current season (in person training only).
 - d. FBI DOJ background screening
 - e. Completion of the USA Football certification or YCADA cheer certification for current year.
 - f. Must attend a TVYFL coaches clinic
- D. Shall have the authority to evaluate and remove any youth tackle football participant from practice who exhibits an injury, including, but not limited to, symptoms of a concussion or other head injury.

ARTICLE V: Game Admissions

SECTION I: League Games

- A. Admission: The maximum amount a member team shall charge for entry into a League Game shall be as follows:
- | | |
|--|--------|
| a. Adults 18 years and older | \$7.00 |
| b. Children 6 thru 17 years-of-age | \$5.00 |
| c. Senior Citizens & Military Discount | \$5.00 |
| d. Children 5 years of age and under | FREE |
| e. Football Players/Cheerleaders | FREE |
| f. Coach in uniform with current badge | FREE |
| g. TVYFL E-Board / TVYFL Guest Pass | FREE |
- B. Football Players / Cheerleaders / Coaches must be participating in a game at the specific site for free entry at the site and he/she must be on OFFICIAL GAME ROSTER.
- Hosting teams should have copy at the front gate to avoid issues at various sites. Players or coaches not on the roster should expect to pay at the gate.
 - Any issues should be resolved through the League Reps at a later time.
- C. League Badges
- In order to reduce the number of non-official personnel on or near the field sidelines, the following Badges will be issued per member team by the League:
 - TVYFL E-Board: Black Sideline Badge
 - TVYFL Representatives: Purple Sideline Badges
 - TVYFL Cheer Reps: Pink Sideline Badges
 - Varsity Coaching Staff: Sideline Badges
 - JV Coaching Staff: Sideline Badges
 - Novice Coaching Staff: Sideline Badges
 - Jr. Novice Coaching Staff: Sideline Badges
 - Jr. Instructors: Orange Badges
 - Practice Safety Coordinator: Red/White/Blue Badges
 - Media: Green Sideline Badges
- D. The League Board will issue badges to only those individuals who have a current approved electronic application with all accompanying documents on file and received DOJ clearance.
- E. Badges must be worn and visible (in plain sight) at all times
- During Practice and on Game Days (i.e.: Enter the gate, During the game, etc.)
- F. Failure of a coach or staff member to wear his/her issued badge may result in removal from the sidelines.
- G. **Badges are only valid for the scheduled contest in which he/she participates.**
- H. **Badges are the property of TVYFL and must be returned upon request, resignation or removal from position.**
- I. TVYFL designated media personnel
- Need to wear a safety vest while on the sidelines. Safety Fluorescent Green or Safety Orange.
 - Need to stay out of the designated coach box.
 - Should not be interacting with any coach, players or official.

ARTICLE VI: League Operations

SECTION I: Conducting the League

- A. The League season shall consist of possible non-league, league and post-season games, scheduled by the League Board on an annual basis. The League Board must approve all games or scrimmages involving TVYFL teams (due to liability issues).
- B. League standings and possible post-season play will be determined by:
 - a. Conference (common opponents)
 - b. Head-to-Head game
 - c. Coin toss
- C. Conference Realignment – At the end of every season, TVYFL Executive Board will review the conference standings of all the teams. Based on the win/loss record of the Novice, JV & Varsity squads adjustments may be made to balance the conferences.
- D. All tied games will be played according to the National High School Federation Rules. (i.e., coin toss – each team start on opponents 10-yard line; has 4 downs to score)
- E. Weather or extenuating circumstances resulting in a canceled game
 - a. Each Level will be evaluated separately
 - b. Following NFHS rules concerning weather related game delays (not page 42). If it is decided by the Officials on site that the game shall be canceled. The game will be scored as follows:
 - i. If the game has started, the score at time of the game ended will be considered the final score. If neither team has scored, the game will be posted as a tie game.
 - 1. No reschedule will be allowed
 - ii. If the game is not able to start and is decided by the Officials on site that the game shall be canceled.
 - 1. No game will be rescheduled
 - 2. It will be scored as a NO Game (No win, No Lose)
- F. Early stoppage of games
 - a. If the official's have to stop a game early due to sideline (Coaches) or spectators behavior. The game will not be replayed and the team responsible will take the loss regardless of score and will be fined for a forfeit.
- G. All disciplinary matters will be handled by the Executive board of the TVYFL.
- H. More than three absences from regularly scheduled league meetings may result in dismissal from the TVYFL Board. *This rule is subject to Executive Board approval.*
- I. Board positions will include but not limited to:
 - a. Executive Board:
 - i. President, Vice President(s), Secretary, Treasurer, Cheer Commissioner(s), Insurance Commissioner, Coaches Education Commissioner(s), Members at Large, General Member Board
- J. The general member board shall consist of one (1) League Representative and (1) Cheer Representative from each member team and all Executive board members.
- K. Charitable Contributions – once a charitable concern has been brought before the league Representatives will be allowed to return to their respective local boards to discuss their level of giving. All monies will be forwarded to the TVYFL and all matters will be kept confidential.
- L. Anyone involved in an altercation, verbal or physical will be removed from the facility and Law enforcement may be called. The individuals will not be allowed to participate in any TVYFL events including practice until the next regular scheduled TVYFL meeting. At that meeting the issues will be discussed in a closed session and a determination will be made. The interested parties will be notified by mail of the results.
- M. This rulebook is subject to clarification by the TVYFL Executive board at any time as long as the clarification does not conflict with the written rule. Any clarifications related to safety will always override this rulebook.

SECTION II: Local Team's Board of Directors

- A. Board shall consist of a minimum of 6 participants including President, Vice President, Secretary, Treasurer, League Rep, Cheer Rep.
- B. All board members must complete a DOJ within 30-days of appointment.
- C. TVYFL Executive Board must be notified immediately of any changes to a member team's board.

SECTION III: Team Membership and Requirements

- A. All member teams of the TVYFL will submit an agreement for participation in the TVYFL.
- B. Membership Agreement
 - a. Applicant Agrees to:

- i. To provide to the TVYFL, a MAP of their “draw area” (to include specific geographic boundaries) for review and vote.
 - ii. Said MAP is to include all boundaries by Roads or County lines and is to be attached to this “Agreement” prior to approval from the League Board of Directors. This map will be reviewed every three years unless a new program within the same “draw area” is accepted into league membership during the contract period.
 - iii. In addition to the above requirements, Applicants will be required to present to the League Board for review and approval, a letter from the School District/s in which their “draw area” encompasses confirming/verifying that player/s on their team roster/s are enrolled in said School District/s. Presentation of this letter is at the discretion of the League Board.
 - iv. They shall at all times abide by the philosophy of the TVYFL.
 - v. They shall at all times promote the wellbeing of the TVYFL.
 - vi. For purposes of this “Agreement”, “draw area” is defined as that area which is within the geographic boundaries as shown on the League Approved attached MAP and would include all students living within or attending school within said boundaries.
- b. IT IS AGREED, that the TVYFL, as directed by its Board of Directors:
- i. May require Applicants to provide for additional teams based on potential player registrations.
 - ii. May require that each team's “draw area” or registration of players be governed by a newly designated geographic area to be established by the League Board of Directors.
 - iii. May require that Applicant discontinue its association with the TVYFL if the timing of the above requirements or unforeseen future requirements cannot be agreed upon.
- c. IT IS AGREED, if for any reason the above requirements cannot be agreed upon or if for any reason the League determines Applicant’s Membership should be discontinued or terminated, the League agrees to give Applicant six (6) months prior written notice of its intent to discontinue or terminate Applicants Membership in the TVYFL.
- i. THIS AGREEMENT will be a continuing, auto renewing contract each year. The applicant member team may discontinue this contract during the month of November each year without penalty. Any contract cancellation shall be in writing and submitted to the TVYFL Executive board within the time period listed.
 - 1. January 1st through November 28th (inclusive) the canceling team shall be responsible for the current year’s fees of this contract.
- C. Along with said agreement, a copy of the Articles of Incorporation and Tax I.D. number must be included for said team. If one is not available, a request for an extension, not to exceed April 1st must be submitted to the E-board of TVYFL.
- D. The signing member team will be responsible for all league fees for the duration of the agreement with the following exception: TVYFL or the local team may cancel their TVYFL contract or be removed from the TVYFL as stated in the contract and listed below.

SECTION IV: Fines, late fees, interest and outstanding balances

- A. Fines. All fines collected will be kept in a separate account to be used for charitable donations.
- a. A \$50 fine will be given for failure to have an approved representative at board meetings, emergency meetings and all scheduled TVYFL meetings. The fine will increase to \$200 for failure to have both representatives present at meetings.
 - b. A \$50 fine will be given for failure of a League Rep who does not introduce himself/herself to the officials prior to the start of the Jr Novice game each week.
 - c. A \$50 per coach fine will be given for failure to have coaching paperwork back to the league by the application deadline.
 - d. A \$500 fine will be given for any coach being ejected/removed/suspended from a game.
 - e. A \$250 per person fine will be given for not reporting to the admissions gates or chain crew (i.e.: Munchies and Super Bowl).
 - f. A \$50 fine will be given for each official roster not presented to the opposing team on game day.
 - g. A \$250 fine may be assessed for a forfeit of any type.
 - h. A \$500 fine will be given to any organization not finishing a game through the completion of the 4th quarter. (i.e.: Walking away from the game, unwilling to finish the game). This does not include unforeseen issues with the stadium (i.e.: Lights, Weather, etc).
 - i. A base fine of \$250 will be given to any organization not fielding a level at an away game. This fine will increase based on a portion of the Game Day Officials costs, a portion of the contracted field cost and a portion of the medical staff cost of the host team.

- j. A \$50-\$250 fine may be given for any violation (i.e. rules violations, inappropriate behavior, incomplete paperwork, progression sheet, play count sheets, rosters, etc.) not already listed in the Fines section. This fine is assessed at the discretion of the TVYFL executive board.
 - k. A \$250 fine will be given for failure to have an event approved by TVYFL. This includes but is not limited to: Pre-Season, Post-Season, Cheer and Football Competitions, Performing outside of a normal game and Parades. This fine may increase for each additional occurrence during the season by \$100.
- B. Late Fees, Interest and Outstanding Balances.
 - a. All outstanding invoices must be paid prior to the first scheduled (1) game. Any organization not in compliance shall forfeit all games until the League receives all TVYFL assessed fees.
 - b. All outstanding invoices must be paid prior to the last regular season game. Any organization not in compliance shall be excluded from Postseason play (i.e.: Playoffs and Super Bowl).
 - c. A \$25.00 late fee may be charged each month for each unpaid bill, invoice, fine or fee. After 90 days, any bill, invoice, fine or fee may be charged interest.
 - d. Any payment received may first be applied to any outstanding bills, invoices, fines or fees over 90 days past due.
 - C. All fines are due in full before the next game or a forfeit will result.
 - D. Protests will be accepted in written form only with accompanying evidence and a check payable to the TVYFL for \$250.00.
 - a. The protest will be reviewed by the Executive board and, if necessary, the entire league board will convene a special meeting to hear the protest.

SECTION V: Chain of Command

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

SECTION VI: Player and coach documentation

- A. Organization Binders
 - a. A Football Binder or Cheer Binder containing the following items must be in the possession of the League and/or Cheer rep at all times during practices and games.
 - b. Physical on TVYFL form (medical treatment release form), original signed document.
 - c. Official birth certificate
 - d. Player roster with contact info
 - e. Player info sheet (printed from online registration)
 - f. League insurance accident form (injury form and claim form)
 - g. TVYFL Official Rulebook
 - h. NFHS Football Rulebook
- B. Coaches Binders
 - a. A coach binder containing the following items must be in the possession of the coaches of each team level at all times during practices and games.
 - b. Player Roster with contact info
 - c. Physical on TVYFL form (medical treatment release form)
 - d. Player info sheet (printed from online registration)

- e. League Insurance Accident form
- f. TVYFL Official Rulebook
- g. NFHS Football Rulebook

SECTION VII: Additional Member Teams' Responsibility

- A. Every Member Team's Organization needs to be a registered legal entity (i.e., Corporation, Association, etc.) with the state of California. Those who serve as an officer in a Member Team are liable for any and all debts that occurred during their time of service until such time they are removed by the State of California from their roles.
- B. Member Teams must be adequately insured (purchased from TVYFL)

SECTION VIII: Probationary status

- A. Who is on Probation?
 - a. New Teams will automatically be on probation their first year.
 - b. If you receive a forfeit for not meeting the minimum requirements to play during the previous year you may be placed on probationary status. This also includes Munchies, Playoffs and Super Bowl.
- B. Criteria to measure when deciding if a team should be on probation.
 - a. Meeting Attendance, Financials, Participation in league events (Gate Duties, etc), Player ejections, Coach ejections, Inappropriate behavior, Spectator behavior, Communication between teams, .
- C. Expectations
 - a. Teams must have a minimum number of players electronically registered in Sports Plus as follows.
 - i. March 1st, Five (7), April 1st, Ten (12), May 1st, (17).
 - ii. This includes Jr Novice, Novice, Jr Varsity and Varsity.
 - b. Teams must have a minimum of 17 players electronically registered per level in SportsPlus by May 1st.
 - c. Additional expectations will be added based on criteria
- D. Failure to meet any of these requirements may result in removal from the schedule.

ARTICLE VII: League and Cheer Representative

SECTION I: League and Cheer Representative Rules

- A. Member Teams must have one (1) League and one (1) Cheer Representative who will attend the monthly TVYFL Board Meetings, which are held the first Monday of every month (Jan, July and Sept may happen on the second Monday due to holidays). There should be two (2) separate individuals at each meeting. The two are responsible for the following:
 - a. Acting as liaison between the Member Team and the TVYFL.
 - b. Represent both the Member Teams and TVYFL.
 - c. Responsible for reporting back to their local member team everything that is discussed at the monthly TVYFL meetings.
 - d. Voting on the behalf of their member team on football and cheer related items.
 - e. Understand the rules and regulations of the TVYFL.
 - f. Reps will understand, accept, and abide by and implement the rules of TVYFL.
 - g. Attend a monthly TVYFL League Meeting. Attend all practices/games, Munchie game, Super Bowl, cheer camp, and coaches clinic.
 - h. Perform all duties and responsibilities of a liaison between the Member Team and the TVYFL.
 - i. Accept the responsibility for their coaches, players/cheerleaders and parents.
 - j. Collect and hand out all paperwork required by the TVYFL by the specified dates.
 - k. In the event that the League Representative or Cheer Representative is not able to attend a meeting, the President or Board Member of the Member Team is responsible for attending. If there is no representation from the member team, a fine will be assessed per TVYFL rules.
 - l. Complete all of the requirements and certifications as required of all coaches.
- B. League Representative are also responsible for:
 - a. Manage football related functions such as practices, scheduled games, TVYFL scheduled events and sanctioned TVYFL team events. Ultimately the League Rep is responsible for making sure that all TVYFL rules are followed.
 - b. Handle disputes within football teams. All disputes must be handled by following the appropriate chain of command.
- C. Cheer Representative are also responsible for:
 - a. Manage cheer related functions such as practices, scheduled games, TVYFL scheduled events and sanctioned TVYFL team events. Although Cheer Reps are equally responsible for managing events and upholding the rules per the TVYFL rules, ultimately the League Rep is responsible for making sure that all TVYFL rules are followed.
 - b. Understand the rules of Youth Cheer and Dance Alliance (YCADA). TVYFL league rules will supersede any YCADA allowances.
 - c. Handle disputes within cheer teams. All disputes must be handled by following the appropriate chain of command.
 - d. Must document the progression of YCADA skills by level using the standardized form provided by TVYFL.

ARTICLE VIII: Jr Instructors

SECTION I: Role of a Jr. Instructor

- A. Cheer
 - a. Members teams may have up to 4 Jr Instructors per team level.
 - i. There must also be 1 active coach for each Jr Instructor per team level. (I.e.: If you have 3 Jr Instructor, you must have 3 coaches on that level)
 - ii. The coach must be a primary coach on that level and participate in practice each week.
 - b. To assist cheer coaches with the development of cheers, chants, and routines.
 - c. To demonstrate and teach cheers, chants, and routines to cheerleaders.
 - d. To assist with the development of plans for cheer/football related activities (ex: homecoming and in-house clinics) if called upon to do so.
 - e. To assist cheerleaders and staff achieve the overall goals of the organization.
 - f. To inform coaches of any unsafe actions displayed by cheerleaders.
 - g. Use this experience to gain community service hours.
 - h. Are allowed to show Cheer and Dance ONLY.
 - i. May give verbal technique and creativity instructions to cheerleaders and show visual (non-mounting/non-contact) technique demonstrations.
 - j. Will not touch or participate in any stunt with the exception of acting as a spotter to help protect an athlete's head, neck and shoulders in case of a fall.
- B. Football
 - a. Members teams may have up to 4 Jr Instructors per team level.
 - i. There must also be 1 active coach for each Jr Instructor per team level. (I.e.: If you have 3 Jr Instructor, you must have 3 coaches on that level)
 - ii. The coach must be a primary coach on that level and participate in practice each week.
 - b. To assist football coaches with the development of play, drills, proper technique.
 - c. To demonstrate and teach plays and formation to players.
 - d. To assist football players and staff achieve the overall goals of the organization
 - e. Use this experience to gain community service hours.
 - f. To inform coaches of any unsafe actions displayed by football players.
 - g. Will be allowed to show football plays and techniques at practices or game warm-up but not on the field
 - h. Will **NOT** be allowed to participate in any contact drills, Jr Instructor may assist with drills by holding blocking shields, tackling dummies, or other pads appropriate for the drill.

SECTION II: Restrictions

- A. Will not discipline nor correct unacceptable behavior but defer to the supervising coach.
- B. Will not touch any players.
- C. Shall be supervised by a coach at all times and must never be left alone with players or cheerleaders at any time.
- D. Will not contradict, interrupt, or challenge a coach or other authority figure in leadership of the organization or league.
- E. Will not have contact with a football player or cheerleader outside of practice with the purpose to meet for training, practice, or to do work on cheer projects, unless at a locally approved team function with the coach's supervision.

SECTION IV: Eligibility and Requirements

- A. Must be at least two years older than the oldest player or cheerleader on their assigned squad. Should be highest age possible.
- B. Must be at least 14, in high school or just graduated.
- C. Must not meet the age eligibility requirements to coach. Anyone 18 or older must apply as a coach.
- D. All Jr Instructors must have the following on file with their member team prior to participation in practice.
 - a. Registered online using SportsPlus
 - b. Current Physical on the TVYFL Medical Form
 - c. Report card, most current copy.
 - d. Birth Certificate for proof of age (i.e., Certified Birth Record or Passport)
- E. Must be cleared through local organization prior to submission for approval with TVYFL.
- F. Must not participate in drug, alcohol or tobacco use or distribution.
- G. Must attend and sign into any and all local and/or league mandatory orientations/coaches clinic/JAMZ Camp in which Jr. Instructors will be educated in the requirements of the league.

- H. Parent, Jr Instructor, Head Coach and Cheer Rep and/or League Rep must sign acknowledging that they will abide by all the rules placed in effect by TVYFL.

SECTION V: Disciplinary Action

- A. It is the responsibility of Coaches, Cheer Rep, League Rep and Board members to ensure that Jr. Instructors are following the league standards at all times. In the event that rules are being broken, immediate concerns must be expressed directly to the local team’s League Rep and Cheer Rep so that the problem can be quickly and properly remedied.
- B. It is the responsibility of the Head Coach to supervise the Jr. Instructor.
 - a. In such instances that does not happen and an infraction occurs, the consequence may be placed upon the coach supervising the Jr. Instructor at the time.
 - b. Subsequently, the Head Coach must be ultimately responsible.
- C. The initial infraction by a Jr. Instructor results in a first offense for the Jr. Instructor and possibly the supervising coach if she/he did not take immediate action to rectify the problem.
 - a. The second infraction by the same Jr. Instructor results in the immediate removal from the local organization and may result in the second offense for that same supervising coach. Infractions must immediately be reported to the League Rep and Cheer Rep.
 - b. Subsequent infractions by any other Jr. Instructor under the supervision of the same coach will result in the third offense for that coach.
 - c. Again, immediate reporting is mandatory.
- D. Consequences:
 - a. First offense - (1) One-week suspension
 - b. Second offense - (2) Two-week suspension
 - c. Third offense - (3) Suspension of the remainder of the season.
- E. Ejection of a Jr. Instructor
 - a. Refer and follow the Ejection rules of a coach.
 - i. Jr. Inst will be suspended for 4 games immediately following the date of incident.

Acknowledgments:

Parent Signature: _____

Jr Instructor Signature: _____

Head Coach Signature: _____

Cheer/League Rep Signature: _____

ARTICLE IX: Cheer Rules and Guidelines

SECTION I: Cheer: Rules and Regulations

- A. All rules and regulations must be implemented and followed.
- B. Combining squads may be allowed with TVYFL approval.
- C. Each squad must have at least one (1) coach per 15 cheerleaders.
- D. Any complaints regarding illegal procedures during halftime must be accompanied by a video of said routine.
- E. Cheerleaders may at no time during official game play or during time outs be on the sideline or field.
- F. During half time ONLY, routines may be performed at mid-field.
 - a. Coaches shall only be on the field as an advisor.
 - b. Coaches shall not spot or participate in a stunt or cheer with the cheerleaders or mascots.
- G. If a team wishes to perform at a High School, they must get approval prior to performing. TVYFL board needs to know when the game is, where the game is, what squads will be performing, etc. If performing with the high school, stunting is not allowed.
- H. If a team does a dress up theme for a half time performance, all costumes and accessories must be removed prior to stunting. Stunting must be performed in uniform, camp wear, or acceptable practice like attire.
- I. If combining squads for a homecoming performance, stunting and tumbling is not allowed. All squads including mascots may perform dance only together for homecoming.

SECTION II: Mascots

- A. Mascots may be added to a team.
- B. A mascot is any child age 5 years on or before July 15th and below the age of participation for Jr Novice.
- C. Member teams can accept no more than 16 mascots with a maximum of 4 mascots per team level.
 - a. All mascots may be combined when a dedicated coach is assigned. If combining, all mascots must be combined. No splitting.
 - b. Must have at least 1 coach per 8 mascots.
 - c. Must perform at the Jr Novice level when combined.
- D. Mascots are only allowed to cheer at the end of the cheer row on the track and shall not stunt but may tumble at a YCADA Level 1 limited during halftime performances.
- E. Mascots DO NOT attend camps/clinics, stunt/cheer camp(s), pre-season conditioning.
- F. Mascots shall participate a minimum of two (2) hours a week and a maximum of 1.5 hours per day.
- G. The parent shall be present at all times during practices and games.
- H. Mascots may walk across the field with the coach at half time to view the opposing cheer.
- I. Mascots are allowed to participate in run-throughs/tunnels at beginning/end of game or end of halftime as long as accompanied by a coach.
- J. Must complete all registration requirements of a cheerleader.
- K. Halftime performances cannot exceed two (2) minutes in length (exceptions for homecoming, dance only routine). Mascots must perform by themselves and are not allowed to perform with the cheerleaders.

SECTION III: Uniform Requirements

- A. Expenses: Uniform, registration, camp and TVYFL competition fees shall not exceed the out-of-pocket cost (set by TVYFL) for a participant's parent.
 - a. Uniform consists of
 - i. Camp wear (T-shirt/Tank top and Shorts)(No spankies or similar items may be used)
 - ii. Shell
 - iii. Skirt
 - iv. Boy-cut briefs
 - v. Shoes
 - vi. Top undergarment (body-liner)
 - vii. Pom poms
 - viii. Warmups (jacket/sweatshirt and pants/leggings). Leggings must be worn with a skirt.
 - b. Standard full vest front and back:
 - i. No halter top, crop top, single strapped top or tank shells allowed.
 - ii. Appropriate razorbacks will be allowed (no undergarments showing).
 - c. No cut-outs of any kind allowed.

- B. Optional Items: These are not included in the out-of-pocket maximum expense for the parents. These items must be acquired by optional fundraising or by the purchase of their member team board.
 - a. No Cheerleader will be required to participate in the fundraiser but they will receive the exact same item(s) as everyone else at their level. Cheerleaders may opt out of fundraising and pay cash value.
 - b. Optional items include but are not limited to hair pieces, hair bows, socks and cheer bags.
- C. Teams must include a bid and mock up for uniform and optional items and receive TVYFL approval before teams may purchase.

SECTION IV: Stunting

- A. Stunting
 - a. TVYFL stunt camp is mandatory for all Cheer Representatives, Coaches, Jr Instructors and Cheerleaders.
 - b. Cheerleaders who do not attend TVYFL stunt camp will not be allowed to stunt for the season.
 - c. Coaches and Jr Instructors who do not attend TVYFL stunt camp will not be allowed to teach or help with stunts.
 - d. No stunting/tumbling allowed:
 - i. At Munchie games.
 - ii. On the sideline, end zones, or
 - iii. Before or after a game unless said stunting occurs before the game, at warm up practice, and only under the direct supervision of a coach.
- B. Consequences of Illegal Stunting and Tumbling
 - a. TVYFL will determine the consequence for each coach/squad, and/or individual cheerleader in violation of YCADA and TVYFL stunt guidelines which may include:
 - i. Removal from the team.
 - ii. A fine or suspension of a coach.
 - iii. A suspension of a cheerleader.
- C. Stunting Guidelines based upon Levels
 - a. Junior Novice
 - i. YCADA Level 1 Limited.
 - b. Novice, Junior Varsity, and Varsity
 - i. YCADA Level 1 Limited through YCADA Level 3
 - ii. Must present proof of mastery of Level 1 by his/her team before proceeding to Level 2. You must get approval from TVYFL prior to proceeding from Level 2 to Level 3 (Level 3 is the maximum allowed).

SECTION V: Competition and Cheer Levels

- A. Stunting and Tumbling at Competition Levels
 - a. The following Youth Cheer and Dance Alliance (YCADA) stunting levels will be permitted by TVYFL:
 - i. Junior Novice – YCADA Level 1 Limited
 - ii. Novice, Junior Varsity, and Varsity – YCADA Level 1 Limited through YCADA Level 3
 - b. Levels may be combined for competition
 - i. Can only combine two adjoining levels and a level may only be combined once.
 - ii. Can only combine if the original TVYFL approved roster is less than or equal to 7. No exceptions will be made.
 - iii. Examples
 - 1. Jr Novice and Novice may combine. Must compete at Level 1 limited.
 - 2. Novice and Jr Varsity may combine.
 - 3. Jr Varsity and Varsity may combine
 - iv. If competing in dance only beyond TVYFL Competition. Teams may combine Jr Novice, Novice, Jr Varsity and Varsity (No Mascots).
- B. Competition Rules:
 - a. TVYFL Intra-league competition, hosted by JAMZ, is highly encouraged at all levels. This competition is a qualifier for JAMZ Nationals for Jr Novice, Novice, Junior Varsity and Varsity.
 - b. Competition beyond TVYFL Intra-league competition and optional for all levels (Jr Novice, Novice, Junior Varsity and Varsity). TVYFL approved competition vendors: JAMZ Cheer and Dance.
 - c. Tryouts are not allowed for competition.
 - d. Outside choreographers/instructors are allowed but only after the TVYFL Intra-league competition.
 - i. Any outside instructor or coach (or equivalent) utilized must be approved through TVYFL before working with any teams.

- ii. Outside instructors may not work with cheerleaders unless accompanied at all times by a TVYFL approved coach.
- e. A competition roster provided by the league must be submitted with cheerleaders participating in competition two weeks prior to competition date to the TVYFL board.
 - i. Parent notifications must be turned in for cheerleaders not participating in the competition.
- f. All squads must adhere to JAMZ Rules and Conduct for competition.
- g. Practice Rules:
 - i. **Must follow standard practice guidelines rules with exceptions noted below**
 - ii. During the regular season they must practice as an entire squad..
 - iii. For the TVYFL Intra-league Competition, date to be set by TVYFL, one additional 2-hour practice per week for the purpose of practicing your competition routine is allowed up to 5 weeks prior to TVYFL Intra-league competition day. This additional practice may happen on a Sunday.
 - 1. **This additional practice does not count towards minimum practice days to participate in a game.**
 - 2. **This additional practice is no longer allowed after the TVYFL Intra-league Competition.**
 - iv. Sunday practice is allowed after the completion of Post Season cheer (Playoffs and/or Super Bowl).
 - v. Must take Thanksgiving Day thru Sunday off.
 - 1. Thursday, Friday, Saturday and Sunday Off
 - vi. Must also take Christmas day through New Year Day off.
 - vii. Submit competition practice location and schedule to TVYFL.
 - viii. Proof of insurance coverage for all practice locations is required. Submit requests to the TVYFL Insurance Commissioner.
- h. If a squad qualifies for JAMZ Nationals competition, the team must seek approval first from TVYFL Board to attend Nationals **or any other Cheer Competition**. Additional paperwork and information are required to attend JAMZ Nationals. Teams must inform TVYFL by December meeting if planning to attend JAMZ Nationals.
- i. Any failure to follow the above rules may lead to disqualification of the Squad at competition or up to and including team suspension as deemed by the Executive Board.

End

Mission Statement

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

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

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

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

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