



Trans Valley

Youth Football League

Official Rule Book

2025 SEASON

v2025 1.2



Salida Eagles



Newman Warriors



Tri-City Bulldogs



Hilmar Packers



Modesto Falcons



Big Valley Sabres



Ripon Chiefs



Denair Lions



Modesto Raiders



Central Saints



Mariposa Bears



Patterson Jr Tigers



Kingsmen



Turlock Hornets



Modesto Rams



Ripon Knights



Gustine Redskins



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 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
 - 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

- A. For Varsity, Junior Varsity, Novice and Junior Novice
- B. There are no weight limits with TVYFL. Participation is based upon age.
- C. 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.
- D. 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.
- E. JUNIOR VARSITY SQUADS shall consist of players 11 and 12 years of age.
- F. NOVICE SQUADS shall consist of players 9 and 10 years of age.
- G. 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.
- H. Participants Age 8,10 and 12 may be placed on higher level only with local board approval.
- I. 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)
- J. 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/no physical therapist.
- K. 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.
- L. 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. All member teams shall accept football registration until the day the final roster is to be turned in or until member teams reach the max roster size. Football max roster size is 40 players. Cheer max roster size is 36 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.
- B. All coaches are to be listed on the official roster for the team they represent.
- C. Each level must start the season with at least one (1) active coach per 15 athletes.
 - a. The coach must be a primary coach on that level and participate in practice each week.
 - b. Jr Instructor do not count as a primary coach
- D. 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. 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)
 - d. 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 22 participants.
 - e. Coaches may be added to the roster on a case by case basis.
 - i. No additions will be allowed if the approved final roster has more than 3 active coaches.
- E. 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.
- F. 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.

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 or other ball type objects allowed
 - ii. No contact football activities allowed
 - iii. No 7 on 7 allowed
 - j. Starting June (Allowed days may be defined by TVYFL)
 - i. No footballs or other ball type objects 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.
 - l. New Teams to TVYFL
 - i. Must provide a copy of prior years rosters listing coaches.
 - ii. Must have completed all coaching requirements to be a coach and be approved by TVYFL.
- 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. 2-hour practices shall be scheduled
 - e. 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.
- F. A week is defined as Monday- Sunday

SECTION III: Game Day Regulations

- A. Officials
 - a. Communications with officials

- i. The Head Coach only may request a conference with the Official Crew Chief to discuss an issue during a game.
 - ii. League Representatives can only conference with Officials during natural breaks in the game (i.e., before game, half time, after game, etc.).
 - b. Officials need to be placed in a safe location, not accessible by parents whenever possible.
 - c. Canopy/Tent should be provided for use by the officials.
 - d. Payment to officials should be made prior to or during the JV half time.
- B. 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..
- C. Medical personnel must be introduced to the officials, League Representatives and opposing team Head Coach prior to the start of the game.
- D. 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.
- E. 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.
- F. 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.
- G. Only football coaches and football players may participate in the on field post-game congratulations between opposing teams.
- H. 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.
- I. 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)
 - b. Medics shall not be denied access to players who may need medical attention.
 - c. The use of an AMA (Against Medical Advice) to return to play is not allowed.
- J. Ball/Tee and Water helper
- a. Ball/Tee Helper, only 2 will be allowed per level/game, No adults allowed, No High School Age kids or kids in High school grades 9-12.
 - b. Water Helper, only 2 will be allowed per level/game, No adults allowed, No High School Age kids or kids in High school grades 9-12.
- K. 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.
- a. All others must remain in the stand or parent designated seat area including parents, children, baby strollers and playpens, etc.
- L. No Vehicles should be on the field or sidelines during a game. They are allowed on the dirt track.
- a. Example but not limited to: Golf Carts, Gators, Utility Vehicles, etc.
- M. 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. Play counters MUST leave the sidelines once they are finished.
 - b. Record the plays in ink,
 - c. Located on the sidelines of each team in the area outside of the team box, and
 - d. Count plays for players on the field up to the minimum of 10-plays per player at all levels.
 - e. The local board approved representatives must leave the sideline area after all the players have reached the 10-play minimum.

- f. Play counters may not coach players.
 - g. 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.
 - h. 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.
 - i. Play counters and designated coach need to wear a safety vest while play count is occurring. Safety Fluorescent Green or Safety Orange is recommended.
- N. 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.
- O. 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
- P. Noise makers
 - a. No use of cannons, fireworks, or other pyrotechnics, of any kind, as well as any “over-sized” bells are prohibited.
 - b. The use of whistles, **horns of any type** (ie: air horns, plastic horns, **LoudCup, etc**), 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 & **Unsportsmanlike conduct**.
 - a. Two (2) personal fouls results in player ejection.
 - i. **NFHS defines personal fouls in football as illegal personal contact with an opponent.**
 - ii. **Refer to NFHS Football Rulebook rule for official rule.**

- b. Two (2) Unsportsmanlike conduct Fouls results in player ejection per NFHS rules.
 - i. Refer to NFHS Football Rulebook rule for official rule.
- 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 NFHS Football Rulebook rule for official rule.
 - i. TVYFL uses the 10-yard overtime rules.
 - ii. Overtime period is untimed play after regulation game has ended
 - iii. Visiting team shall choose “heads” or “tails” before the coin is tossed. Winner of the toss shall choose defense or offense first.
 - iv. Each team will be permitted one timeout each period
 - v. Ball will be placed between the hash mark, on the 10-yard line.
 - vi. First offensive team shall have a series of four downs.
 - vii. 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 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 may use any defense
 - a. Interior must still line up heads-up (Guards on Guards, Tackles on Tackles).
 - b. No lining up over the center
 - c. Guards and Tackles must be in a 3-point stance.
 - d. Maximum 6 rushers on line of scrimmage (less than 6 allowed).
 - e. Linebackers must stay 3-yards from line of scrimmage until the ball is snapped.
 - f. Shooting the gap
 - i. Need to engage the player in front of you before you shoot the gap. You need to “touch” the player in front of you to shoot the gap.
 - g. No blitzing
 - h. QB Sneak is not allowed. Fumble to skirt the rule is not allowed. Whoever has the ball is designated as the QB.
- J. Every play has to start from a huddle.
- K. No hurry up offense and no hard counts.
- L. Delay of game is a flag but not a loss of yards.
- M. Teams will be allowed one (1) Jr Novice coach on the field for the regular season.
 - a. After Labor Day Weekend (or date designated by TVYFL) 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.
 - b. Only 1 player should be going to the coach for a play. Players can get the play call from the coach on the field or sideline prior to huddle.
 - c. No directing or coaching the players once the ball has been set.
 - d. 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
 - e. No Jr Instructors will be allowed on the field
- N. 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 or Cheer Competitions

- 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 **and time**
 - 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 the first practice in July.

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. 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).
- C. Helmets and Shoulder pads
 - a. Helmets
 - i. All Helmets (used and unused/new) must be reconditioned each year.
 - ii. Every reconditioned and recertified helmet shall display a clearly recognizable mark or notice in the helmet indicating the year of the last certification. (AB1)
 - b. Shoulder pads
 - i. Shoulder pads reconditioned every 2 years
 - c. All teams must provide a receipt of all items reconditioned prior to using equipment.
 - 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.
- D. Each player must have a National Operating Committee on Standards for Athletic Equipment (NOCSAE) approved football helmet to participate in practices or games.
- E. 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.
- F. 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.
- G. All face shields shall be clear. No shading or tinting permitted.
- H. Any player wearing eyeglasses/goggles must wear a clear face shield.
 - a. If they need to wear tinted eyewear due to medical
 - i. It needs to be a sports glasses/goggle with a strap
 - ii. A Doctor's note must be kept in the coaches binder and provided to TVYFL.
- I. Casts on players
 - a. First, a letter from the player's doctor stating that the player is cleared to play/practice with a cast; please send to Insurance commissioner once obtained
 - b. Second, the cast must be covered with a cast padding that has at least 1/2 inch of closed cell, slow recovery rubber or a similar material.
 - c. Third, the referees need to be made aware of the cast and see it in the padding prior to the start of the game.

- d. Refer to NFHS Football Rulebook rule for official rules related to casts.
- J. Gloves
 - a. Gloves need to have an external label - meets NOCSAE & SFIA Standards.
 - b. They must have the label, no label = not allowed
- K. Guardian Caps are allowed, It is up to the local team to set color requirements.

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. Neither profane language nor poor sportsmanship will be tolerated and violators will be ejected/removed/suspended from the game or practice.
- E. 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.
- F. Coaches are required to understand, accept, abide by, and implement the rules and regulations of the TVYFL.
- G. Coaches must attend all TVYFL mandated functions.
- H. 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.
- I. Progression Sheets
 - 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.
 - b. Progression sheets must be kept current and a copy must be submitted at each monthly meeting.

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. 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.

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.

SECTION V: Coaches Ethics

- A. Code of Ethics
 - a. The Trans Valley Youth Football League (TVYFL) is committed to the exhibition of sportsmanlike and ethical behaviors in and around all athletic contests. All contests must be safe, courteous, fair, controlled and orderly for all athletes and fans alike.
 - b. The TVYFL requires the following Code of Ethics be issued each year and requires signing by all coaches prior to participation as a guide to govern their behavior.
 - i. To emphasize the proper ideas of sportsmanship, ethical conduct and fair play.
 - ii. To eliminate all possibilities which tend to destroy the best values of the game.
 - iii. To stress the values derived from playing the game fairly.
 - iv. To show cordial courtesy to visiting teams and officials.
 - v. To establish a positive relationship between visitors and hosts.
 - vi. To respect the integrity and judgment of sports officials.
 - vii. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
 - viii. To encourage leadership, use of initiative and good judgment by the players on a team.
 - ix. To recognize the purpose of athletics to promote the physical, mental, moral, social and emotional wellbeing of the individual players.
 - x. Remember that an athletic contest is only a game, not a matter of life and death for player, coach, school, official, fan or nation.
- B. Code of Conduct - Coaches and Jr Instructors.
 - a. See attached Code of Conduct

ARTICLE V: Violations/Consequences/Review/Fines

SECTION I: General Matters

- A. All disciplinary matters will be handled by the Executive board of the TVYFL. Any matters not covered will be handled at the discretion of the Executive board of the TVYFL.
- B. Practices / Conditioning
 - a. 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.
- C. 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.
- 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. 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.
- F. Punishments Ethics and Code of Conduct
 - a. Coach may receive warning
 - b. 1st violation - Coach will receive one (1) game suspension
 - c. 2nd violation - Coach will receive four (4) game suspension
 - d. 3rd violation - Removed as a coach for the remainder of the season. Must meet with the TVYFL board prior to any future appointments as coach
 - e. TVYFL reserves the right to adjust these punishments as deemed necessary on a case by case basis

SECTION II: Player Participation

- A. Ejected/removed/suspended
 - a. Any participant ejected/removed/suspended by a referee, League Board, or its Representative, for any reason, shall be immediately suspended from participation or involvement of any kind and games for the weeks following the date the incident occurred.
 - i. Ejections may result in additional games(s) of suspension.
 - 1. Options include but are not limited to: One game, Two games, Three games, 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.

SECTION III: Player Fighting

- A. A player who is Ejected/removed/suspended for fighting
 - a. First Offense:
 - i. The player will be suspended a minimum of 3 games and up to 6 games as determined by the TVYFL Board.
 - ii. The player must leave the sidelines area immediately
 - iii. The player shall be immediately suspended from participation or involvement of any kind and games for the weeks following the date the incident occurred.
 - b. Second Offense:
 - i. The player is ineligible to participate in games for the remainder of the season.
 - ii. The player must leave the area immediately and may not be on the sidelines for the duration of the season.
 - c. These rules still apply if the incident occurs while at a TVYFL event.

- B. A player who leaves the bench area during a fight will be ineligible to participate in the remainder of that game and future games as outlined below:
 - a. First Offense:
 - i. The player will be suspended a minimum of 2 games and up to 6 games as determined by the TVYFL Board.
 - ii. The player must leave the sidelines area immediately.
 - iii. The player shall be immediately suspended from participation or involvement of any kind and games for the weeks following the date the incident occurred.
 - b. Second Offense:
 - i. The player is ineligible to participate for the remainder of the season.
 - ii. The player must leave the area immediately and may not be on the sidelines for the duration of the season.
- C. Film/Video
 - a. Film must be provided by both teams and if film is not provided a forfeit and fine may be assessed.
- D. Management of the sideline
 - a. Coaching staff should have a plan in place for what happens if there is a fight on the field. Who will manage the players on the field? Who will manage the players on the sidelines?

SECTION IV: Jr Instructor

- A. Consequences:
 - a. First offense - (1) One game suspension
 - b. Second offense - (2) Two game suspension
 - c. Third offense - (3) Suspension of the remainder of the season.
- B. 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.

SECTION V: Play Counting Violations

- A. Failure to comply may result in forfeiture of the game as decided by the Executive Board.
 - a. Failure to comply during playoffs or super bowl will result in a forfeit.
- B. Play counting violations at any level,
 - a. 1st violation - Head Coach will receive one (1) game suspension
 - b. 2nd violation - Head Coach will receive four (4) game suspension
 - c. 3rd violation - Removed as a coach for the remainder of the season. Must meet with the TVYFL board prior to any future appointments as coach, fines would be doubled.
- C. Play counting fines will be assessed for any coach suspensions
 - a. Play counting fines will be doubled for 2 or more violations within an Organization.

SECTION VI: Coaches

- A. 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/Appeal for the head coach suspension will be accepted in written form only with accompanying evidence. (No Protest/Appeal fee will be charged).
 - 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 coaches 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.
 - c. If the following week is a bye, the suspension will continue thru the next official game or a date designated by TVYFL.
- B. If only 2 games or fewer are left in the season
- a. The coach will be suspended for the remainder of the current season and the first 4 league games of the following season.

SECTION VIII: Revoke Participation

- A. Coach:
 - a. TVYFL or the Local team reserves the right to revoke participation at any time, for any reason, without prior notice.
- B. Board Members (TVYFL or Local team)
 - a. TVYFL or the Local team reserves the right to revoke participation at any time, for any reason, without prior notice.
- C. Player/Cheerleader
 - a. TVYFL or the Local team reserves the right to revoke participation at any time, for any reason, without prior notice.

SECTION IV: Altercation, Verbal or physical

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

SECTION IV: Protests/Appeals/Review

- A. All Protests/Appeals (Player, Coach and/or Other) will be accepted in written form only with accompanying evidence and a check payable to the TVYFL. The protest Fee is \$250.00. Player protest Fee is \$100.00.
 - a. The Protests/Appeals will be reviewed by the Executive board and, if necessary, the entire league board will convene a special meeting to hear the Protests/Appeals.
- B. Protest/Appeals
 - a. Protest/Appeals from the Saturday Contest must be submitted with video by Sunday at 5:00pm. Sunday Contest must be submitted with video by Monday at 5:00. No submissions will be accepted after the designated deadline.
 - b. Coach ejection Appeals required 2 checks: 1 for the Fine and 1 for appeal.
 - i. Head Coach appeals related to an Asst Coach ejection will be reviewed at no cost once request has been submitted.
- C. Play Count Suspension
 - a. Appeals must be submitted with video (All clips for entire game) by Sunday at 5:00pm. Sunday Contest must be submitted with video by Monday at 5:00. No submissions will be accepted after the designated deadline.
 - b. Must also submit a list of each clip or time that said player(s) is to be counted.

SECTION IV: Fines

- A. All fines collected will be kept in a separate account to be used for charitable donations (I.E. Scholarships (Player or HS Student), Individuals in Need, Charities or other Non-Profits).
 - 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.
 - e. A \$250 per person fine will be given for not reporting to the admissions gates, chain crew or play counting.
 - f. A \$50 fine will be given for each official roster not presented to the opposing team.
 - 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 (With the intent to reimburse the Host team for costs).
 - j. 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.
 - k. \$1000.00 fines will be assessed for incomplete and/or noncompliant paperwork in the Organization Binder. (Birth Certificate, Physicals, etc) This included missing paperwork that is required. Requests to waive the fine can be submitted if the issue is fixed within 7 days.
 - l. 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.
- B. Fines Due
- a. All fines are due in full before the next game or a forfeit will result.

ARTICLE VI: Game Admissions

SECTION I: League

- 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
- Badge Types
 - 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:

1. TVYFL E-Board:	Black Sideline Badge
2. TVYFL Representatives:	Purple Sideline Badges
3. TVYFL Cheer Reps:	Pink Sideline Badges
4. Varsity Coaching Staff:	Sideline Badges
5. JV Coaching Staff:	Sideline Badges
6. Novice Coaching Staff:	Sideline Badges
7. Jr. Novice Coaching Staff:	Sideline Badges
8. Jr. Instructors:	Orange Badges
9. Practice Safety Coordinator:	Red/White/Blue Badges
10. Media:	Green Sideline Badges
 - 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.
 - 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.)
 - Failure of a coach or staff member to wear his/her issued badge may result in removal from the sidelines.
 - Badges are only valid for the scheduled contest in which he/she participates.
 - Badges are the property of TVYFL and must be returned upon request, resignation or removal from position.
- D. 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.
 - The media person should be using professional equipment. Solely using a cell phones is not allowed (ie: Apple iPhone, Samsung, etc)
- E. Service Animals & Emotional Support
- Service Animals Dog is a "Dog" per CA state law
 - Federal law states Miniature horses are also service animals
 - 24 inches to 34 inches measured to shoulders, weigh no more than 100 pounds
 - They do not have to prove to you by law
 - You can ask two questions by CA state law
 - Is the dog needed because of a disability?
 - What work is the dog trained to do?
 - Emotional Support Animals
 - This is a team decision on if they are allowed.
 - ESAs do not have the same access to public places as service dogs. Misrepresenting an ESA as a service dog is a misdemeanor
 - You are not legally allowed to bring an ESA into businesses and a business can legally deny you access

F. Emergency Action Plan (EAP)

- a. Need to have an EAP for all practice locations used by the team.
- b. Need to have an EAP for all game locations used by the team.
- c. All EAPs need to be provided to TVYFL at the June TVYFL Meeting

G. Drones are NOT allowed at Games or practice.

ARTICLE VII: 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.
 - a. Based on the win/loss record of the **Jr Novice**, Novice, JV & Varsity squads adjustments may be made to balance the conferences.
- D. Weather or extenuating circumstances resulting in a canceled game
 - a. Each Level will be evaluated separately
 - b. Rules concerning weather related game delays. 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)
 - c. **Refer to NFHS Football Rulebook rule for official rule.**
- E. 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.
- F. 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.
- G. The general member board shall consist of one (1) League Representative and (1) Cheer Representative from each member team and all Executive board members.
- H. TVYFL Executive Board positions will be 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.
- I. 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.
- J. 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 Fees**
 - a. **Player, Cheerleader and Mascot Fees are \$5. This fee is due at the August TVYFL Meeting or a date designated by TVYFL.**
- C. 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.
- D. 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.
- E. 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: Late Fees, Interest and Outstanding Balances.

- A. 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.

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
 - i. Emergency Action play for Practice and Game locations
- 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
 - h. Emergency Action play for Practice and Game locations

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, Seven (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.

SECTION VIII: Rule submission by teams

- A. Submissions
- a. Submissions will only be accepted from League Rep and Cheer Reps.
 - b. Rule Changes must be submitted prior to the November TVYFL meeting or a date designated by TVYFL.

- i. Any rules submitted after the deadline will not be included.
- c. No submissions will be accepted from the floor day of the meeting.
- d. Teams who submitted the rule change will present the changes.
- e. Rules submissions that fail for any reason may not be submitted in back to back years.

ARTICLE VIII: League and Cheer Representative

SECTION I: League and Cheer Representative Rules

- A. The Cheer Representative must be minimally 21 years of age by July 15th
- B. The League (Football) Representative must be minimally 21 years of age by July 15th
- C. Member Teams must have one (1) League and one (1) Cheer Representative who will attend the monthly TVYFL Board Meetings.
 - a. There should be two (2) separate individuals at each meeting. The two are responsible for the following:
 - b. Acting as liaison between the Member Team and the TVYFL.
 - c. Represent both the Member Teams and TVYFL.
 - d. Responsible for reporting back to their local member team everything that is discussed at the monthly TVYFL meetings.
 - e. Voting on the behalf of their member team on football and cheer related items.
 - f. Understand the rules and regulations of the TVYFL.
 - g. Reps will understand, accept, and abide by and implement the rules of TVYFL.
 - h. Attend a monthly TVYFL League Meeting. Attend all practices/games, Munchie game, Super Bowl, cheer camp, and coaches clinic.
 - i. Perform all duties and responsibilities of a liaison between the Member Team and the TVYFL.
 - j. Accept the responsibility for their coaches, players/cheerleaders and parents.
 - k. Collect and hand out all paperwork required by the TVYFL by the specified dates.
 - l. 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.
 - m. Complete all of the requirements and certifications as required of all coaches.
- D. 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.
- E. 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 IX: 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 the 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.

ARTICLE X: Cheer Rules and Guidelines

SECTION I: Cheer: Rules and Regulations

- A. All rules and regulations must be implemented and followed.
- B. Failure to follow any rules and/or regulations may result in a fine and/or suspension.
- C. Combining squads may be allowed with TVYFL approval.
- 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.
- J. Cheerleaders are not permitted to join their respective football team at center field.
- K. 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.
- L. Cheerleaders and their coaches do not have field access anytime that a game is in progress.
- M. 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.
- N. Halftime cheer performance practice needs to happen prior to the start of the game.
- O. Cheerleaders must cheer for all 4 quarters of the football game in its entirety and cannot leave at any time during the game to practice the halftime routine.

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 one (1) minutes and thirty (30) seconds (1:30) in length (exceptions can be requested for homecoming, dance only routine).
- L. Mascots must perform by themselves and are not allowed to perform with the cheerleaders.
- M. Mascots may build or connect as long as one foot of each athlete remains in contact with the performance surface (ground) at all times.

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 racerback will be allowed with sports bra underneath. Regular bra straps shall not be visible.
- c. No cut-outs of any kind allowed. A small notch is acceptable.
- 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 mock up for uniform and optional items and must receive written approval from TVYFL before ordering uniform and camp wear.

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. Stunting Guidelines based upon Levels
- a. Junior Novice - YCADA Level 1 Limited.
 - b. Novice, Junior Varsity, and Varsity - YCADA Level 1 Limited through YCADA Level 3
 - i. 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 and tumbling levels will be permitted by TVYFL:
 - i. YCADA Levels
 - 1. YCADA Level 1 Limited
 - 2. YCADA Level 1
 - 3. YCADA Level 2
 - 4. YCADA Level 3
 - ii. Junior Novice – can perform up to YCADA Level 1
 - iii. Novice - can perform up to YCADA Level 2
 - iv. Junior Varsity - can perform up to YCADA Level 3
 - v. Varsity – can perform up to 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 perform at Level 1 or below.
 - 2. Novice and Jr Varsity may combine. Must perform at Level 2 or below.
 - 3. Jr Varsity and Varsity may combine. Must perform at Level 3 or below.

- iv. If competing in any non-stunting levels, teams may combine Jr Novice, Novice, JV, Varsity. Mascots are not permitted to combine with any teams and may not participate in any competitions
- 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.
 - i. Any other YCADA competitions (non JAMZ events) must have TVYFL approval before registering for said competition or you will be disqualified and assessed fines.
 - c. Tryouts and cuts are not allowed.
 - 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. Any outside instructor or coach (or equivalent) utilized must be declared to TVYFL prior to attending practices or interacting with any teams.
 - iii. 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
 - 1. Teams must submit competition practice location and schedule a minimum of two weeks prior to on-site/off-site competition practices.
 - 2. This additional practice is allowed up to 5 weeks prior to TVYFL Intra-league competition day.
 - 3. This additional practice is no longer allowed after the TVYFL Intra-league Competition.
 - 4. This additional practice may happen on a Sunday.
 - 5. This additional practice does not count towards minimum practice days to participate in a game.
 - iv. For additional competitions beyond the TVYFL Intra-league competition, one additional 2-hour practice per week for the purpose of practicing your competition routine
 - 1. Teams must submit competition practice location and schedule a minimum of two weeks prior to on-site/off-site competition practices.
 - 2. This additional practice is no longer allowed after the TVYFL Super Bowl weekend.
 - 3. No outside competition are allowed during TVYFL Super Bowl weekend (Saturday & Sunday)
 - 4. No completion practices are allowed during TVYFL Super Bowl weekend (Saturday & Sunday)
 - 5. This additional practice may happen on a Sunday.
 - 6. This additional practice does not count towards minimum practice days to participate in a game.
 - v. Sunday practice is allowed after the completion of the TVYFL Super Bowl
 - vi. Must take Thanksgiving Day thru Sunday off.
 - 1. Thursday, Friday, Saturday and Sunday Off
 - vii. Must also take Christmas Eve (Dec 24) day through New Year Day (Jan 1) off.
 - viii. Submit competition practice location and schedule to TVYFL.
 - ix. Proof of insurance coverage for all practice locations is required. Submit requests to the TVYFL Insurance Commissioner.
 - h. Additional competitions and/or JAMZ Nationals
 - i. Teams must declare their intention to attend Jamz Nationals or any other competition.
 - ii. Additional paperwork and information are required to attend JAMZ Nationals.
 - iii. Teams must inform TVYFL by November meeting if planning to attend Jamz Nationals or any other competition. All required paperwork is also due at the November TVYFL meeting. (See Tournament Play and Cheer Competition section for more information.)
 - i. Any failure to follow the above rules may lead to disqualification of the Squad at competition or up to and including team suspension and fines as deemed by the Executive Board.

Trans Valley Youth Football League

Code of Conduct - Coaches and Jr Instructors

Trans Valley Youth Football League is committed to creating positive opportunities and experiences.

Per AB-1 Youth Athletics: California Youth Football Act; a “Coach” means a person appointed by a youth sports organization to supervise or instruct a participant in the sport of youth football and/or cheerleading.

As such, the following goals have been adopted: A positive experience for all athletes, Development of skills to progress as an athlete, Sportsmanship on and off the field. Development of positive values such as commitment, hard work and respect, and Foster a love of the game and of the team building experience. Each of these goals has equal weight. Winning is an outcome of the accomplishment of these goals. The desire to win is fostered; however, winning is secondary to the goals listed above. All athletes must be held to a set of high expectations for their conduct.

The achievement of these goals, in large part, depends on the character and conduct of persons involved in the program as coaches. In order to assure the League’s commitment to those goals all coaches hereby agree to abide by the following Code of Conduct and further agree to the authority of the League to enforce those standards:

The coach shall:

- Lead by example in demonstrating fair play and sportsmanship to all my participants.
- Place the emotional and physical well-being of my participants ahead of any personal desire to win.
- Treat each player as an individual, promising to encourage and reassure them as I teach the fundamentals of football/cheer and sportsmanship.
- Accept responsibility for the actions of my team and for proper communication with officials and opposing teams.
- Will respect all participants and parents, and any opposing coaches, participants, and parents.
- Honor the authority of each official and treat them with respect. Encourage every player to honor the authority of each official and treat them with respect and will not blame the officials for the outcome of the game.
- Refrain from intimidating officials or inciting participants, coaches, or spectators to demonstrate.
- Refrain from shouting, yelling, throwing equipment, or using abusive/foul language at practices or games.
- I will respect the parents and other coaches, to encourage a positive and enjoyable experience for all. I will never question or confront a parent or coach during practice/games and will arrange a time to speak calmly and respectfully with parents or coaches at an agreed time and place.
- Instruct athletes in the fundamental skills, strategy, and physical training necessary for them to realize a degree of individual and team success.
- Emphasize the importance of academics, sportsmanship, and citizenship as part of the athletic philosophy.
- Develop an awareness and understanding of all rules and guidelines governing competition, both in letter and intent, and to comply with them in all activities.
- Encourage leadership of athletes on and off the field.
- Communicate with parents promptly and appropriately.
- Meet deadlines for paperwork and other related duties, including but not limited to required certifications of myself.
- Maintain paperwork/records of athletes as required, including the Team Book.
- TVYFL Coach’s Badge must be worn at all times during practices and games outside of the attire, in clear view at all times.
- Never post any slanderous comments or statements on any social media sites.

If at any time during a game, a coach is ejected or removed by an official or a league representative, that coach will be disqualified from the remainder of that game, the following four (4) games, following four (4) weeks of practice and a \$500 fine will be assessed. The head coach may also be subject to disciplinary actions due to the actions of his coaches. Refer to the TVYFL official rulebook for more details.

Any violations of this Code will be reviewed. If a complaint is found to contain merit, then the Coach affected will be required to appear before the TVYFL e-board. The Board reserves the right to suspend a coach for not following the Code of Conduct at their discretion.

- I accept the fact that a violation of this code of conduct may result in my suspension or dismissal as a coach. I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action.
- I understand and agree to follow all rules and regulations in the TVYFL Rulebook, NFHS Football Rules and YCADA Rules.
- I understand that TVYFL or the Local team reserves the right to revoke participation at any time, for any reason, without prior notice.

Coach Name: _____ **Signature:** _____ **Date:** _____

Trans Valley Youth Football League

Code of Conduct - Athlete, Parent, Fan, or Spectator

Participant Name: _____ DOB: _____

Type: Cheer Football Level: Jr Novice Novice Jr Varsity Varsity

Trans Valley Youth Football League (TVYFL) and Local Teams will not tolerate verbal abuse of its volunteers, coaches and referees from any Fan, Parent or Spectator.

This is Youth Football, not the pros. Fans, as well as the players and coaches, are expected to abide by a code of conduct at all TVYFL Events. While 99% of the adults in the program will abide by this code without being told, this code is being published to protect the children and volunteers (which includes all coaches and board members as well as referees) from the 1%.

FANS' CODE OF CONDUCT

Fans will abide by a Code of Conduct which includes the provisions which follow. If any of these rules are broken, **TVYFL and Local Teams** shall have the authority to impose a penalty.

Fans shall:

1. Not criticize the players/cheerleaders or coaches in front of the other spectators in the stands, but reserve constructive criticism for later, in private.
2. Accept decisions of the game officials (including referees and coaches) on the field as being fair and called to the best ability of said officials.
3. Not criticize an opposing team, its players, coaches, or fans by work of mouth or by gesture.
4. Refrain from using physical or verbal abuse or profane language at any time at the game, practice field, or other TVYFL functions.
5. Abstain from being under the influence of or in possession of and/or drinking alcoholic beverages and the possession or use of any illegal substance on both the game and practice fields.
6. Not be allowed on the sidelines during a game.
7. Not interfere/interrupt the coaching staff before, during or after games or at practice.
8. Not express complaints about coaches in stands or to coaches in front of or around the children (i.e. right after a game or practice).

VIOLATION

Any parent or fan who violates the code of conduct risks the further participation of the child in the program. The procedure is as follows:

1. Any fan who violates the code of conduct or becomes a nuisance will be asked to leave by the head coach and can be suspended from all team activities.
2. If the fan fails to leave upon request, the child may be suspended from further participation in team activities by the head coach.
3. The head coach along with the executive board will decide if the duration of the suspension is to be longer than one to four weeks or if the child will be dropped from the program. That decision will depend on the attitude of the parents.
4. Any parent or fan who violates the code of conduct risks the future participation of his/her children in the program. Depending on the severity of the incident the board of directors may decide to ban future participation in the program for up to three years.

CONDUCT OF ALL PLAYERS - PARENTS

All players are guaranteed 10 plays in each Regular Season, Playoff and Superbowl game. Everything beyond that must be earned in the opinion of the coaching staff whose decisions are final.

Athlete's Code

I will: emphasis the ideals of sportsmanship, ethical conduct and fair play. Show courtesy to my opponents and officials. Recognize athletic contests are serious educational endeavors. Give complete allegiance to my coaches who are the instructional authority for my team. Discourage fans, fellow players and parents from undercutting my coach's authority.

I will not: Use profanity or talk "trash" before, during or after any game. Use drugs, alcohol, or tobacco. Criticize my teammates. Act in any way that may incite spectators.

Parent's Code

I will: Support my child's team/squad and teach the value of commitment to the team/squad - emphasis the ideals of sportsmanship, ethical conduct and fair play. Help my child and Trans Valley Youth Football League make athletic contests a positive educational experience. Show courtesy to opponents and officials. Direct constructive criticism of my child's athletic program to the League Representative and work towards a positive result for all concerned.

I will not: Criticize officials, direct abuse or profane language toward them, or otherwise subvert their authority. Undermine, in work or deed, the authority of the coach or administration. Intrude onto the field, stand on the sideline, or yell from the bleachers at or to the coaches, referees or administration.

Parent/Guardian Name: _____ Signature: _____ Date: _____

Telephone: Home: _____ Cell: _____ Work : _____

