

# East Bay Youth Football & Cheer Association

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## 2018 OFFICIAL RULES AND REGULATIONS

Revised August 2, 2018

### Association Message

Welcome to all the players, cheerleaders, coaches, city board members, and parents to the 2018 East Bay Youth Football & Cheer Association (EBYFC) season. We want to take this opportunity to say thank you to all the coaches, parents and participants for your time and commitment to East Bay Youth Football & Cheer Association.

This rulebook has been compiled for the safety and welfare of the boys and girls of this conference with emphasis on good sportsmanship, having fun, and encouraging good team conduct. Please take a moment to review it carefully. While we provide this as a written guide for you, please let common sense and the spirit of doing what is right guide you through this season. If you have any comments please contact any of your association's Presidents. Please encourage the players and cheerleaders to achieve the EBYFC Scholar Athlete Award. As always, we wish each and every one of you a successful season and remember we must look past the scores to find the true measure of our success.

Good luck!

Sincerely,

EBYFC Presidents

#### 2018 EBYFC Team Organizations

Bears of San Ramon  
Clayton Valley Jr. Eagles  
Hayward Lancers  
Martinez Bulldogs  
Milpitas Knights  
Pleasant Hill Rebels  
San Leandro Crusaders  
San Ramon T-Birds  
Union City Colts  
San Jose PAL

## COACHES CODE OF CONDUCT

All team coaches will sign and abide by a code of conduct, which includes the following provisions. Failure to do so shall result in the imposition of a penalty by the conference. All coaches:

1. Shall not smoke or chew tobacco; possess or consume any alcoholic beverages or illegal substances on both the game and practice field on the field.
2. Shall not criticize participants in front of spectators; reserve constructive criticism for private or in the presence of team members if others might benefit.
3. Shall not criticize an opposing team, its participants, coaches or fans by word of mouth or gestures.
4. Accept the decisions of game or conference officials as being fair and called to the best ability of said officials.
5. Emphasize that athletes strive to be good students and are both physically and mentally alert.
6. Strive to make every football/cheer activity serve as a training ground for life, and the basis for good mental and physical health.
7. Emphasize that winning is a result of "teamwork".
8. Refrain from excessive "sideline coaching" and not leave the bench area to shout instructions from the sidelines.
9. Together with game officials be jointly responsible for the conduct and control of the team, fans and spectators. Any fan that becomes a nuisance or out of control will be asked to leave.
10. Shall not use abusive or profane language before anyone connected to the game.
11. Shall not "pile on", as the phrase is used, when a team gets a commanding lead and desires to raise the score as high as it can. In this instance, every effort shall be made to let all participants play.
12. Shall not receive any payment in cash or kind for any services as a coach. This includes any coach, expert, consultant or choreographer, regardless of his or her roster status.
13. Shall not permit or encourage "sweating down" tactics, in order for a participant to make weight.
14. Remove from a game or practice any participant when slightly in doubt about his or her health, whether or not as a result of injury, until competent medical advice is available. In case of injury or suspected injury (game or practice field), the designated medical personnel will have complete jurisdiction over the decision of whether a participant is able to continue.
15. Shall not strike any other coach, athletic director, official, spectator, or other participants in EBYFC.
16. Uphold all rules and regulations of EBYFC.
17. A coach shall never instruct nor allow his participants to use any method or tactic that causes excessive or deliberate punishment or abuse to any participant on either his or an opposing team; Anyone coaching or inciting a participant to administer excessive/abusive punishment to another participant will be immediately expelled from EBYFC.
18. All members of any coaching staff must be dressed in like shirts, designating their city affiliation. Shoes must be worn at all times.
19. All members of a coaching staff while actively coaching in practices, scrimmages and games must wear their badge. Badge must be worn around the neck and in plain view at all times.
20. Shall not recommend or distribute any medication, controlled or over the counter, except as specifically prescribed by a participant's physician.
21. Any violation of the Coaches Code of Conduct shall result suspension or expulsion; degree of punishment is to be determined by the established EBYFC Rule Committee and approved all City Presidents.
22. Set an example of good sportsmanship, have a positive attitude and show enthusiasm for all participants.
23. It is each coach's responsibility to obtain, read and understand all official rules and regulations as set forth by EBYFC.

## **PURPOSE**

The general purpose of the East Bay Youth Football & Cheer Association is to inspire youth, regardless of race, creed, national origin, or gender, to practice the ideals of sportsmanship, scholarship and physical fitness.

1. The specific objectives of the football program and clinic are to familiarize all football players with the fundamentals of football, to provide an opportunity to play the game in a supervised, organized and safety-oriented manner, and to keep the welfare of the participants free of any adult ambition and personal glory.
2. The specific objectives of the cheer program are to provide all cheerleaders with a safe, organized and supervised environment, while to encourage individual participation, self-confidence, neatness and teamwork.
3. All member teams agree to function within the framework of the following rule: No youth may be declared ineligible because of race, creed, color or gender.

## **DEFINITIONS**

1. ASSOCIATION: The Association shall be known as the East Bay Youth Football & Cheer Association. (EBYFC) The Association shall consist of eight (8) Youth Organization's (City) Presidents governing together.
2. ORGANIZATION: Are organizations that sponsor and administer one or more teams. They raise money, buy equipment, recruit coaches, secure fields, etc. Organizations are typically characterized by geographical area. An organization's recruiting area is normally consistent with its geographical name, but is open to all.
3. TEAM: A team is a universal, basic unit of an organization. At minimum, a team consists of a group of participants organized under the direction of a coaching staff in a given age/weight division.
4. DIVISION: Division refers to one of the five (5) age/weight classifications: Mighty Mite, Junior Pee-Wee, Pee-Wee, Junior Varsity and Varsity.

**SECTION 1**  
**ARTICLE I-AUTHORITY OF THE EBYFC**

1. The EBYFC and its Presidents are empowered to take whatever action they deem necessary to preserve good order and proper government for the protection of the EBYFC.
2. The rulebook takes precedence over any verbal communication or interpretation between the Association's Presidents and any other person. It is the responsibility of every person involved in EBYFC to read and know the rules of the EBYFC.
3. The EBYFC may conduct hearings into rule violations, coaches' misconduct complaints, game protests, or any other complaint related to any association function at the request of the EBYFC Presidents.
  - Any President representing an Organization of the EBYFC must submit their request for a hearing in writing to all other City Presidents (email OK); in the body of the request a summary of the issue/complaint must be provided and preferred date to hold the hearing.
4. The EBYFC Presidents have the power to recommend any action it deems necessary based on the evidence that is presented before it. This includes suspensions, forfeitures, expulsions, etc.
5. Should a scenario present itself for which a written rule is not available in the rulebook, the EBYFC Presidents will address the perceived violation in any manner they deem is justified in order to preserve the integrity, reputation and stability of the EBYFC. The EBYFC Presidents have the right to recommend any action deemed necessary based on the evidence that is presented before it.

**ARTICLE II – BOUNDARIES**

The organizations/cities are responsible for the establishment of their own boundaries.

**ARTICLE III - COACHES REQUIREMENTS**

A team's or squad's coaching staff is in charge of the team whenever it is together on the practice or playing field. **"Coaches, board members or anyone elected or appointed to any member organization are advised not to transport participants (other than their own children), to practices, games, or any league function".**

The coaching staff is under the direction of the Head Coach; other coaches are called Assistant Coaches. The following applies to all coaches:

- The age of any coach as of August 1 will be considered the qualifying age for the entire season.
- The Head Coach must be at least 21 years of age. A Team's Adult Coach must be present for all practices, games and functions.
- All Head Coaches must be designated prior to participant certification.
- The Coaches for one division/team cannot be a part of any other coaching staff; exceptions may be granted if extenuating circumstances exist for an EBYFC Organization but must be presented and approved by all EBYFC City Presidents
- No member of any officials association (referee) may act as a head coach or scout for any team in the EBYFC if said officials association is supplying officials (referees) for teams in the EBYFC.

- Assistant Coach must be 18 years of age.
- Junior Coaches for Football and Cheer must be a minimum of 14 years old and a maximum of 17 years old as of August 1<sup>st</sup> for the season in play.
- All Junior Coaches must have a completed physical card and a certified Junior Coach card prior to being involved in any city/conference function.
- Junior Coaches must also have Parental Consent.
- Each Football level is permitted to have a maximum of **ten (10) coaches. Of these 10, they are allowed no more than 8 (eight) Adult Assistant Coaches, the balance of the 10 maximum coaches can be Junior Coaches.**
- **A Cheer team** is required to have a minimum of one adult coach for every 10 participants.
- Adult coaches must have a current basic First Aid with CPR certification or equivalent. (No on-line First Aid or CPR courses will be allowed).
- The Head Coach has the final responsibility for his/her actions, those of his/her Assistant Coaches, players, staff and spectators.
- Each city shall establish its own rules regarding the placing of coaches with sons, daughters or siblings within its own boundaries.
- All Coaches Must successfully pass an EBYFC determined background check (see Article XVI).
- All Football Coaches must be a current member of USA Football.
- All Cheer Coaches must be a current member of the EBYFC chapter of NYSCA.
- All coaches are subject to EBYFC approval.

#### **ARTICLE IV – REGISTRATION**

A candidate cannot begin practice with a team until he/she has registered with a EBYFC Organization and completed the Medical Examination Requirements and have Parental Consent.

To register, the candidate must sign a EBYFC Participant Card. All Junior Coaches must be registered/certified in the same manner as all other minors participating in the EBYFC. All candidates shall furnish the following:

1. **PARENTAL CONSENT:** Written consent from the parent or legal guardian stating that the child has his/her permission to participate in all EBYFC activities. Each city will use a standard form agreed upon by all EBYFC City Presidents.
2. **MEDICAL EXAMINATION:** A signed physical card from an examining physician that the candidate is physically fit and there are no conditions which would prevent him/her from participating in football or cheer. No participant may be eligible to practice or play unless he or she has written evidence of a physical examination by a qualified physician, permitted to practice in California, stating that he/she is in good physical condition. The physical must be signed by the physician or his/her representative and dated within the current calendar year. The written evidence must be provided on EBYFC approved medical examination forms. If a participant is found to have practiced or played without proper documentation, both the participant and Head Coach are subject to suspension.
3. **PROOF OF AGE:** The participant's Certified copy of the Birth Certificate shall ordinarily be the only document acceptable as proof of age; however, the EBYFC may rule that other legal documents may be accepted in specific cases.
4. **SCHOLASTIC REQUIREMENTS:** Every participant should be encouraged to maintain a minimum of a "C" average throughout the current school year he/she participates.

5. TRANSFER/RELEASE FROM CITY: Participants are encouraged to play for the City they reside in. If a participant changes organizations without the benefit of moving to the new City, he or she must obtain a written release from the President of the first organization. A copy of that release is to be given to the Conference, prior to September 1<sup>st</sup>. Transfer of a player does not relieve player of any pending suspension or expulsion of the player levied by the league, punishment must still be carried out regardless of city affiliation.

## **ARTICLE V – CERTIFICATION REQUIREMENTS**

1. FORMS: The EBYFC shall furnish each team with the necessary forms to complete certification for each participant. The EBYFC will also provide directions for the completion of these forms. Reproduction of these forms must be exact including weight and color of paper.

2. PICTURES: Each team shall provide one photograph of each participant, a head and shoulder shot, the size indicated on the participant card (2x3). All pictures must be in color and glued to the participant card. No hats or sunglasses are allowed.

3. PLAYER CARDS: Each participant will, at Jamboree, be required to have a participant card. The photo described herein shall be affixed to the card. The card shall be dated and signed by the Participant, their Parent/Guardian and the Organization's President. An EBYFC Seal shall be applied to the identification card in such a manner as to include a portion of the participant's photograph and physical (this Seal will be in the form of an EBYFC City President's signature and City Stamp). Each team shall keep their identification cards once certified.

## **PARTICIPANT REQUIREMENTS**

- Each Participant will agree to and sign these requirements on their individual participant card.
- I agree to maintain at least a "C" average throughout the current school year.
- I agree to play any position assigned to me and do my very best for the team/squad at all times.
- I agree to play the game hard and cleanly at all times in a true sportsmanlike manner with never an intent to harm either physically, verbally or emotionally any other participant.
- I agree when my team/squad is not playing that I will stay off the playing field being used and will not in any way interfere with the team/squad playing.
- I agree that I will not in any way damage or deface any property, building or equipment.
- I agree to abide by all decisions of game officials and will not make any unsportsmanlike gestures at any time.
- I agree that I will act appropriately at all times and that I will not use foul language.
- I agree that I will remain a member of the team/squad until properly released.
- I agree to return upon request, the uniform and any other equipment issued to me in as good condition as when I received it except for normal wear and tear.

## **ARTICLE VI – DROPS AND ADDS**

1. MOVING PARTICIPANTS: Once a participant has been certified, he or she may not be moved from one age division (team) to another. Additions to any team roster after official weigh-ins shall be governed by the EBYFC, as dictated by unusual or hardship cases.
2. DROPPED OR INJURED PARTICIPANTS: If a participant is dropped during the season, a drop form must be signed by the Head Coach and by the organization's President. A photocopy of the player card must be kept in the weigh book.
3. MISSING GAMES: If a participant misses a game, is absent or is not suited to play, it should be signed off by the opposing Head Coach on the certification card. A reason for the missed game must be noted on the card and be initialed by the opposing Head Coach.
4. ROSTERS – PLAYOFF TIME: At playoff time, team rosters should show the same number of participants as their certification roster, noting any dropped or injured participants; if a participant is absent or unable to play, a reason must be so noted. A roster will be given to the hosting city's announcer for introductions.
5. PLAYER CARD BOOK – EBYFC AUDIT: The player card book must be available to be checked by the EBYFC at all times. The EBYFC has the power to investigate the reason why, if a team roster has dropped in size. Any sign of foul play will result in suspension of the Head Coach of team who's Player Card Book is in question.
6. ADDING PLAYERS TO ROSTER: Teams can add players to their rosters up to Week 3 of regular season play with written notice and approval of EBYFC Partner City. Any roster changes/adds after Week 3 of regular season will require review and approval EBYFC Presidents and will only be considered if team/City requesting the add is facing an extenuating circumstance (i.e. low participation numbers, injuries impacting minimum roster size requirements, etc.)

## **ARTICLE VII – NON-ASSOCIATION GAMES/COMPETITIONS**

For liability purposes, no participant or team can register for or participate in a competition or game while using any name affiliated with East Bay Youth Football & Cheer Association between December 31<sup>st</sup> and the start of the following season.

### **Section 1. SCHEDULE**

- A. No game or scrimmage will be played without written permission of the EBYFC City Presidents.
- B. All Associations must have their games played in the same order, beginning with the Might Mites and continuing through to Varsity. If it is necessary to change the order for a particular day, permission must be secured from the EBYFC City Presidents.
- C. The EBYFC scheduler shall provide the game schedule to the Referee's Association.

D. After the EBYFC game schedule has been given to all member associations, if any changes are needed, it must be in writing to the EBYFC Scheduler at least (8) days before the regular scheduled game is to take place. The game may be moved to Sunday at the discretion of the EBYFC. If events beyond the control of any Organization prevent the game from being played at the scheduled time, the control of location and time will then be determined by the EBYFC.

## **Section 2. POST SEASON PLAY**

- A. The EBYFC Presidents must approve post-season games. The playing of a post-season game without approval of the EBYFC will make the offending team liable to suspension, and/or expulsion. Only certified members of a squad are allowed to participate in any post-season game.
- B. No team may schedule a game against a team whose ages and weights are not FULLY in compliance with those printed in this rulebook, unless both teams have identical approved variances.

## **Section 3. PRE-SEASON SCRIMMAGES:**

Each football team is allowed 2 preseason scrimmages that do not count as a practice. Cheerleaders are not required to attend. After the first week of practice in pads (contact) has occurred (which cannot be any earlier than the second full week of practice-the first week being conditioning), teams are permitted to engage in joint practice sessions with other EBYFC organizations in what are called controlled scrimmages. In a controlled Scrimmage, there is prior agreement between coaching staffs that:

- A. Coaches will be permitted on the field.
- B. Defensive Coaches must be a minimum of 10 yards behind the deepest most player, and Offensive coaches must be 5 yards behind the running backs at the snap of the ball.
- C. Long time-outs are taken between plays so that coaching staffs can instruct and critique their participants.
- D. Coaching staffs may inform each other of the plays they are going to run so one team can concentrate on its offensive sets while the other improves its defense and vice-versa.
- E. Officials can be present during scrimmages.
- F. Game score is not kept; scoring is not the primary goal.
- G. No official time is kept other than to assure the practice maximum is not violated. A mandatory break is taken at the end of one hour.
- H. No player or team is permitted at any time to engage in a controlled scrimmage or any form or contact drills involving a participant, players, or team from a different Age/Weight division of play.
- I.



## **SECTION 4 INTERDIVISIONAL SCRIMMAGES**

Intra-squad/inter-divisional scrimmages are not allowed (i.e. Varsity scrimmaging Jr. Varsity). Violation of this rule will result in immediate suspension, possible expulsion of the head coach.

### **ARTICLE VIII – AWARDS**

No team, City, league or any other individual group directly or indirectly affiliated with EBYFC shall grant, give, bestow or otherwise present or convey to any EBYFC participant an expensive trophy or other award. While an award given to an individual participant may be attractive, it must not be of excessive monetary value. Further, in compliance with the "team" concept and in view of the ages of EBYFC participants, no participant will be singled out as "best lineman", "best offensive back", "most valuable participant", "best cheer/spirit leader", "best cheer/spirit squad" etc. for the presentation of a special award.

### **ARTICLE IX – PRACTICE**

1. DEFINITION: To prevent possible bending of the rules and as a protection for the children, practices are defined as a gathering of football players or spirit participants, without minimum number, where one or more of the following activities take place:

- A. Chalk talk / skill session.
- B. Viewing of fundamental film.
- C. Group conditioning.
- D. Individual skills sessions (QB, receiving, blocking, tackling, kicking, cheering, etc.)
- E. Group skills session.
- F. Dummies and other inanimate contact
- G. Play run-through without pads (shorts & T-shirt).
- H. Play run-through with equipment, but without contact.
- I. Intra-squad scrimmages with full pads and equipment
- J. As can be seen, a so-called "party" at a coach's home, where films are shown, or where football or spirit teams are talked about, can be deemed a practice session, as can a "party" at a parent's home where one or more coaches are present. Use of a football field is not required to satisfy the definition of a "practice session." Practices must be held at specific predetermined locations. All the activities/practice sessions must include a minimum of 2 coaches in attendance for the entire session.

2. FIRST PRACTICE: The first day of practice shall be August 1<sup>st</sup> or the preceding Monday, unless it falls on a weekend (Saturday or Sunday) In this case, practice would begin the following Monday. **The EBYFC will determine the first day of practice during the offseason.**

3. CONDITIONING: **Each participant must devote a minimum of the first ten (10) hours** of his or her practice sessions to conditioning. During this conditioning period, with the exception of helmets, no protective football gear may be worn. Absolutely no participant may engage in contact. Footballs may be used as a means of assisting in the conditioning program. No practice session may last longer than two (2) hours. No sleds, blocking dummies or excessive contact with the ground may occur.

4. WEEKLY PRACTICE SESSIONS: Practice sessions are limited to five (5) sessions per week until league play begins. After league play begins, practice sessions are limited to three (3) sessions per week. Practice sessions may last no longer than two (2) hours. No practice twelve (12) hours prior to any scheduled game may take place. "No teams shall practice on Sundays".

5. FIRST AID KITS: A first aid kit must be on the field at all practice sessions.

6. BREAKS: Practices shall include breaks in accordance with the National Federation of State High School Athletic Associations. It is recommended that a 10 minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Athletes should rest in a shaded area during the break. Water should be available in unlimited quantities.

7. PHYSICAL CONTACT: Football squads are encouraged to follow the USA Football guidelines for limiting contact during practice week.

### **ARTICLE X – CAMPS**

1. MANDATORY CAMPS: No EBYFC Organization/city or personnel associated within shall require or mandate that a EBYFC football team or spirit squad, in part or in whole, with or without coach(s) attend a football or spirit camp. There shall be no exceptions. However, a EBYFC football or spirit team/squad, in part or in whole MAY attend a camp if they so choose to, providing the following conditions are met: (A) Coach or other team-affiliated personnel does not make it MANDATORY; (B) All participants must have insurance coverage.

2. EBYFC: Participant camps are left to the discretion of the participant between December 31<sup>st</sup> and start of season except for EBYFC sanctioned camp.

3. PRE SEASON CAMPS: For liability purposes, no participant/teams can register or participate in a skills camp, during the times specified in Article X (2), while affiliated with East Bay Youth Football & Cheer Association.

4. IN SEASON CAMPS: EBYFC Organization teams may not attend outside camps between July 26<sup>th</sup> and December 31<sup>st</sup> without the express written consent of the EBYFC.

### **ARTICLE XI – MEDICAL PERSONNEL**

1. MEDICAL PERSONNEL: The home team shall be responsible for the presence of a licensed EMT, Paramedic, Certified Athletic Trainer, or Medical Doctor on game days and must be present for all games (Mighty Mite through Varsity). This person shall remain on the field, not in the stands, and must be easily identified. This designated person will have final authority over all medical decisions. No game shall begin without proper medical personnel on the field. The "Home" team will forfeit the game if medical personnel is not available. Violation of this rule is subject to review by the City Presidents for additional sanctions.

2. EMERGENCY PLAN: Work together with your local EMTs to establish an emergency plan that fits your specific area and needs. Your emergency plan should include, but not be limited to, the following:

A. Introduce or identify trainer/health care provider to visiting coach.

- B. Designated duties for coaching staff and or athletes.
- C. "How to call EMS on a cell phone".
- D. Specific directions to your facility for emergency medical service (EMS).
- E. Emergency numbers.
- F. Injury report forms.
- G. List of administrators that the coach is required to contact. Practice your emergency plan early in the season and repeat often throughout the season. A similar plan should be in place for teams traveling to away games. All teams are recommended to have a staff member carry the entire teams' medical release forms and emergency numbers for all players and spirit participants. In case of an emergency, their parent(s) or guardian must be contacted. Having the family physician's number opposite the participant's name is also recommended.

**ARTICLE XII – PARTICIPANT INJURIES**

1. MEDICAL REMOVAL FROM GAME OR PRACTICE: Remove from a game or practice any participant when even slightly in doubt about his/her health, whether or not as a result of injury, until competent medical advice is available. In cases of injury or suspected injury (game or practice field), the designated medical personnel will have complete jurisdiction over the decision of whether a participant is able to continue.
2. ACCIDENT NOTIFICATION AND REPORTING: If a child is seriously injured during practice or removed from a game and taken to the hospital, it is the Head Coach's responsibility to notify their Association President within twenty-four (24) hours. An Accident/Incident Report must be filled out and a copy turned into the Association President after each game or practice involving an accident or incident. This form must be filled out on any injury to participants or spectators, or any unusual incidents. It must be filled out completely.

**ARTICLE XIII – CHARGING ADMISSION**

1. GAMEDAY ADMISSION: All EBYFC members will charge a \$5.00 admission fee to all persons over the age of 14. No mandatory admission shall be charged to participating players, cheerleaders, or coaching staff members of a team playing in that day's game, whether it be a regular season game, post-season game, or post-season bowl game (coaching staff if not participating in the game that day must pay the approved admission).

**ARTICLE XIV – PROTESTS**

1. GAME PROTESTS: Game protests must be registered with the officials in charge of the game and formalized in writing to each City President and the EBYFC Rule Committee Chairperson within forty-eight (48) hours of the game. No protest regarding an official's judgment will be allowed.
2. PROTEST HEARINGS: The EBYFC will rule on all game protests that are referred properly. The EBYFC may, at its discretion, hold further hearings in all matters.
3. FILING PROTESTS: The Head Coach or President are the only people who can protest a game. If the Head Coach files a protest, their City President must endorse it.

4. POLICY/RULE VIOLATIONS: All complaints involving rule violations, coaches' misconduct, or policy violations, must be submitted in writing to the EBYFC Rule Committee Chairperson within **forty-eight (48) hours** of the incident for which the complaint is being filed.
5. REVIEW OF RULE VIOLATIONS: All complaints will be reviewed by appointed EBYFC Rule Committee and presented to EBYFC Presidents with findings and proposed punishments for infractions within 24 hours of being received. EBYFC Presidents will then review, vote and implement ruling.

### **ARTICLE XV – APPEAL PROCESS**

1. FILING APPEALS: City Presidents are the only individuals who have the right to appeal a disciplinary decision.
2. TIMELINESS OF APPEALS: Appeals of discipline decisions must be emailed to the EBYFC Rule Committee Chairperson, no later than **forty-eight (48) hours** after receipt of the original ruling. A complete record of all circumstances, including extenuating factors that warrant consideration must accompany all appeals. The City President must sign all appeals. Incomplete appeals will be given no consideration. Should the Presidents agree to hear the appeal, they will do so within **forty-eight (48) hours** of the filing. Their decision will be in writing to all parties involved. The Appeal is a final step. There are no additional rights of appeal. The EBYFC decision will be final.
3. NECESSITY OF APPEALS: The EBYFC is not required to hear the appeal unless they deem it is necessary based on their review of the decision or if it can be shown that new evidence has become available that would otherwise have influenced the decision.
4. OVERTURNED DECISIONS OR APPEALS: A disciplinary decision may be overturned, but, may also result in stiffer penalties than originally imposed.

### **APPEAL PROCEDURE**

- A. An appeal shall not have the effect of "staying" a previous ruling. Previous decisions remain in force, pending the result of the appeal.
- B. Appeals of discipline decisions must be made in writing via e-mail to the EBYFC Rule Committee Chairperson no later than **forty-eight (48) hours after association notification**. The EBYFC will hear the appeal within **forty-eight (48) hours** of receiving the appeal.
- C. An appeal must be in writing and include:
  1. The nature and specifics of the appeal.
  2. A statement of desired resolution.
  3. The original document of the appeal, along with all supporting documents.
- D. All EBYFC Bylaws and Operating Procedures shall apply.
- E. Decisions of the EBYFC shall be final.

## **ARTICLE XVI – BACKGROUND CHECKS**

### PERSONNEL SUBJECT TO BACKGROUND CHECKS:

- A. Every employee or volunteer of East Bay Youth Football & Cheer (EBYFC) or any of its member cities must complete the EBYFC background check.
- B. For the purpose of this procedure an employee/volunteer is defined as any individual who at any time could be expected, in the performance of their duties, have contact with any registered participant for any length of time. This includes coaches, assistant coaches, directors and officials who are appointed, selected in any manner or volunteer in any capacity at any level within EBYFC or its member cities.
- C. Should any individual refuse to participate or intentionally falsify information they will not be eligible to be an employee/volunteer.

## **ARTICLE XVIII – SUSPENSION OR PROBATION**

1. SUSPENSION: Players/Coaches found to be in violation of EBYFC rules or regulations may be suspended by the EBYFC.
2. PROBATION: Cities or teams placed on probation by the EBYFC shall abide by the terms of the probation as stated by the EBYFC. A vote will be taken by all EBYFC Presidents once probation has been fulfilled to determine whether or not to remove a City or team from probation status.
  - A. TERMS OF PROBATION FOR NEW CITIES: All new cities are automatically placed on probation for one (1) year. At the beginning of the second (2<sup>nd</sup>) year of membership, a vote will be taken by all conference cities whether to permit permanent membership status.
    1. All cities must certify a minimum of sixteen (16) football players. The minimum number of participants a team must have to participate in a game is fifteen (15). No game shall be played if there are less than fifteen (15) participants suited to play, unless amended by the EBYFC.
    2. All cities are **expected** to have the minimum certified participants for all five (5) football teams and five (5) cheer squads in order to be eligible to participate during the season.
    3. All cities must meet all other requirements as set forth by the EBYFC rulebook and by-laws.
    4. All cities must pay all fees in a timely manner.
    5. Cities must be current with all fees assessed by the EBYFC.
    6. All cities must send a minimum of one (1) league representative to all regularly scheduled EBYFC meetings and all other mandatory meetings scheduled by the EBYFC Presidents.
    7. More than **two (2) instances** per City, per year, where coaching violations are involved, may result in dismissal from EBYFC.

8. Each December, the EBYFC Presidents will put to a vote, acceptance of the new organization/city, extend probation to any organization/city on probation or removal of an organization/city.

**SECTION 2**  
**ARTICLE I – PLAYING RULES**

Except as specifically modified for the East Bay Youth Football & Cheer Association, all games are to be played under the State rules for varsity football of the applicable governing body either the individual State member of the National Federation of State High School Athletic Associations. It is recommended that each coach be provided with a copy of the current year's high school rules. Write to the National Federation at P.O. Box 690, Indianapolis, IN, 46206, web address: [www.nfhs.org](http://www.nfhs.org)

1. **PARTICIPANT REQUIREMENTS:** In order to be certified on a team roster, a participant shall qualify if he or she meets the age, weight and any other requirements established by the East Bay Youth Football & Cheer Association. It is not necessary for cheerleaders to meet weight requirements.

2. **PARTICIPANT AGE:** The age of any participant as of **AUGUST 1<sup>st</sup>** will be considered qualifying age for the entire season for a division of play, regardless of whether or not the participant has a birthday during the course of the season or any time after August 1<sup>st</sup>.

3. **14 YEAR OLDS:** Players with a league playing age of 14 Years old can only play for the Varsity Division. No exceptions to this rule will be made. A 14-year old will need to meet the regular weight requirements as outlined in the Age/Weight Table. **A maximum of 6 Players are allowed to be certified per Varsity squad.**

4. **ROSTER SIZE:**

- A. The maximum number of participants, at the time of certification, allowed on a team is **forty (40)**.
- B. Teams cannot carry more than the maximum number of certified players (40) once regular season games begin for purposes of having larger practice rosters – teams/squads found to be in violation will be subject to Head Coach Suspension, forfeiture of all games and banishment from post-season play. City Organizations will also be placed on probation and subject to expulsion from the EBYFC.
- C. All Cities must certify a minimum of fifteen (15) football players. The minimum number of participants a team must have to participate in a game is fifteen (15). No competitive game shall be played if there are less than fifteen (15) participants suited to play, unless amended by the EBYFC Presidents.
- D. All Associations must have the minimum certified participants for all five (5) football teams. Any association not meeting the above requirements must petition the league to participate in post season play.
- E. Once an official roster has been submitted no participant may be moved from one age division (team) to another.

5. AGE/WEIGHT TABLE: Divisions function on the basis of a minimum and maximum age and stripped weight limit as indicated in the chart below:

**AGE/WEIGHT TABLE**

| DIVISION NAME         | ROSTER LIMITS          | AGES     | CERTIFICATION WEIGHT MAXIMUM | END OF SEASON MAXIMUM |
|-----------------------|------------------------|----------|------------------------------|-----------------------|
| <b>Mighty Mites</b>   |                        | 6 - 7    | Unlimited                    | Unlimited             |
|                       |                        | 8        | 75 lbs                       | 75 lbs                |
| <b>Junior Pee-Wee</b> |                        | 8 - 10   | 115 lbs                      | 122 lbs               |
| Older/Lighter         | Max 8                  | 11       | 80 lbs                       | 87 lbs                |
| X-Men                 | Max 8                  | 8        | 130 lbs                      | 137 lbs               |
| <b>Pee-Wee</b>        |                        | 9 - 11   | 135 lbs                      | 142 lbs               |
| Older/Lighter         | Max 8                  | 12       | 100 lbs                      | 107 lbs               |
| X-Men                 | Max 8                  | 9 - 10   | 155 lbs                      | 162 lbs               |
| <b>Junior Varsity</b> |                        | 10 - 12  | 150 lbs                      | 157 lbs               |
| Older/Lighter         | Max 8                  | 13       | 120 lbs                      | 127 lbs               |
| X-Men                 | Max 8                  | 10 - 11  | 175 lbs                      | 182 lbs               |
| <b>Varsity</b>        | 14 Yr. Olds -<br>Max 6 | 11 - 14* | 180 lbs                      | 187 lbs               |
| X-Men                 | Max 8                  | 11 - 13  | 240lbs                       | 240lbs                |

Older/Lighter Players (Step Down Clause)

Older/Lighter players are players who are a league age year older than regular players. They are allowed to play down a division if their weight falls within weight limit of the Age/Weight Table in this Article. Older/Lighter does not apply to the Mighty Mite division.

Weight limits are allowed to increase during the course of the season, All players must be within 2 pounds (lbs.) of the Week 1 maximum weight at Jamboree. Players are subject to moving up a division if they fail to make Jamboree weigh-in.

A maximum of 8 Older/Lighter players can be certified on a roster for Jr. Pee Wee, Pee Wee and Jr. Varsity Division only.

14 Years old can only play for the Varsity Division. A maximum of 6 Players are allowed to be certified.



**X-Men** are players who are heavier and thus there are limitations on their age and the positions they can play. Ages for X-men are as follows:

Jr. Pee Wee Division – An X-Men can be 8 years old at this division.

Pee Wee Division – An X-Men can be 9 or 10 years old at this division.

Jr. Varsity Division – An X-Men can be 10 or 11 years old at this division.

Varsity Division – An X-Men can be 11, 12 or 13 years old at this division.

**High School Players:** High School Players will be allowed to participate on the Varsity Division only after a grade-level verification is provided at certification. High school sophomores will not be allowed to participate and are encouraged to join High school teams.

6. INCREMENTAL WEIGHT INCREASE: The maximum weight in all divisions will be increased by one half (1/2) pound every week, commencing week 2 as noted in the following chart.

**MAXIMUM INCREMENTAL WEIGHT INCREASE ALLOWED BY WEEK**

| WEEK               | 1   | 2     | 3   | 4     | 5   | 6     | 7   | 8     | QTR | SEMI  | CHAMP | ALL-STAR |
|--------------------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-------|----------|
| <b>Jr Pee Wee</b>  | 115 | 115.5 | 116 | 116.5 | 117 | 117.5 | 118 | 118.5 | 119 | 119.5 | 120   | 120.5    |
| O/L                | 80  | 80.5  | 81  | 81.5  | 82  | 82.5  | 83  | 83.5  | 84  | 84.5  | 85    | 85.5     |
| X-Men              | 130 | 130.5 | 131 | 131.5 | 132 | 132.5 | 133 | 133.5 | 134 | 134.5 | 135   | 135.5    |
| <b>Pee Wee</b>     | 135 | 135.5 | 136 | 136.5 | 137 | 137.5 | 138 | 138.5 | 139 | 139.5 | 140   | 140.5    |
| O/L                | 100 | 100.5 | 101 | 101.5 | 102 | 102.5 | 103 | 103.5 | 104 | 104.5 | 105   | 105.5    |
| X-Men              | 155 | 155.5 | 156 | 156.5 | 157 | 157.5 | 158 | 158.5 | 159 | 159.5 | 160   | 160.5    |
| <b>Jr. Varsity</b> | 150 | 150.5 | 151 | 151.5 | 152 | 152.5 | 153 | 153.5 | 154 | 154.5 | 155   | 155.5    |
| O/L                | 120 | 120.5 | 121 | 121.5 | 122 | 122.5 | 123 | 123.5 | 124 | 124.5 | 125   | 125.5    |
| X-Men              | 175 | 175.5 | 176 | 176.5 | 177 | 177.5 | 178 | 178.5 | 179 | 179.5 | 180   | 180.5    |
| <b>Varsity</b>     | 180 | 180.5 | 181 | 181.5 | 182 | 182.5 | 183 | 183.5 | 184 | 184.5 | 185   | 185.5    |
| X-Men              | 240 | 240   | 240 | 240   | 240 | 240   | 240 | 240   | 240 | 240   | 240   | 240      |

7. OFFICIAL WEIGH-INS:

- A. Official Weigh-Ins will be the **Week 1 Game weigh-in**. If a player does not make weight he/she will not participate until he/she makes weight for that particular game.
- B. No team/squad may qualify more than the maximum number of team members, as specified in SECTION 2, ARTICLE I, PARAGRAPH 4A of this rulebook.

8. WEIGH MASTER:

The Weigh Master shall be the **Head Coach**. If the Head Coach is absent from that week's game or a player needs to be weighed at half time, the Head Coach shall appoint an Assistant Coach to serve in his place. Head Coach is held accountable to all Weigh-In activities and is subject to suspension and/or expulsion if weigh-in misconduct is found to occur.

9. WEIGH-IN OFFICIAL:

On Game Day, the host city must provide a "Badged" Board Member who understands the rules and weigh-in process to oversee gameday weigh-ins; this individual is to ensure weigh-in rules are followed and no "agreements" are made between coaches that may allow ineligible participants from playing in that day's game

10. SCALE CERTIFICATION:

All scales must be certified by the Department of Weights and Measures (no exceptions) no later than September 1, of the current playing year. Digital scales are allowed and must meet the standard type/model agreed upon by all City Presidents. Balance beam scales will also be accepted. If the scale is not certified for the current year, all that day's home team games may be forfeited. **Both Home and Visiting Teams will weigh on the same scale.** If there is no scale for weigh-ins, all of the home team games may be forfeited.

11. GAME DAY WEIGH-INS / CHECK-INS:

- A. All participant cards shall be marked at weigh-ins with the organization's designated stamp. The stamp designation must be approved by EBYFC Presidents.
- B. Weigh-Ins is mandatory for all games, and shall be conducted for the maximum weights only, except for Official Weigh-Ins.
- C. The Home Team must supply a currently certified scale.
- D. Weigh-Ins must be conducted for all participants. No football gear is to be worn.
- E. Girls will be weighed separately with female supervision.
- F. A maximum of two adults (coaches) from each team are allowed in the weigh-in area. No parent or uncertified individual shall be in the locker room.
- G. The home team shall be weighed first, **one hour prior to game time**. The visiting team shall be weighed immediately thereafter. If the Home Team is not ready one hour prior to game time, the visiting team shall weigh-in first. If there are not facilities for both teams to dress at the same time, the visiting team shall be weighed and allowed to dress prior to the home team.
- H. If a participant does not make weight on his/her first and only attempt, he/she will be declared ineligible to participate in the game. Participants, who do not make weight, may wear their game jersey, no other gear, and remain on the sidelines with their team.
- I. If a participant does not make weight, his/her participant card must be marked "overweight" and initialed by the weigh master.

- J. Weighmasters should always set the scale at the maximum weight and weigh each participant individually.
- K. The weigh master will indicate on the participant card why a participant is not playing in the game. Overweight, illness, injury, disciplinary or personal is the only acceptable entries.
- L. If a player is marked **INJURED** they must have a doctor's release that states "cleared to play football" attached to their player card. **Any player is ineligible to participate if no doctor's release is available (missing Physical Card also qualifies for being ineligible to play).**
- M. Participants who are absent, for any reason, on three (3) occasions (does not have to be consecutive) during the season, must be cleared through the EBYFC Administrator before they will be allowed to participate in any further games. Notification and explanation for the absences must be submitted by the city president in writing to the EBYFC Administrator upon the 3rd absence. Notification of the Administrator's decision will be given to the City President of the team that the child plays for. Written notification of reinstatement must be attached to the player card.
- N. Participants arriving later than ten (10) minutes from the scheduled start of the game shall be allowed to weigh-in at half time by the opposing team's weigh master. No participant shall be allowed to participate in a game until he/she has been properly weighed-in. A participant entering the game at the half is still required to receive their entire minimum plays for that game.
- O. Teams arriving without their participant card weight book to a scheduled game, season or post season will have until fifteen (15) minutes prior to the scheduled game time to present the weight book or the game may be forfeited. In addition, suspension or expulsion of the Head Coach could be considered. No participant is allowed to participate in a game without his or her certified player card. If a team's player card book is not available for weigh-ins as stated above, the game may not be played. No team has the authority to allow a game to be played when a team's player card/weight book is not present. **Violation of this rule may result in a possible suspension or expulsion of both head coaches.**
- P. Teams with a game day roster (participants making weight, eligible and suited for play) of less than fifteen (15) participants will forfeit the game. Coaches have the liberty to conduct a controlled scrimmage as an alternative, but must have consent of both City Presidents prior to start. All scrimmage participants must meet weight-limit requirements as outlined.
- Q. A Board Member representative from each city will be present at Game Day Weigh Ins (Weigh-In Official).
- R. Any Head Coach allowing an over-weight player to participate in a game will face disciplinary action/suspension.

## POST SEASON WEIGH-INS

- A. All playoff and championship game weigh-ins will be conducted by another City President (or City appointed official).
- B. If a participant is not playing in a playoff or championship game, note the reason that the participant is not participating.
- C. All rules that apply to game day weigh-ins also apply to playoff and championship games.

## MANDATORY PLAY

- A. The mandatory play rule is in effect at all times. The Instructions must be copied on the back of the Minimum Play Report (MPR) form.
- B. All participants must receive their minimum number of plays per game. All plays count except when a penalty is enforced.
- C. Head Coaches will be notified at half time and at the end of the third quarter those participants who have not played the required number of plays.
- D. All participants shall play the required number of plays prior to the end of the fourth quarter.
- E. The game day roster (participants making weight, eligible to play) is at the time of game day weigh-ins. No changes in this number will be allowed, even if additional participants arrive after weigh-ins or a player has to be dropped from that game day's roster due to illness or injury.
  - Teams with a game day roster (participants making weight, eligible and suited to play) of **Thirty-Six (36) to Forty (40)** participants shall play each participant a minimum of six (6) plays
  - Teams with a game day roster (participants making weight, eligible and suited to play) of **Thirty (30) to Thirty-Five (35)** or more participants shall play each participant a minimum of eight (8) plays.
  - Teams with a game day roster (participants making weight, eligible and suited to play) of **Twenty-Four (24) to Twenty-Nine (29)** participants shall play each participant a minimum of ten (10) plays.
  - Teams with a game day roster (participants making weight, eligible and suited to play) of **Fifteen (15) to Twenty-Three (23)** participants shall play each participant a minimum of twelve (12) plays.
- F. A participant entering the game after half time shall complete the required number of plays established at game day weigh-ins for that game.
- G. The penalty for violating the minimum play rule is as follows:
  - Forfeiture of game if Winning team is found to have violated rule, plus:
    - First-Time Offense: Head Coach Suspension for next game,
    - Second-Time Offense: Head Coach Suspension for remainder of season
- H. Eligible Player Jersey Number will be enforced per High School Rules at all levels except for the Mighty Mite Level.

## **MINIMUM PLAY MONITORS AND FORMS**

- A. Each team shall supply two (2) minimum play monitors for all games. You will supply one monitor for each sideline, with each Minimum Play Record being maintained on their team's sideline.
- B. Monitors shall be at least eighteen years of age.
- C. Failure to provide the required number of Minimum Play Monitors may result in suspension of the Head Coach.
- D. The sole purpose of the Minimum Play Monitors is to insure that the head coach and his coaching staff are aware of those participants that have not received the minimum number of required plays. Play Monitors shall not involve themselves in the game. Filming, cheering, rooting, coaching or commenting about the game, coaches or referees is strictly prohibited.
- E. Minimum Play Monitors will adhere to the directions printed on the back of the Minimum Play Record.
- F. The Minimum Play Monitors are EBYFC representatives with respect to those participants who have and those who have not met the minimum play requirements. Their observations shall be the final word.
- G. Each team shall fill out a EBYFC approved Minimum Play Record. All players certified at any time during the current season including dropped, injured, absent (for any reason) whether suited to play or not shall be listed in numerical order. Those participants not suited for play or absent must have the reason for non-participation indicated next to his or her name.
- H. The EBYFC Minimum Play Record (both sides) is to be given to the opposing team monitor prior to the game.
- I. The monitor will record each play that each participant is involved in up to and including the minimum required. All plays count, unless there is a penalty enforced on the play. All players shall be provided their mandatory plays by participation in active plays, without the intent to minimize the action or integrity of the plays. Plays such as, but not limited to, having the center snap the ball to the quarterback and the quarterback fall to the ground, while substitutes are playing the other positions, shall NOT be considered plays. Each monitor shall sign the Minimum Play Record when completed and list his/her telephone number.
- J. Each Head Coach shall sign the Minimum Play Record and indicate if he or she agrees with the number of plays recorded or not. If the Head Coach is not in agreement, he or she shall write "Not in agreement" in the space provided for his or her signature. He or she will then print his or her name and provide his or her signature.
- K. At the end of each game, each Head Coach should be in possession of their MPR Form. Each city is responsible for sending their forms to the EBYFC Administrator. For post-season play, a EBYFC Official will collect forms immediately after the game. Original forms must be saved and made available to the EBYFC immediately upon request.
- L. All completed Minimum Play Records shall be faxed, scanned or emailed and sent to the EBYFC Administrator prior to six (6:00 PM) on the Monday following the game. If the Minimum Play Record is not received prior to 6:00 PM Monday following the game the EBYFC may assume that no participants received the minimum required number of plays and the prescribed penalties may be imposed.
- M. The Minimum Play Monitor may position themselves anywhere along the sidelines or behind the end zones so as to properly identify participants. At no time shall the monitor enter the coaching box.
- N. It shall be the opposing teams monitor's responsibility to physically record the number of plays each participant is involved in. One of the two monitors provided by each team shall act as a spotter. **No team shall fill out their own Minimum Play Record.**

## MINIMUM PLAY RECORD (MPR)

- A. Entire Roster must be listed whether or not they will be playing in the game or not. Players who will not play must list reason for absence in Comments column (i.e. Sick, Illness, Suspension, Weight, etc.)
- B. Coaches must exchange and review forms at Weigh-Ins; Circle number of minimum plays required box and sign initials.
- C. Each Team must provide 2 Play Monitors (must be over 18 Years of Age). Monitors will be assigned to monitor both the opposing team's plays and their own team's plays on each sideline for the duration of the game.
- D. All Players must meet their Minimum Play Requirements before the conclusion of the 4th Quarter - plays in "Overtime" will not count towards minimum requirement
- E. All plays count unless there is a penalty called on the play and the down is replayed (**all Special Teams plays count towards total plays**)
- F. Play Monitor for opposite team must check off each play that each player is involved in, up to the minimum number required.
- G. Once ALL players have met their minimum play requirement, Play Monitor is to complete the bottom portion of the form.
- H. Both Play Monitors must sign and provide a phone number at the bottom of the form to validate both are in agreement all plays were met.
- I. Both Head Coaches must sign and provide a phone number at the bottom of the form to validate both are in agreement all plays were met.
- J. If either Head Coach is not in agreement with the completion of plays, he/she must NOT sign the form and write "**NOT IN AGREEMENT**" in space designated for signature. Head Coach must notify their respective Organization's President immediately and provide written statement requesting game be reviewed for Minimum Play Violation.
- K. All completed forms must be provided to their respective Organization's President or designated official for submission to League Commissioner for Review.
- L. Total Number of Plays required is dependent on the roster size for a team's Gameday roster of eligible participants.

| Number of Gameday Eligible Players | Minimum Plays Required |
|------------------------------------|------------------------|
| 15 - 23                            | 12                     |
| 24 - 29                            | 10                     |
| 30 - 35                            | 8                      |
| 36 - 40                            | 6                      |

## **X-MEN**

- A. X-Men are players who are heavier and thus there are limitations on their age and the positions they can play.
- B. Ages for X-men are as follows:
- Jr. Pee Wee Division – An X-Men can be 8 years old at this division.
  - Pee Wee Division – An X-Men can be 9 or 10 years old at this division.
  - Jr. Varsity Division – An X-Men can be 10 or 11 years old at this division.
  - Varsity Division – An X-Men can be 11, 12 or 13 years old at this division.
  - (X-Men are not allowed at the Mighty Mite Division)
- C. A maximum of **eight** (8) players as X-Men are allowed per roster.
- D. X-Men are designated by an "X" Decal on the backside of players helmet (to be supplied by league), and must be presented to opposing team weigh-master at time of Weigh-In.
- E. X-Men may **ONLY** line up between tackle to tackle ("the trenches") on either Offense or Defense prior to snap of ball.
- F. X-Men may not be put into a position to advance the ball at any time (i.e. cannot be utilized as a Skills position player on offense – QB, RB, WR, TE, etc.)
- Kickoff team – must line-up with-in 3 positions of the kicker.
  - Kick return – must be on the front line.
  - Punt team – may be the punter but cannot advance a bad snap or faked kick.
- G. Defense – may play on the end of the defensive line if they are in a down position (with hand on ground) no wider than the outside shoulder of the tackle or tight end they line up on)
- H. X-Men cannot advance the ball at any time:
- Any interception or fumble recovery by an X-Men will result in a dead ball at the spot of the interception or fumble recovery.

## **THE FIELD AND MARKINGS**

- A. The home team is responsible for the preparation of the playing field and all required accessories for the game. All fields will be equipped and marked in accordance with high school standards. Lyme and other caustics shall not be used. The home team shall ensure that there is seating available on both sides of the playing field.
- B. The officials shall determine if any field conditions or weather permits play, unless the contract between a team and any facility has an inclement weather clause, in such case, the terms of a particular field may declare the field unfit for play. The home team, however, must attempt to obtain another field including giving the visiting team an opportunity to supply a game field. Failure to do so may be cause for forfeit by the home team. If a good faith effort is made, and neither the home or visiting team can obtain a field, the game will be postponed. In cases where a problem arises, the home team will notify the EBYFC Administrator or EBYFC Scheduler and the visiting team 60 hours prior to game time or by 9 PM on the Wednesday night prior to the game (whichever comes sooner).
- C. All divisions will play on a regulation football field, 120 x 53 1/3 yards. The Conference Executive Board, on a yearly basis must approve any exceptions.
- D. All fields will be properly marked and include field markers.
- E. Goal posts must meet the following measurements: Goal post, ten yards from the goal line with a regulation cross bar, 10 feet high, 23 feet 4 inches in width.
- F. The home team shall furnish a down marker with numbers at least six (6) inches high, with a ten (10) yard chain.
- G. A time clock must be available. It must be visible to both benches, or official time will be kept by the official on the field. The home field will have a minimum of one time-piece for the timekeeper. This shall be noted on MPR sheet.
- H. H. The bench area (between the 25 yard lines) is reserved for players, coaches, and authorized team personnel only (Only coaches involved in that game may be allowed in this area). A maximum of eleven (11) coaches, two (2) water boys (age 6 to 16) and two (2) ball boy (age 6 to 16) are all that are allowed in the bench area, along with the participants. Jr. Coaches are counted in the total of eleven coaches. The sidelines areas are reserved for the game medic, minimum play monitors, game spotter and chain crew (18 years of age or older) of a maximum of four (4) adults.



### **GAME BALL**

- A. The football shall be a Wilson K2 or Champro for the Mighty Mite and Jr. Pee Wee Division, a TDJ for the Pee Wee Division and the Wilson TDY for the Jr. Varsity and Varsity Division. Any ball of a good grade leather or rubber with equivalent specifications can be used.

|                          | <u>Pee Wee (TDJ)</u> | <u>Jr. Varsity/Varsity (TDY)</u> |
|--------------------------|----------------------|----------------------------------|
| Long Axis Circumference  | 10-1/4" to 10-1/2"   | 10-5/8" to 10-3/4"               |
| Short Axis Circumference | 18-1/4" to 18-1/2"   | 19-1/2" to 20-1/8"               |
| Long Axis                | 25" to 25-1/8"       | 26-1/4" to 26-3/4"               |
| Weight                   | 12 to 13 oz.         | 14 to 15 oz.                     |

- B. The use of stick-um or any other substance on the football, or the application and use of such on any player is not allowed.

### **PLAYER DESIGNATIONS**

- A. Each player shall wear a number between 1 and 99 inclusive. Numbers "0" and "00" are illegal and shall not be worn.
- B. During a game in which a PA system is used, the number or name of any player committing a foul shall not be publicly announced.

### **REQUIRED EQUIPMENT**

- A. All teams must be properly equipped during all practice contact sessions, scrimmages and games with equipment meeting minimum protective standards.
- B. Helmet: Only helmets bearing the NOCSAE Seal of Certification may be worn. All helmets must bear the current NOCSAE approved "Warning Label" in a visible position on the outside of the helmet. This "Warning Label" is the same label that is furnished by all helmet manufacturers and re-conditioners. (Note: Regulations regarding chin straps and face guards are to be followed per the National Federation regulations.) Nothing other than the assigned helmet may be worn by any participant in practice or game situations. No scarves, rags, sweat bands, etc. may be worn under his/her helmet.
- C. Shoulder Pads: Shoulder pads shall be corrugate molded fiber or plastic material (for sanitary reasons); shall be padded with coated, washable finish; should have adjustable underarm straps; and should be of a cantilever type.
- D. Thigh Guards: One set of thigh guards must be worn at any given time and the thigh guards shall be of a molded, corrugated fiber or plastic material.
- E. Knee Pads: Kneepads shall be constructed of a shock absorbing material.
- F. Girdle and Hip Pads: All hip and kidney pads shall be made of heavy padding to protect the kidney, hips, and spine. It can be of vinyl coated material with or without fiber inserts. Care must be taken to guard the exposed edge of the hipbone, the base of the spine and the kidney area.
- G. Practice Jerseys: Practice jerseys or shimmels are required in non-game situations.
- H. Game Jerseys: It is mandatory that each team have recognizable home and away jerseys. The visiting team will basically wear white jerseys. Jerseys must meet CIF standards and be long enough to

tuck into pants and cover all equipment worn by participant (i.e. rib pads). No short or un-tucked jerseys will be allowed.

I. Pants: Pants may be either a shell or one-piece construction, natural or colored. One-piece pants must have removable pads.

J. Shoes: In all divisions, non-detachable, rubber molded cleats are required. All shoes must be in good condition. No screw on cleats of any type will be allowed in practice or games. If a player is found to be wearing illegal shoes while participating in any game, he/she and the head coach will be permanently ejected for the remainder of that game.

K. Eyeglasses: When worn, shall be of athletically-approved construction with non-shattering glass (safety glass) or contact lenses.

L. Mouthpiece & Tooth protectors: Mouthpieces must be attached to the facemask and worn at all times in practice and game situations. Mouthpiece shall be of any readily visible color, other than completely white or completely clear, and also must be noticeable for referee inspection.

M. Athletic Supporter: Athletic supporter shall be worn by all male participants.

N. Any additional equipment worn by players shall be approved by the Conference.

O. The wearing of headgear containing knots, including beads and/or decorative hair ornaments is prohibited.

P. Jewelry of any kind is not allowed at any time.

Q. No foreign substance shall be applied to any piece of equipment or uniform.

R. Any violation of any equipment rule can result in forfeiture, suspension, expulsion.

### **BLOCKING AND TACKLING RESTRICTIONS**

The National Federation rulebooks contain extremely strong language on blocking and tackling. It is the responsibility of every EBYFC coach to be fully informed of, and abide by, all such rules of the governing body (National Federation) and to review same every year. In addition to other specific prohibitions in the National Federation rulebooks, no butt blocking, chop blocking, face tackling or spearing techniques shall be permitted. If such techniques or any other forbidden by the National Federation rulebooks are taught by coaches, said coaches shall be dismissed from the program, upon being found guilty following a hearing.

## **GAME LENGTH**

23. LENGTH OF PERIODS: The maximum length of periods for all divisions is 10 minutes.
24. INTERMISSION LENGTH: Between 1st & 2nd; 3rd & 4th quarters = 2 minutes  
Halftime 12 minutes plus 3 minutes for warm up time.
25. TIMECLOCK: The referee shall decide where the clock will be kept if the field is not equipped with a scoreboard timing device. In any event, the referee has final authority to have the clock kept on the field if, in his/her judgment, the home management's clock operator is not qualified.
26. TIME OUTS: A team shall be permitted no more time-outs than are permitted by the rules of the current National Federation of State High School Associations.
27. INELIGIBLE PARTICIPANTS
- A. Any team found to have played an uncertified participant, or ineligible participant (ineligible as per the guidelines set forth in the EBYFC Rulebook) will forfeit all games that said participant played in. Said player will be immediately removed from that squad. A forfeit is automatic, despite the absence of knowledge on any ones part.
- B. There are four (4) unequivocal definitions of an ineligible player, from which there are no appeals:
1. Overweight or underweight
  2. Overage or underage
  3. Falsification of data concerning any of the above.
  4. Participation on a school tackle football/cheer team or any other non-affiliated football/cheer program and the EBYFC in the same season.

## **SCORING VALUES**

- Touchdown 6 points  
Point after TD by run or pass 1 point  
Point after TD by kick 2 points  
Safety (awarded to opponent) 2 points  
Field Goal 3 points

## **EXCESSIVE SCORING**

- A. Once a team has scored a thirty (30) point margin in a game, no participant may play in his/her normal position who started the game. A participant may not play in their normal position until the thirty (30) point margin is reduced.
- B. Starters are allowed to return on Special Teams.
- C. Once a team has scored a thirty (30) point margin, the game will go to an automatic running clock immediately after the second (2nd) half begins. Once a running clock has been started, the clock continues to run even if the score spread decreases to less than thirty (30) points.
- D. All games ending with a thirty (30) point spread or more must have an Excessive Scoring Form completed. Both the winning Head Coach and the losing Head Coach must complete this form. This form must be completed independently and received by the EBYFC Administrator prior to six (6:00 PM) Monday following the game.

- E. Any reporting of violations of the Excessive Scoring Rule will be reviewed by the EBYFC Rules Committee and escalated to the EBYFC Presidents if deemed necessary.
- The Head Coach for any team found to be violating the integrity of excessive scoring rule will be subject to review and possible suspension.
  - If the winning team is found to violating the rule: The team will forfeit that particular game. Upon the second (2nd) offense, the game is forfeited, and the Head Coach could be dismissed from coaching.

### **FILMING AND COMMUNICATION EQUIPMENT**

- A. **No filming from the sidelines or end zones with video cameras is allowed at any sanctioned EBYFC event (Jamboree and Games).** All filming must be done from the grandstand or press-box area. No cameras of any type are allowed in the end zone, sideline or bench area. Each city may designate one photographer to be on their respective sidelines to photograph ONLY. The photographer must stay in between the 25 yard line and the goal line. No photographing in the end zone or coaches' box is allowed. The designated photographer must stay on that City's sideline only unless commissioned by both teams, but still must stay within the designated area on either side. **Organizations found in violation will be subject to discipline (forfeiture of games, suspensions, and loss of post-season play)**
- B. **No aerial photography.** Filming of any game/scrimmage/Jamboree with use of a Drone is strictly prohibited. **Organizations found in violation will be subject to discipline (forfeiture of games, suspensions, and loss of post-season play)**
- C. Headphones, cell phones, walkie-talkies and communication equipment are not allowed during EBYFC games.

### **SCOUTING**

- A. No team is to be scouted while engaged in intra-squad activities (practice). This includes cheerleading squads.
- B. No member of any Official's (referee) City may act as a scout or Head Coach for any team in this conference, if said City is supplying Officials (referees) for teams in this Conference.
- C. Scouting of a game (scouting not allowed at practices) must be done from the bleacher or grandstand area. No end-zone scouting is allowed. Filming of a game for scouting purposes will be allowed.
- D. The exchange of game films between organizations is allowed.
- E. The penalty for the violation of the scouting rule is as follows: The Head Coach may face a suspension and games subject to forfeit.

### **TAXI OR RESERVE SQUADS**

No team is permitted to run a "taxi" or "reserve" squads.

## **TIE GAMES**

No EBYFC game shall end in a tie. The following procedure will be used to break all ties.

A. Each team will receive one (1) time out per overtime period. An overtime period is made up of three (3) overtime sessions. Time outs from regulation play will be carried over; also time outs from overtime periods are carried over.

B. Each overtime period will begin with a coin toss to determine position; the order of possession will remain the same for the entire period.

C. The tie will be considered broken if after any one (1) session either team is ahead.

D. All normal playing rules shall apply.

- Session 1: Each team will have 4 plays from the 10 yard line to score. If either team scores they will have an opportunity to attempt a PAT, even if they scored on the 4th play.
- Session 2: If the tie has not been broken; Session 2 will be an exact repeat of Session 1.
- Session 3: Each team will have 4 plays from the 40 yard line. If neither team scores the team with the most net yardage for this session will be declared the winner. Both teams must run all 4 plays unless a touchdown is scored prior to the 4th play run.
- If the tie is still not broken at the end of the third overtime period the procedure will repeat itself until a winner can be declared.
- NOTE: The offensive team must retain possession of the ball or its Session is over.
- NOTE: In Session 3, if Team "A" runs it's 4 plays, Team "B" takes over, if Team "B" loses possession of the ball Team "A" is the winner regardless of the net yardage figures.

## **TIES IN LEAGUE STANDINGS**

Ties in the league standings will be broken by lottery draw, only after head to head is considered. The lottery system will be used to fill one position at a time, no matter how many teams are tied. When three or more teams are tied for a single position and a dominant team (one having played and beaten the others) cannot be determined, the EBYFC will go to the lottery system to determine only one position, this being the team having the lowest lottery number. To fill the next available position, teams still tied will be looked at to see if a dominant team can be found by head to head. If a dominant team cannot be found, then the lottery system will once again be used to fill the next position. This method will continue to be used until all seeding positions are filled or until all tied teams have been seeded.

## **GAMES RESULTS AND REPORTING**

The home team shall e-mail the scores of the game to the EBYFC Administrator no later than 6:00 PM on the immediate Sunday following the game or after the completion of the games.

## **PARTICIPANT/COACH EJECTION**

- A. If for any reason, a participant/coach is ejected from a game, he/she shall be suspended from playing in the next scheduled game, including all practices leading up to that game. ***"Recognizing that the Mighty Mite program's focus is primarily instructional and is the introduction to our conference for our youngest participants, Mighty Mite Coaches will be held to a higher standard. Any Mighty Mite coach ejected from a game will be suspended for the remainder of the season".***
- B. If a participant or coach is ejected a second (2nd) time during the season, he/she shall be suspended for the remainder of the season.
- C. If a second (2nd) incident happens in the same game, where an additional participant or participants are ejected, the Head Coach will be suspended from the next week's practice and game.
- D. If a participant is allowed to participate in the next week's game, after being suspended for one (1) game due to ejection, the team he/she is affiliated with will forfeit that game.
- E. Notification of a participant ejection shall be made by both Head Coaches playing that day to the EBYFC Administrator by six (6:00 PM) on the following Monday after the incident.

## **FORFEITS**

- A. If either team fails to be ready to play the game within one half hour (30 minutes) after the scheduled kick off time, that team shall forfeit the game. The only exception is if the participant card/weight book is missing. In this case, the team will have fifteen (15) minutes prior to scheduled game time to present the book or the game will be forfeited. In addition, the Head Coach could be suspended or expelled.
- B. If a team fails to complete a game, it will be declared a forfeit.
- C. If a team refuses to play, fails to show, or is unable to play, the game shall be declared a forfeit and the team suspended pending investigation by the EBYFC
- D. A game delayed for one half hour (30 minutes) or more due to lack of medical personnel shall be a forfeit.
- E. Teams with a game day roster (participants making weight, eligible and suited for play) of less than fifteen (15) participants may forfeit the game.

## **FAILURE TO SHOW UP FOR A GAME**

Any team failing to show up for a game at the appointed time, barring a natural disaster of nature, with the minimum amount of required participants, may be eliminated from any EBYFC Championship, may be suspended for the balance of the season.

Any EBYFC Organization unable to field a team for a game in which they are the visitor will pay the host city (home team) a \$250 fine per game/division that is not played regardless of the amount of notice given to the host city.

Any EBYFC Organization unable to field a team for a game in which they are the host (Home) will be responsible for ensuring spectators are not charged a gate fee for that given game. Any fees paid must be reimbursed.

Any EBYFC Organization knowing they will not field a specific division for a week's games must notify the opposing City President no later than 7:00 PM on the Thursday prior to the weekend's games.

## SPECIAL MIGHTY MITE RULES

- A. EJECTION OF ANY MIGHTY MITE COACH FROM A GAME WILL RESULT IN EXPULSION FOR REMAINDER OF SEASON AND UP TO ONE CALENDAR YEAR FROM THE EBYFC**
- B. Minimum Plays will be based on the number of eligible players on Game Day roster as outlined in MANDATORY PLAYS, Section E of rulebook
- C. Games will follow a modified format from other divisions
1. 4 (Four) 10-minute Quarters with a traditional Game-Clock (starts and stops per rules)
  2. Half-time consisting of 12 minute break and 3 minutes for warm up (15 minutes total)
  3. Each team allowed 3 Time-Outs per Half
  4. Teams are allowed a Maximum of 2 Coaches on the field at any time, and are required to have a minimum of 1 coach on their sideline at all times; failure to do so will result in stoppage and/or forfeiture of game
  5. Defensive Coaches must be a minimum of 10 Yard behind the most deepest defensive player; Offensive coaches must be 5 Yards behind the deepest offensive player; failure to do so will result in False Start/Encroachment penalty and be assessed a 5-Yard Penalty
  6. Captains will be called to the 50-Yard Line for Coin Toss prior to start of game
  7. No Special Teams (Punt, Kickoff, Kickoff Return)
  8. Teams will take possession of ball at their own **40** Yard Line at start of game, 2<sup>nd</sup> Half and after touchdowns; no Kickoffs or Punting will be allowed
  9. Objective is for the Offense to Convert 1<sup>st</sup> Downs or Score Touchdowns
    - i. If the Offense does not move the ball 10 yards within 4 downs the ball is turned over and the opposing team takes possession at the spot of failed conversion
  10. P.A.T. attempts will be allowed during Regular and Post-Season Play
    - i. Offense will be allowed 1 un-timed play from the 3 Yard line after a Touchdown
    - ii. All forms of P.A.T. plays will only be valued at **1** Point
  11. Defensive Stunts ("Blitzing") are NOT allowed
    - i. **Infraction of the "no stunt" rule will result in a 5-Yard penalty**
    - ii. **If a coach continues to stunt a 15 yard penalty shall be called on the sideline**
    - iii. **Multiple "Stunting" infractions will result in the ejection of the Head Coach**
  12. Defensive turnovers can occur on fumble recovery or pass interception
    - i. Defensive turnovers to be played through until player is tackled or determined to be "downed" by the officials
    - ii. The team's Offense takes possession at the spot of the downed Defensive player following the turnover
  13. Score can be kept on the scoreboard but will not count or be reflected in league standings
  14. Scores will count during Post-Season only
  15. Post-season tournament structure to be determined by City Presidents before start of season depending on the level of participation for EBYFC cities.



# CHEERLEADING RULES & GUIDELINES

## 1. CHEERLEADING COORDINATOR

Each City shall have a Cheerleading Coordinator to whom all Cheerleading Coaches and volunteers report to.

## 2. COACHING CERTIFICATION

- A. All cheer coaches must have valid first aid/CPR card, passed a background check and are certified with NYSCA.
- B. Cheer Director and coaches shall be issued an appropriate badge by their City, indicating their role and squad. Only badged coaches and coordinators are allowed on the field.

## 3. PARTICIPANT AGES

- A. The age of any participant as of August 1<sup>st</sup> will be considered the qualifying age for the entire season, regardless of whether or not the cheerleader has a birthday during the course of the season or any time after August 1<sup>st</sup>.
- B. Age Chart:

| <u>Division</u> | <u>Basic Age</u>  |
|-----------------|-------------------|
| Mighty Mite     | 5 – 8 years old   |
| Jr. Pee Wee     | 8 – 10 years old  |
| Pee Wee         | 9 – 11 years old  |
| Jr. Varsity     | 10 – 12 years old |
| Varsity         | 11 – 14 years old |

- C. You may move participants to the next available level, if there are too few participants to have a squad (i.e. if a Mighty Mite signs up, but there is not enough for a Mighty Mite team, the participant may move up to Jr. Pee Wee squad).

## 4. ROSTER SIZE

- A. There is no size limit of a squad at each division, however, there should be at least one (1) Adult coach per ten (10) participants.

## 5. DRESS CODE FOR GAMES, PRACTICES AND COMPETITIONS:

- A. Game uniforms are required for all official games.
- B. Artificial nails of any kind are not allowed at any time. Natural nails must not present a safety hazard.
- C. Jewelry of any kind is not allowed at any time. Taping down jewelry/body art is not allowed.
- D. Hair clips, beads, metal or plastic hair accessories cannot be worn. Only rubber bands and ribbons are allowed.
- E. If violations of the above rules are noted, please bring to the attention of the coach/cheer director. In addition, a note of violations is to be stated on the player card next to the City stamp/signature during check-in.

## 6. SQUAD CONDUCT

- A. Squads are required to attend, participate and support all football teams at regular and post-season games.
- B. All squads should be respectful and show good sportsmanship. All music and cheers should be in good taste and not derogatory in nature.

## **7. GAME TIME PERFORMANCE**

- A. One hello cheer is to be performed at each game, at agreed upon time. The home teams are to go to opposing side and perform and then invite the opposing squad to perform on the other side.
- B. Half-time performances are to be done at each game. Visitors perform first, then the home team. Maximum time limit is five (5) minutes. Any type of performance that conforms to JAMZ or USA rules is acceptable.
- C. The only participants allowed on the sidelines cheering during any game are certified cheerleaders.

## **8. GAME ATTENDANCE CHECK IN**

- A. Game check-in must be done by all teams prior to cheering at any game.
- B. Check-in is to be done by the opposing coach, board member or designated person one half (1/2) hour prior to scheduled game time. Usually done under the score-board.
- C. If there is no squad at a certain level, check-in will be done by a cheer coordinator, cheer coach, board member or designated person, per sections 8A & 8B, above.
- D. If team is checking in after a game starts, they will need to find the opposing coordinator or coach to check in prior to beginning to cheer.
- E. All participant cards for cheerleaders present shall be stamped with the organization's designated stamp. If a participant is absent, the reason for the absence must be indicated on the Participant Identification Card and initialed by the opposing squad's head coach.
- F. A participant arriving after check-in will sit out the first eligible quarter. The Participants Identification Card must be stamped by opposing head coach prior to participation.

All rules not explicitly detailed in this document are the sole discretion of the individual Cities of the East Bay Youth Football and Cheer association.

## **9. CAMPS**

- A. **MANDATORY CAMPS:** No EBYFC Organization/city or personnel associated within shall require or mandate that a EBYFC spirit squad, in part or in whole, with or without coach(s) spirit camp. There shall be no exceptions. However, a EBYFC spirit team/squad, in part or in whole MAY attend a camp if they so choose to, providing the following conditions are met: (A) Coach or other team-affiliated personnel does not make it MANDATORY; (B) All participants must have insurance coverage.
- B. **EBYFC:** Participant camps are left to the discretion of the participant between December 31<sup>st</sup> and start of season except for EBYFC sanctioned camp.
- C. **PRE SEASON CAMPS:** For liability purposes, no participant/teams can register or participate in a skills camp, during the times specified in Article X (2), while affiliated with East Bay Youth Football & Cheer Association.
- D. **IN SEASON CAMPS:** EBYFC Organization teams may not attend outside camps between July 26th and December 31<sup>st</sup> without the express written consent of the EBYFC.