

Jefferson County Youth Football & Cheerleading League Rules



Adopted by the JCYFCL Board

Jefferson County Youth Football & Cheerleading League Rules

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1 ORGANIZATION OVERVIEW

1.1 Purpose

The Jefferson County Youth Football & Cheerleading League (JCYFCL or League) provides an organized football and cheerleading program for the youth of Jefferson County and surrounding jurisdictions. The League shall maintain a properly supervised football and cheerleading program for youths aged 6 through 12. The following goals are created in order of priority:

- To create a safe learning environment.
- To see that ALL children have fun while participating through games, practices, or any events.
- To teach the fundamentals of football and cheerleading with an emphasis on good sportsmanship.
- To see that every child who participates in our program is coached well and shows improvement.

1.2 Organization

The League is governed by Coaches, Board members, and various Committees. The League is led by a Board of Directors that is made up of elected positions including the League President, League Vice President, League Secretary, League Treasurer, Player Agent, Varsity Football Head Coach from each team, Cheerleading Head Coach from each team, Pee Wee director, and Cheerleading director. The League rules are established by the Rules Committee. The Board governs the administration of the League rules. The Board also establishes and collects fees from the League registrations and fundraisers necessary to meet expenses and maintain a stable financial position. One of those expenses includes the medical insurance for each player/cheerleader.

1.3 Overview

Youth football players and cheerleaders are organized into teams in accordance with League rules. Team placement is based upon an age matrix. Teams compete during the regular season based upon a League managed schedule. At the end of the regular season teams compete in playoffs to determine a champion team in each of the age class levels.

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2 LEAGUE STRUCTURE & MANAGEMENT

2.1 JCYFCL Board

The JCYFCL Board is comprised of elected officials. This group is responsible for establishing, overseeing, and enforcing League policies and rules. The Board shall have and exercise the authority of the League between meetings in the best interest of the League. This authority shall include the interpretation and enforcement of the League rules and policies, the imposing of penalties for rule infractions, and other incidental matters not requiring full League involvement. The Board shall report any and all actions under the provisions of this authority at the next regularly scheduled meeting of the League. Each duly elected Board member shall have one vote on matters brought before the Board.

2.1.1 *Team Representation*

The Board and Coaches shall appoint a football President and as many Vice Presidents as required to direct the JCYFCL program. Only the President, his/her designated representative, Coaches, and remaining members of the Board shall vote on matters placed before the Board.

2.1.2 *Voting Privileges*

Each team shall have only one vote on matters brought before the Board. The Head Coach or his/her designated representative will cast the vote. In the event of a tie vote, the League President shall cast the tie breaking vote.

2.2 Committees

As needs arise, the League President or designate shall appoint Committees comprised of Coaches, Board members and chaired by either a Coach or a member of the Board. Standing Committees, including the Rules Committee, maintain a permanent status. Other committees remain in effect until their task is complete but not longer than 12 months from inception. Each Committee shall report progress and status to the Board at each regular Board meeting.

2.3 Meetings

Board meetings are held at regular intervals. (Typically, the 2nd Saturday of each month, unless otherwise scheduled by the Board). Attendance by each Team's representative is mandatory. If the League President cannot attend, an appointed second shall attend on the League's behalf. Special meetings shall be called by any member of the Board should the need arise.

2.4 Finance

The Board shall establish a yearly budget based upon anticipated expenses and revenues. Based upon this budget, the amount of yearly registration fees to cover League expenses shall be developed and presented to the League President.

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2.5 Scheduling

Schedules will be prepared by the Board. All schedules will be prepared in accordance with the criteria set out in these Rules.

2.6 Conduct

The League's integrity and stature is dependent on all of its members upholding the highest level of character and decency. As such, any Board member determined to be acting contrary to the ideals' of the League may be sanctioned. Such sanctions may include reprimands or expulsions from the Board as determined by the Board. Appeals may be directed to the League's President within 48 hours of notification by the Board. Final appeals of the President's appeal rulings may be directed to the full Board if submitted in writing within 48 hours of the ruling. If any board member misses two (2) consecutive league meetings without cause, they can be removed from the board.

2.7 Interface with County

The League operates in close alliance with the County of Jefferson, city of Ranson, Jefferson County School Board and surrounding jurisdictions. The Board shall maintain all official League correspondence with these jurisdictions.

2.8 Governing Rules

National Federation of State High School Associations (NFHS) Rules apply to all scheduled League games unless amended by these Official League Rules (see Appendix A for a consolidated list of JCYFCL unique rules.) Any questions not covered by the Official League Rules, official interpretation thereof, or any conflict not subject to protest shall be decided by the League's President in the best interests of the League.

2.9 Communication

The JCYFCL will use the JCYFCL website (<http://www.jcyfl.net>) for the placement of all forms and Official Rules, unless the document contains sensitive information.

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3 MEMBERSHIP RULES & REGULATIONS

3.1 Changes/Team Requirements

Any subsequent changes to the League Rules or structure shall be submitted to the League prior to implementation. Teams shall be required to enter all Players and Cheerleaders in all sponsored Teams in this League within the weight and age limits established within these rules.

3.2 Team Colors

Each Team shall maintain a consistent set of colors for its players. Team uniform colors of new team assignments as well as existing teams wishing to change their colors must be submitted in writing and approved by the Board prior to purchase and use.

3.3 Registrations/Tryouts/Draft

League registrations for Players and Cheerleaders shall be open to all applicants meeting League eligibility requirements. The League shall promote registrations for all eligible player and cheerleader ages (6 through 12). Registration will be held open until a specified date provided by the Board. The final day of registration will be the last date designated by the Board, and registration of all players will be closed by the date of the draft. Typically, these dates are final prior to August 1st. All player registrations must be received by the designated dates. Tryouts are held shortly after registration. The tryout provides an opportunity for the players and cheerleaders to demonstrate his/her ability, and for coaches to evaluate the incoming draft members. All Players and Cheerleaders will be placed, by the draft, on teams depending on age (Pee-Wee through Varsity). At registration, all youths must pay a registration fee which is determined each year by the Board. After the final draft, the Board shall make a decision on an extended registration.

3.3.1 Draft Lists

The Board will provide a written cumulative draft list tallying all participating players and cheerleaders eligible for selection by age group.

Draftees NOT attending the try-out dates will be placed at the end of the draft and be selected from a blind draw.

3.3.2 Order of Draft

Newly formed teams (expansion teams) will receive the top three selections in the 'open round' of the draft and will then pick last in the open round pick. The 'open round' selection(s) can be made from any age group. The expansion team will flip a coin to see which team selects first. The expansion team will then select, alternating turns until the three selections are made. Each of the remaining teams and the new teams in the League will then have 'open round' picks, equal to the total number of teams.

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Each team will follow a first round order selection starting with the lowest age group (6 year olds). The order of selection is dictated by the previous year's Varsity teams' final standings:

Previous Year Standings	Draft Choice per Round/Age Group
Fifth Place	First Draft Choice
Fourth Place	Second Draft Choice
Third Place	Third Draft Choice
Second Place	Fourth Draft Choice
First Place	Fifth Draft Choice
Expansion Team	Sixth Draft Choice

Table 1: Draft Choice Table

Note: In the case of a tie from the previous year standings, the total outcome of the team's performance will determine the order. The outcome is governed as follows:

1. Overall Record
2. Head to Head Record
3. Head to Head Points
4. Record vs. Common Opponent
5. Points Scored vs. Common Opponent

If all of these are equal, then the result will be decided by a coin toss.

Each team (both returning and expansion team) gets one choice per round (age group). The starting age group will be the 6 year olds, and will commence through the other age groups for each team. This process continues until the pool of draftees is exhausted.

Each team must select a player in each round unless their team has met its max number of players (number to be designated by the League President at the beginning of the draft).

3.4 Eligibility

Only youths between the ages of 6 and 12 years are eligible to participate in the League. All participants shall play in the age level for which they are eligible. There shall be no waivers. Any youth who participated in the program the previous year will be automatically placed on the same JCYFCL team. No incoming player into the League will be automatically placed on any team unless they meet Coaches Child or player Sibling guidelines:

3.4.1 Age

For purpose of eligibility in the various Age Levels, a Player's or Cheerleader's age on September 1 of the current year will determine his/her participation age. Example: Any youth who becomes 10 years old on or before September 1 will participate as a 10 year old. Any youth who becomes 10 at any time after September 1st of the current year will participate as a 9 year old.

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3.4.2 Sibling Team Placement

The League shall support the placement of siblings (brothers and sisters) on the same team. The Player's or Cheerleader's primary place of residence, as recognized by the school in attendance, shall establish eligibility for a player or cheerleader to play on a specific team that a sibling plays. Also, in the course of player draft, a team picking one of a set of siblings in the draft will automatically pickup all other siblings of the selected youth. The additional sibling(s) will count as the next succeeding draft choice(s) for their age group.

3.4.3 Coaches Child/Team Placement

The Team Coaches who have children playing in the JCYFCL will place their child on the team that they coach including step-children. The placement of these children, if considered new football players, will replace a team's draft pick(s) in the child's age group. Existing Coaches switching teams, however, their child(ren) must remain with their original team unless the player agent authorizes the transfer with appropriate compensation for the losing team. The Team Coaching Roster is frozen at the end of each season.

3.4.4 Weight

Players shall play in the appropriate age level and position based upon the maximum age and weight noted in the JCYFCL Age/Weight Level Matrix below. The League does not endorse or encourage Players to lose weight to play a particular position. Any football player that exceeds the ball carrying weight for his/her age group, and has an 'X' on their helmet, cannot participate or line up as a quarterback, running back, fullback, halfback, or receiver. If the player's weight dictates that he/she wears an 'X' on their helmet, then they must line-up on the line of scrimmage. A defensive player with an 'X' on their helmet cannot lineup more than one (1) yard outside the tight end. A 'muddle huddle' is legal but must consist of at least two (2) offensive lineman, the defense can adjust its formation to compensate. Failure to wear the helmet markings will be cause for Head Coach ejection from the game.

Age (Team Designation)	6-7 (Pee Wee)	8-9 (JV)	10-12 (Varsity)
Ball Handling Allowed Weight	≤ 70 lbs	≤ 95 lbs	≤ 125 lbs

Table 2: JCYFL Age/Weight Level Matrix

Players may be moved up to the next level of play depending on weight and the player maturity. The discretion of the Parents, Board, Player Agent, and Coaching Staff will decide such moves. The League allows for 10 year olds to be designated as a pivotal age, unless the player is 140 pounds or more. With coordination between the League, Head Coaches, and parents, 10 year olds can play at the JV or Varsity level. If designated to play at the Varsity or JV level, the player will remain with that level of competition once the season begins. The only way the player can change levels is through board approval.

League President is responsible to verify ages and weights of all Players at registration and again at the official JCYFCL Weigh-In (typically two weeks prior to the start of regular season).

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3.5 Physical Examinations

The JCYFCL Board recommends that all players and cheerleaders be given a physical examination by his/her personal physician before participating in football/cheerleading practice and/or games. No player or cheerleader shall be allowed to participate in the JCYFCL if non-play is recommended by a physician. It is the responsibility of parents and each respective organization to determine and monitor the health of individual players and cheerleaders on a continuing basis.

3.6 Physician's Release Form

Any Player or Cheerleader with an injury requiring a cast or other such brace must provide a Physician's Release Form prior to any involvement in practices or game participation. A copy of the form is provided in the Appendices.

3.7 Dual League/Middle School Participation

No youth who is either a member or who is trying out for a middle school football or cheerleading squad may participate in League play. However, if the player or cheerleader opts not to participate in middle school ball, they may join the JCYFCL up to the League registration end date.

3.8 Player/Organization Movement

Any participant may participate with only one team. The age designation for each team (Pee-Wee, JV, or Varsity) dictates which team the player or cheerleader is eligible to participate. Once assigned to either of the Pee-Wee, JV, or Varsity squads, the football player may not move to another level without explicit written request through the Board. No player or cheerleader may change JCYFCL teams from one year to the next without written request and approval through the Board. No trades will be made after 'opening day'. All changes are subject to approval by three members of the Board and managed by the 'Player Agent'.

3.8.1 Player Departures

Any player or cheerleader leaving the League for any reason other than medical will be allowed back into the League at the discretion of the Coaches, Player Agent, and Board. If negotiations between the League and player/cheerleader are not made during the season in which the differences occurred, the player/cheerleader will return to his/her original team the following season. The player/cheerleader also has the option to sit out for one year, and return to the draft upon his/her return.

Any player/cheerleader who leaves for the season due to medical reasons will not participate in the draft, but will remain with his/her original team. The head coaches are responsible for ensuring that the equipment/uniform is returned by players/cheerleaders that decide to leave or at the end of the season.

3.9 Conduct

The conduct of each team's players, coaches, cheerleaders, and spectators is the responsibility of that team. Each Coach, Parent, Cheerleader and Player shall complete the JCYFCL Code of Conduct prior to

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the regular season. Systems shall be established and maintained by each team to identify and communicate the acceptable conduct of its members and guests as well as an enforcement plan to assure proper conduct. Dealing with misconduct, the League retains the right to impose additional sanctions as it deems appropriate in the best interest of the League. Failure to appropriately maintain proper conduct or react to unacceptable conduct will be considered a breach of membership and subject to sanctions of the team by the Board. All coaches will be chosen or approved on a yearly basis by methods determined by the Board.

3.1 Documentation

Each Team shall provide and/or update organizational information documentation required by the League by September 1st of each calendar year.

Documentation shall be signed by the League President and, where appropriate, the ranking official of the board.

Documents shall include but not be limited to:

- Team Roster of Players and Coaches
- Coaches Phone Numbers
- Code of Conduct

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4 WEIGH IN POLICIES

4.1 Purpose

The League maintains standard Weigh-in policies and procedures to document the eligibility of all Football Players, to determine the Player's Official Weight, and to assure they are properly placed within the Age/Weight Level Matrix described previously. These procedures are mandatory for all Players.

4.2 Registration Procedure

Each player/cheerleader shall present proper registration as described in previous sections in person at one of the registration times and places prescribed by the League. At that time, if all paperwork is complete and all fees paid, the League will weigh the football players to determine their playing weight for that season. Based upon the player's football age and official weight, the League will authorize the player to participate with a particular team (depending on draft) in a particular age level. Such authorization is not transferable between age classes. Transfers between teams within an age level after the weigh-in procedure must be requested in writing to the Board for consideration and approval.

The registration form shall be signed by a parent/guardian, attesting that the information provided is true and accurate.

The official League weigh-in will be held at a date and time to be determined by the League at least two weeks prior to the start of the season. Date, time and places of the official weigh-in will be furnished to each team on or before the end of the 1st week of practice. Makeup weigh-in dates will be determined by the league if found appropriate.

During the weigh-in procedure players shall wear standard street attire. As a minimum players may wear gym shorts and a t-shirt.

4.3 Transferability

All players registered with one team become a member of that team's roster at the time of certification at the official weigh-in and cannot be transferred to another team during the football season and post-season.

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5 TEAM POLICIES

5.1 Conference Structure

The League is structured to establish various levels of competition based upon a player's age and weight. There are three age classes identified as Pee-Wee, 6-7 years old; Junior-Varsity, 8-9 years old; and Varsity, 10-12 years old. The League has established that the '10 year old' players may play either on the JV or Varsity squad. This decision is through the consultation of the head coach and parent's/player. The decision must be made prior to the opening game of the season. Once placed on either JV or Varsity, the player will remain on that squad throughout the remainder of the season.

Weight classes are designated for ball-handling purposes. The Pee-Wee weight limit for ball-handling is 70 pounds; Junior-Varsity, 95 Pounds; and Varsity, 125 Pounds. Players are weighed by a League executive prior to the start of the season. Players in excess of the ball-handling weight designation shall place a black 'X' marking (black electrical tape in 6" strips) on the top portion of the helmet. The Pee-Wee Instructional Group is one conference, divided into several teams, dependent on the number of players enrolled. For the sake of competition, the teams are broken up into established teams.

5.1.1 American Conference

The American Conference is made up of the Raiders, Rams, and Razorbacks.

5.1.2 National Conference

The National Conference is made up of the Bears, Hurricanes, and Spartans.

5.1.3 Conference Champions

The team with the best record within their conference will be the conference champion

5.1.4 League Champion

The two (2) teams with the best records, regardless of conference, will play for the JCYFCL Championship.

5.2 Team Size

Team size shall be limited to a maximum number of players and a minimum number of players. The total number of registered players will dictate the team sizes. It is recommended that in order to comply with the JCYFCL player participation policy that every effort is made to insure that team rosters are sufficient to accommodate the policy.

5.3 Player Selection & Placement

The JCYFCL will govern a yearly draft whereby each team shall select players in accordance with the League policy, making for an equitable draft. (See section 3.3)

The draft process shall be established to assure a balance of talent and abilities between the teams.

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A copy of the League's official written drafting rules shall be approved by JCYFCL and maintained on file with the League.

After registration, each player will be issued a helmet, shoulder pads, pants (with pads), and a team jersey. Mouthpieces are also made available through the League for a small fee. Players are responsible for only the purchase of football shoes/cleats and game pants. Cheerleaders will be provided uniforms and pom-poms by the League.

5.4 Coaching Experience

The JCYFCL shall strive to provide a qualified, well trained coaching staff for each team it sponsors in the League. Each team is allowed 7 coaches (1 Head Coach and 6 assistants. The Varsity Head Coach will determine the Coaching Staff at each level provided they have been approved by the Board. The PeeThe Varsity Head Coach shall submit the names of all Assistant Coaches to the Board at the end of the season and the roster is locked until after the draft. Each Coach must fill out the 'Coaches Form' prior to the start of the regular season. Each 'Form' will be reviewed and approved/disapproved by the Board. Coaching passes will be distributed prior to the season opening game, and must be worn to each game. If the Coach does not come to the game with his/her pass, the gate fee must be charged.

5.4.1 Head Coach

The League shall designate a qualified Head Coach for each Team it fields. The Head Coach will designate his respective Coaching Staff. The designated Head Coach of each Team shall be responsible and accountable to the Team and the League for that Team's actions and conduct throughout the preseason, regular season, and post season activities. The head football coach, or designated representative, of each age group, both football and cheerleader, must be first aid and CPR certified.

5.4.2 Age

It is required that the head coach be 21 years of age or older before August 1st of the season.

5.4.3 Assistant Coaches

Each Head Coach shall establish a group of assistant coaches to aid in the training and control of the team. Assistant coaches shall be 18 years of age or older before August 1st of the season. The Head Coach is responsible to assure each assistant is qualified and understands all League rules and regulations. Only the 'approved' assistant coaches may accompany the Head Coach in the coaches' box during a game as noted in the game section below.

5.5 Recruitment

No Head Coach, assistant coach, team parent, or any other team official shall contact, recruit or otherwise solicit players from another team. Evidence of such actions will be considered a breach of these rules and subject to significant sanctions by the League.

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5.6 Team Rosters

Rosters of all eligible players shall be established for each team. The format for weigh-in rosters, game rosters, and post season rosters will be distributed to the Coaching Staff prior to registrations.

5.7 Conduct

The conduct of each team's players, coaches, and spectators is the responsibility of the Head Coach and the team. Each Team shall identify and communicate acceptable conduct of its members and guests as well as an enforcement plan to assure proper conduct. Failure to appropriately maintain proper conduct or react to unacceptable conduct will be considered a breach of these rules and subject to sanctions by the League.

All Head Coaches and assistant coaches shall read, understand, and sign a copy of the "JEFFERSON COUNTY YOUTH FOOTBALL & CHEERLEADING LEAGUE CODE OF CONDUCT" forms available in the Appendix. The completed forms for each team shall be submitted to the League through the Head Coach along with the team roster at the first official weigh-in.

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6 PLAYER POLICIES

6.1 Conduct

The conduct of each Player is the responsibility of the Head Coach and the team. Systems shall be established and maintained by each team to identify and communicate acceptable conduct of its players as well as an enforcement plan to assure proper conduct. Failure to appropriately maintain proper conduct or react to unacceptable conduct will be considered a breach of these rules and subject to sanctions by the League.

6.2 League Penalties

The integrity of the League and safety of the players on the field during practices and games rely on these player placement rules. Penalties for not following these rules will result in game forfeitures. Sanctions shall also be pursued against the team administrators, Head Coach, and Assistant Coaches of the team found supporting or allowing such activities.

6.2.1 Over/Under Age Player Participation

The penalty for any over or under age player's participating in League games, when discovered (whether protested or not) and verified through the Rules Committee will result in a minimum forfeiture of all games in which the illegal player participated and that player's suspension from any further League activities for the current season.

6.2.2 Over-Weight Player Participation

The penalty for a player who participates in a game and is determined by the League to be over the allowable weight for the allowable ball-handling weight (weight determined at official weigh-in, whether protested or not) and verified through the Rules Committee, will result as a minimum in forfeiture of that game in which the illegal player participated. Further, this player is not eligible for any future games with that team for the remainder of the season.

6.2.3 Ineligible Player Participation

The penalty for a Player who did not legally weigh-in with the League when discovered (whether protested or not) and verified through the Rules Committee, will result as a minimum in forfeiture of all games in which the illegal Player participated. Further, the Player and Coach must receive written approval to continue to play, from the Board.

6.2.4 Unauthorized Player Certification

The penalty for a youth who fraudulently weighs-in with forged or illegal documents, by having someone else weigh-in for them, or other fraudulent methods when discovered (whether protested or not) and verified through the Rules Committee, will result as a minimum in forfeiture of all games in which the illegal Player participated, plus the suspension of the Player and the Coach for the remainder of the season and potential future seasons.

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6.2.5 Other Player Infractions

Penalties for other Player infraction not specifically noted here shall be determined by the Board and may include forfeiture of games, suspension of teams, and expulsion from the League by the Board.

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7 EQUIPMENT POLICIES

7.1 Equipment Standards

Equipment used by teams and players shall meet the standards National Federation of State High School Associations (NFHS) rules unless otherwise noted herein. Equipment shall be in good repair and properly fitted to each player.

7.2 Mandatory Player Equipment

All players and cheerleaders must be completely uniformed to be eligible to compete in League sanctioned games. If a player leaves the league, the Head Coach must ensure the player returns his/her equipment.

Cheerleaders shall wear appropriate attire to the games (see Dress Code)

Football Players mandatory equipment includes:

- Helmet (with approved face guard and chin strap)
- Tooth and Mouth Protector (intra-oral/fitted)
- Shoulder Pads
- Football Pants (with thigh pads & knee pads)
- Hip Pads and Tail Pad
- Jersey (with number front and back)
- NFHS numbering/position requirements need not be followed.
- Shoes - Shoes may be either, molded cleats, removable cleats, or sneakers.
- Athletic Supporter (with cup insert) and other personal protection devices are recommended.
- Proper footgear shall be worn at all times. A place kicker or punter may not elect to remove a shoe to kick the ball.
- Rib and/or back protection must be covered by the players jersey.

7.3 Optional Player Equipment

Additional football player equipment is allowed providing it meets the standards noted above and does not pose a threat or safety concern for the players or officials.

7.4 Illegal Player Equipment

No Player shall participate in any League practices or games with illegal equipment. This includes but is not limited to those items identified in the NFHS rules and anything deemed unsafe by the presiding officials.

Jefferson County Youth Football & Cheerleading League Rules

7.4.1 Hard Cast Rule

No athlete is permitted to participate in any League practice or game with a hard cast, splint, brace, or any other protective appliance except when padded and protected in accordance with NFHS rules. Any player wishing to practice or play with such a device must first gain permission from their team's head coach. The approval of the padding and the players' eligibility for a League game shall be determined by the game official. The player shall submit a signed written request to the player agent prior to the game. The request must include a physician's statement indicating the player is cleared to play. Copies of the request and physician's statement shall also be available for review by the opposing head coach and the field supervisor. A sample of a League approved 'Physician's Medical Release Form' is available in the Appendix. The head coaches are also responsible for providing the League with an injury report.

7.5 Game Uniforms

All teams are required to have one consistent, approved, uniform color combination scheme using their Team Colors at the beginning of each season. These uniforms shall be worn at all games.

Jersey numbers shall not be reassigned within a Team at any time during the season or play-off games.

No jersey shall be changed during the game unless deemed necessary by the Game Officials. In the event of such a jersey change both sidelines shall be notified.

7.6 Game Balls

Official game balls meeting League standards shall be furnished by the home team. The visiting team may elect to use its own ball when on offense providing it is an approved size and material and placing the ball in play will not unnecessarily delay the game.

7.6.1 Game Ball Size

Game balls shall meet the following size specifications based upon the Age/Level:

Age	Level	Football Size
6-7	Pee Wee	K2
8-9	JV	K2
10-12 (10 is pivotal)	Varsity	TDJ

Table 3: Game Ball Size Table

7.7 First Aid Kits

The League shall furnish each team First Aid Kits. The team is responsible for the maintenance and availability of the kits at all games and practices. The kits shall include, as a minimum, items to stem and control bleeding of minor cuts and abrasions.

Jefferson County Youth Football & Cheerleading League Rules

7.8 Emergency Plan

Each team shall prepare an emergency plan to deal with unexpected injuries, sickness, or other issues which may arise during practices and games. The Plan shall include as a minimum, information and medical releases for all Players and Coaches, emergency contact numbers for parents and/or guardians, methodology for contacting emergency services, and names and availability of emergency medical technicians (EMTs) at practice and game fields. Any Injury must be reported to be submitted to the League President.

7.9 Equipment Penalties

Penalties for the failure of Teams and/or Coaches to follow the equipment rules and regulations set forth herein shall include sanctioning of either the Coaches or the entire Team as the infraction dictates. Specific sanctions may include forfeiture of games, suspension of teams, and expulsion from the League by the Board.

Penalties for Players improperly equipped during a game may include warnings, unsportsmanlike conduct penalties, or ejection from the game as determined by the presiding official. An example of improper equipment includes the lack of a player wearing his/her mouthpiece. The game official will provide one warning for the first infraction of a player. Afterwards, the player/team will receive a 5 yard penalty.

Jefferson County Youth Football & Cheerleading League Rules

8 PRACTICE POLICIES

8.1 Commencement of Practice

No practice or Team meetings shall commence prior to the date established by the League each year. This rule applies to any organized team instruction, such as skill sessions, grass drills, group physical training, as well as blocking and tackling drills, running of plays, etc., but does not preclude individual activity by Players to get them into condition for the first day of team practice.

No physical contact will be allowed for any Player during their first six days of practice.

Only shoulder pads and helmets shall be worn by a Player during their first six days of practice.

The head coach is responsible for roll calls at the beginning of each practice.

8.2 Location of Practice

Each Team shall assign designated practice space. The practice areas shall be kept clean, safe, and in good repair. All practice locations for a team shall be identified to the Board prior to commencement of practice. No practices are allowed on Marcus Field. Any changes to a Team's practice locations shall be communicated to the Board prior to relocation.

The JCYFCL allows the use of lighted practice sites.

8.3 Duration & Frequency of Practices

Practices shall not exceed one 2 hour period per day, four days a week until school starts. Beginning with the first week of school the number of team practices or team meetings shall not exceed three per week excluding games for all weight groups. Two of the three practices will include the use of full pads, while the third practice will be held without pads (no contact of course).

8.4 Cancellations/Modified Practices

Safety of the players, coaches, and spectators is paramount. No practices shall be held if dangerous or hazardous conditions exist at the practice site. Such conditions may include, but are not limited to, extreme heat, storms, lightning, dangerous winds, soggy turf, and others. The League President and/or Coaches may elect to postpone or modify practice sessions to mitigate such conditions where possible. These may include temporary changes to scheduled times of practice, limiting contact and/or equipment during practice, increased water breaks, etc.

8.5 Safety

Coaches shall maintain effective communication tools to contact emergency services should the need arise.

Jefferson County Youth Football & Cheerleading League Rules

8.5.1 Equipment Safety

Coaches shall be responsible for routine inspection of practice facilities, field equipment, and Player equipment to assure safety and proper fit.

8.5.2 Player Safety

Coaches shall not leave a game or practice area until all Players have left the site.

8.6 Scrimmages

Scrimmages between teams of different age levels (i.e., JV vs. Varsity) are prohibited.

8.7 Use of Illicit Drugs, Tobacco, or Alcohol Products

There shall be no use of drugs, tobacco, or alcohol products at any JCYFCL practice field by any Head Coach, assistant coach, or any other Team official. The Head Coach is responsible for enforcing this rule. If any Coach or any Team official violates this rule and refuses to cooperate, he/she will be warned that continued failure to comply with this rule will result in disciplinary action by the Team or League. The League expects all participants and guests of the football programs to follow School Board and Park Authority regulations when using these facilities.

8.8 Taping/Recording of Practices

No coaches or team parents will video tape or observe another Team's practices before or during the regular season or at any time during the post-season. The practice of videotaping another Team's practices in order to gain an offensive or defensive advantage shall be considered detrimental and contrary to the best interest of the JCYFCL program. Any Player or member of the coaching staff involved with any of the aforementioned offenses will be suspended for the remainder of the season. Taping of the regular season and post-season games is permitted.

8.9 Conduct

The conduct of each Player during, before, and after practice sessions is the responsibility of the Head Coach and the coaching staff. Systems shall be established and maintained by each Team to identify and communicate acceptable conduct of its Players as well as an enforcement plan to assure proper conduct. Failure to appropriately maintain proper conduct or react to unacceptable conduct will be considered a breach of these rules and subject to sanctions by the League.

8.10 Penalties

Penalties for the failure of Teams and/or Coaches to follow the rules and regulations set forth herein shall include sanctioning of either the Coaches and/or Team as the infraction dictates. Specific sanctions may include forfeiture of games, suspension of teams, and expulsion from the League by the Board.

Jefferson County Youth Football & Cheerleading League Rules

9 GAME POLICIES

9.1 Governing Rules

National Federation of State High School Associations (NFHS) Rules apply to all scheduled League games unless amended by these official League Rules. Any questions not covered by the Official League Rules, official interpretation thereof, or any conflict not subject to protest shall be decided by the JCYFCL Board.

9.1.1 League Exceptions to NFHS Rules

- There shall be no restrictions as to jersey numbers by Player positions.
- Game Officials may assist the team captain with penalty options.

9.1.1.1 Scoring Rules:

The NFHS rules will be amended to provide for scoring of points after touchdowns as follows:

- Run or Pass 1 point
- Place Kick or Drop Kick 2 points

Team/Age Group	Quarter Length	Time Outs	OT Periods
Pee Wee	6 minutes	2 time outs per half	1
JV	8 minutes	2 time outs per half	1
Varsity	8 minutes	3 time outs per half	3

Table 4: Quarter Length and Timeouts

The game clock will be managed similar to the NFHS rules for all age groups.

The intermission at halftime will last 5 minutes, while timeouts will allow 1 minute.

If at the completion of a regulation game the score is tied, the game will be resolved by using the NFHS overtime procedures, except as follows:

- 1) Overtime initial team possession is decided by a coin toss.
- 2) The ball shall be placed on the 10 yard line at the start of each team's possession. Pee Wee overtime will be played from the 5 yard line.
- 3) The Referee and Field Supervisor may use discretion in end zone selection if conditions warrant or allow the Team's to decide according to NFHS rules.
- 4) All overtime periods shall be played at the same end of the field initially chosen, unless a change is warranted by the game Official.
- 5) There will be no additional coin tosses or intermissions during multiple overtime periods. Each succeeding overtime period shall alternate first team on offense.
- 6) Each team will receive one offensive series (4 downs), and one defensive series (4 downs)

Jefferson County Youth Football & Cheerleading League Rules

- 7) At the end of both team's offensive series, the winner is determined by the highest points scored.
- 8) If neither team has scored, then Pee Wee and JV games will end in a tie.
- 9) If Varsity teams are still tied after the initial overtime they will continue in this manner up to a maximum of three (3) rotations. If at the end of three rotations the game is tied the game is declared a tie.

Only commissioners, officials, players, chain crew, coaches and equipment managers of the participating teams will be allowed inside the barrier. Spectators shall not be allowed near the sidelines or end zones during games.

9.1.1.2 Kickoffs

The JCYFCL will have no kickoffs prior to offensive possession. A team's offensive possession will start at the 40 yard line at the start of the halves and after a score.

9.1.1.3 Punts (Varsity ONLY)

There will be no rush or downfield blocking until the ball is kicked to include the gunners. The receiving team can have a maximum of three (3) eligible players back to receive the punt. There may be NO fake punts. Kicking team may split out a maximum of two (2) gunners, one on each side of the line. Gunners CANNOT have an 'X' on their helmet. Receiving team MAY return the punt. NFHS rules for a fair catch apply to the kicking and receiving team.

9.1.1.4 Field Markings

Each game field shall be marked in accordance with NFHS guidelines. Lines in accordance with NFHS rules shall be provided at five yard intervals. Yard markers shall be provided to designate the lines, at a minimum ten yard interval. Markers shall be set back two yards from the sideline.

Goal lines shall be identified with NFHS approved pylons at the intersection of the goal line and sidelines (minimum of eight pylons per field). Additional pylons, if available, shall be placed according to NFHS rules.

9.1.1.5 Field Equipment

Goal posts shall be provided at each end of the field. The goal posts shall be kept in good repair and at the NFHS dimensions. The posts and any other unyielding devices at or near the playing field shall be protected with appropriate padding.

Scoreboards and posted clocks shall only be used with the approval of the field official. In all cases, Coaches, players, and fans shall be advised that the official time is kept on the field.

9.1.1.6 Chain Crew

The coaching staff of the visiting team shall coordinate chain crew assignments for each game with the teams involved and deliver them to the officials. The visiting team shall provide three (3) responsible people, acceptable to the game officials, to operate the 10 yard markers and the down marker. At their option, the visiting team may elect to provide one of the members of this group. These individuals become an extension of the officiating crew and shall devote their full

Jefferson County Youth Football & Cheerleading League Rules

attention to the game. As noted in other sections of these rules, smoking, cameras, cell phones, and other communication devices are not allowed on the sidelines.

One Coach is allowed on the field with his team during a called timeout.

For Pee-Wee and JV games, one Coach is permitted on the field to assist the team during play. The Coach on the field can direct (verbally) a player to a position, but may not physically move the player to their position.

A team will not be charged a timeout for a disputed call in question unless abused.

9.2 Officials

Scheduled League games will be officiated by a recognized Football Officials Association assigned by the League. It is the responsibility of the Board to arrange for a minimum of two licensed officials for each game and provide each a copy of the JCYFCL Rules.

9.3 Game Procedures & Regulations

The Head Coach shall be responsible to organize and maintain control of their team and fans prior to, during, and after all games. The following procedures and regulations shall be followed by all teams during League sanctioned games and events:

9.3.1 Team Responsibilities Prior to Games

Each Team shall arrive at the appropriate field for all scheduled games at least 30 minutes prior to official game time.

All players shall be in uniform and warmed up when captains are called to the field prior to the game start or kick-off.

Teams shall not enter the playing field until directed by the Officials.

Teams arriving late shall be given a 15 minute grace period from the scheduled game start time to enter the game field and be ready for play.

Teams arriving after the grace period shall forfeit the game and be subject to League penalties.

Games shall not start earlier than 15 minutes before the official scheduled start time.

Teams are required to have eleven eligible and rostered Players on the field at the game kick-off. The game may proceed afterward with a minimum of nine Players if necessary.

9.3.2 Sideline Limitations & Regulations

A maximum of three (3) coaches shall be permitted in the designated coaching area between the 25 yard lines. All other coaches and staff must remain behind the designated coaching area.

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Coaches shall be easily recognizable by appropriate wearing apparel, such as a cap, sweatshirt or jacket identifying them with their organization and/or team.

Team parents and other individuals, if not members of the coaching staff, must remain outside the field area during the game unless an injury requires their attention at the bench.

Spectators must stand behind rope, fence and/or other barrier at all times during the game.

Unsuited Team Players, etc. shall remain on the bench or outside the fence during game play.

No cameras are allowed inside of the perimeter barriers, on the playing field, or on the sidelines by coaches or spectators. Recognized media and press photographers with valid identification may operate inside the barriers if approved by the League.

9.3.3 Game Completion

Following the game and traditional handshakes the Teams shall vacate the field and bench area quickly to allow for the succeeding game.

9.4 Use of Illicit Drugs, Tobacco, or Alcohol Products

There shall be no use of drugs, tobacco, or alcohol products at any JCYFCL game field by any Head Coach, assistant coach, or any other Team official. The Head Coach is responsible for enforcing this rule. If a Head Coach, Assistant Coach, or any Team official and refuses to cooperate, he/she will be warned that continued failure to comply with this rule will result in disciplinary action by the League. The League expects all participants and guests of the football programs to follow School Board and Park Authority regulations when using these facilities.

9.5 Player Participation

All eligible, rostered Players shall participate in each game of the season for a minimum of 6 plays except in the case of injury or absence. Failure of the Head Coach to play each player the minimum number of plays in each game will be subject for a one game suspension. The Head Coach reserves the right to not play certain individuals for disciplinary reasons.

9.5.1 Pee Wee Participation

Pee Wee players should play the ENTIRE game unless the child does not want to play or the team has more than twenty-two (22) players. If the team has more than twenty-two (22) players then each player must play a MINIMUM of twelve (12) plays per game, excluding punts.

9.5.2 Player Warnings

Any Player exhibiting any form of unsportsmanlike conduct may, at the discretion of the game officials, be sent off the field.

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9.5.3 *Player Ejections*

Flagrant unsportsmanlike conduct, at the discretion of the game officials can be cause for Player disqualification and ejection from the game.

Any Player so disqualified by the officials, shall remain on the bench for the remainder of the game or, if deemed necessary by the officials, ejected from the permitted facility and prohibited from any further contact, direct or indirect, with the Team during the remainder of the game. For failure to comply, the officials may forfeit the game.

Any Player disqualified in a League game shall be ineligible for a minimum of one following game.

9.6 *Coach Ejections*

Flagrant unsportsmanlike conduct by the Head Coach or any member(s) of the coaching or sideline staff shall result in disqualification of those involved. Any person so disqualified by the officials shall be ejected from the permitted facility and prohibited from any further contact, direct or indirect, with the Team during the remainder of the game. For failure to comply, the officials may forfeit the game.

Such conduct may include, but is not limited to, abusive, disrespectful, or profane language, intimidation, fighting, physical confrontations, or other unsportsmanlike acts before, during or after the game.

Any member of the Team's coaching staff so ejected may not return to their coaching position without the permission of the President and League and a minimum one game (including practice) suspension.

9.7 *Spectator Ejections*

Any spectator who uses abusive, disrespectful, or profane language or who otherwise exhibits unsportsmanlike conduct before, during or after any ball game shall be ejected from the permitted facility and could be subject to banning and or criminal prosecution.

Each team is responsible for keeping the spectators orderly and off the playing field. Shouting abusive language at players, coaches, officials, or other spectators is strictly prohibited. Spectators and/or Coaches involved in inappropriate conduct during the contest may result in suspensions by the League.

9.8 *Penalties/Grievances*

Penalties will be assessed for player and/or coach infractions. The assessment is dependent on the infraction, and the yardage will be in increments up to and including 15 yards.

Any grievance to an incident taking place during the course of the season must be made in writing from the Head Coach to the Board, and postmarked within 48 hours of the incident.

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Once a written grievance is received, a hearing must be held by the Board prior to the next scheduled game of the team for which the grievance was submitted. The hearing must be attended by the Board members and the Head Coaches for each team involved in the grievance filing.

Penalties for the failure of Teams and/or Coaches to follow the rules and regulations set forth herein shall include sanctioning of the entire Team as the infraction dictates. Specific sanctions may include forfeiture of games, suspension of teams, and expulsion from the League by the Board.

Jefferson County Youth Football & Cheerleading League Rules

10 CHEERLEADING

Age	Level
6-7	Pee Wee
8-9	JV
10-12	Varsity

Table 5: Cheerleading Age Table

Under NO CIRCUMSTANCE will any cheerleader be placed or moved out of their age division.

10.1 Duties of the Cheerleading Director

- 1) Be responsible for the complete supervision of the cheerleading coaches and squads.
- 2) Must attend all board meetings or assign a representative to attend in her place.
- 3) Responsible for ensuring that all Head Coaches are aware of all events, schedule changes, and board meetings.
- 4) Establish budget for cheer uniforms, placing uniform orders in a timely manner and issuing uniforms.
- 5) Approval of cheerleading coaches and team moms/parents.
- 6) Maintain and enforce proper conduct and behavior of cheerleading squads at all events.
- 7) Investigating and resolving complaints against a cheerleader cheer coach or other volunteer.
- 8) Responsible for collecting all monies from cheerleading coaches in regards to fundraisers, accessories, events, etc.
- 9) Planning and scheduling of all cheerleading events such as cheer camps, opening day dance practices, etc.
- 10) Responsible for coordination of cheerleading registrations.
- 11) Responsible managing/organizing the assignment of new cheerleaders to squads.

10.2 Duties of the Head Cheerleading Coaches

- 1) A Head Coach may also be a Division Coach and would assume both roles and responsibilities.
- 2) Complete supervision of all division coaches, assistants, and team mom/parent.
- 3) There is only one Head Coach per team, who will be responsible for casting the team vote on Board dictated decisions. In the event the Head Coach can not attend a Board Meeting they are responsible for sending a Division Coach in their absence.
- 4) Responsible for ensuring that all Division Coaches, Assistant Coaches and Team Moms/Parents have completed a Coaches/Volunteer form and submit them to Cheerleading Director for Board approval.
- 5) Responsible for ensuring that all Assistant Coaches and Team Moms/Parents are aware of all events, schedule changes, and board meetings.

Jefferson County Youth Football & Cheerleading League Rules

- 6) Responsible for advising Cheerleading Director if any uniforms or equipment is needed in a timely manner to ensure on time delivery.
- 7) In the event a division coach cannot attend any given game or practice it is first the division coaches responsibility to locate an approved assistant coach or team mom/parent or notify their Head Coach who would then have the responsibility of covering that game or practice. If no one is available the Cheerleading Director is to be notified immediately. UNDER NO CIRCUMSTANCES WILL A SQUAD NOT SHOW UP FOR A GAME.

10.3 Division Cheerleading Coaches

- 1) Division Coaches report directly to the Varsity Head Coach.
- 2) Responsible for submitting Coaches/Volunteer forms to Head Coach for approval by Board.
- 3) Shall be responsible for maintaining an attendance record for each practice and/or game. Attendance logs are required by JCYFL.
- 4) Have the responsibility of maintaining proper conduct and behavior of the assigned team at all times.
- 5) Ensure that youth program spirit guidelines are adhered to. (Manual will be provided)
- 6) Each Cheerleading Coach will be responsible for informing their Head Coach of all matters pertaining to the uniforms, equipment and of any situations or complaints. If Head Coach is not available to assist in addressing the situation or the situation is in regard to the Head Coach contact the Cheerleading Director for assistance in resolving the issue.
- 7) Shall follow the rules and regulations concerning practices and games.
- 8) Until school begins – maximum of 3 practices a week, for a minimum of 1 hour per practice.
- 9) After school begins – 2 practices a week, for a minimum of 1 hour per practice.
- 10) If practicing in a location other than assigned location must notify Cheerleading Director of location and day to insure insurance coverage.
- 11) Bad Weather – See section 8.0.4 Cancellations/Modified Practices in the JCYFL Handbook
- 12) All teams/division must attend all games with no exception. In the event a division coach cannot attend
- 13) any given game or practice it is first the division coaches responsibility to locate an approved assistant coach or team mom/parent or notify their Head Coach who would then have the responsibility of covering that game or practice. If no one is available the Cheerleading Director is to be notified immediately. UNDER NO CIRCUMSTANCES WILL A SQUAD NOT SHOW UP FOR A GAME.
- 14) Squads are required to cheer during the entire game. Break is during ½ time and individual bathroom/water breaks during game.
- 15) In the event any coaches chooses to plan activities with their squads outside of scheduled practices (such as skating parties, sleepovers, or any other get together) it MUST be made very clear to parent/guardian that it is NOT a league sponsored event. The league will not be responsible for any function not regulated by the league.

Jefferson County Youth Football & Cheerleading League Rules

- 16) Shall participate in and solicit parent's participation for all league functions or events where help is needed to ensure the success of the program, i.e....fundraisers, ticket raffles, soliciting companies for sponsorships, roadblocks, etc.
- 17) Shall be responsible for each team mom/parent receiving league information to be dispersed to players and parents.
- 18) Shall be responsible for making sure all participants have been picked up from practice/games prior to leaving field themselves.
- 19) All Coaches/Teams (Players & Cheerleaders) who play the last game of the day will advise parents and players that they MUST assist in picking up all trash around field prior to leaving the field.
- 20) All music and cheers must be age appropriate and not contain any foul language. If any doubt, please contact Cheerleading Director.
- 21) Coaches are responsible for preparing their squads for an end of the year competition. The competition routine must be no more than 2 minutes and consist of a dance, cheer, and stunt. The squad will also be judged on sideline spirit during competition day.
- 22) Monitor your squad on cold and hot days to ensure that everyone is well hydrated. Never deny a child a water break.

10.4 Team Mom or Other Volunteers

- 1) All volunteers must complete registration form and await board approval prior to assisting any team.
- 2) Assist with league sponsored fundraising programs (candy sales, pictures, etc.)
- 3) Volunteers WILL NOT pursue fundraising opportunities of ANY KIND without first presenting the idea in front of the Board and receiving written approval.
- 4) Provide assistance to coaches with supervision of participants during practice and/or games.
- 5) Keep team parents involved and informed of league activities, make phone calls as required by coaches.
- 6) Be willing to provide back up to coaches in the event of unexpected emergencies.

APPENDICES

Jefferson County Youth Football & Cheerleading League Rules

JEFFERSON COUNTY YOUTH FOOTBALL LEAGUE CODE OF CONDUCT

COACH SECTION

- 1) Coaches will always be fair, firm and consistent.
- 2) Coaches will promote a positive attitude and lead by example.
- 3) Coaches will stress teamwork and respect with each and every athlete.
- 4) Coaches will listen to their players concerns and try to help them any way they can.
- 5) Coaches use of profanity, drugs, alcohol or tobacco during any Jefferson County Youth Football & Cheerleading League event is prohibited.
- 6) Coaches will allow each athlete the opportunity to compete and excel in a minimum of six (6) plays during games.
- 7) Coaches must submit to a West Virginia State background check before allowed to coach, a copy must be on file with the League. (TBD)
- 8) Coaches will strictly adhere to the policies and procedures of JCYFCL outlined in the JCYFCL rules.
- 9) Coaches will not engage in violent conduct, or verbal abuse towards any player, parent, or referee / official in JCYFCL.
- 10) Coaches who break or ignore the rules as outlined in the JCYFCL rule package run the risk of expulsion.

PARENT / GUARDIAN SECTION

- 1) Parents should support the efforts of the volunteer coaches and of JCYFCL.
- 2) Parents should set the right example for your child by always showing good sportsmanship.
- 3) Parents will not argue with a coach, referee or official at any JCYFCL event. Allow the coach and official to do their job.
- 4) Parents' use of profanity, drugs, alcohol or tobacco during any JCYFCL event is prohibited.
- 5) Any parent who crosses the field barriers during a game risks their child being disqualified from JCYFCL.
- 6) Parents who incur an un-sportsmanlike behavior penalty risk their child being disqualified from further participation.
- 7) Parents should never voice any complaints or concerns towards coaches, referees or League officials in front of the children.
- 8) Parents should place the emotional and physical well being of their child ahead of personal desire to win.
- 9) Understand that your child will be given every opportunity to participate; however, the safety of our athletes is our #1 concern.
- 10) Parents should praise your child's efforts and always offer your support. Please allow your child to play as a child and have fun.
- 11) Parents should promote a sport environment that is free of drugs, alcohol, and tobacco. Parents should not drink alcohol at a contest or come to the contest having too much to drink.
- 12) Parents will remain in the spectator area during competition.

Jefferson County Youth Football & Cheerleading League Rules

- 13) Parents who break or ignore the rules as outlined in the JCYFCL rule package run the risk of expulsion.

PLAYER SECTION

- 1) Players will try their very best to support their team.
- 2) Players will be team players and always put the team first.
- 3) Players will stay within the team areas of the sidelines during games.
- 4) Players will accept their coaching and be ready to learn and have fun.
- 5) Players will listen to the coaches and follow the rules of JCYFCL.
- 6) Players will demonstrate good sportsmanship on and off of the field of play.
- 7) Players will attend all practices, games, meetings and any other team function on time.
- 8) Players will show respect towards all coaches, players and referees / officials at all times.
- 9) Players will not fight, use foul language or argue with coaches, teammates, or referees / officials.
- 10) Players who break or ignore the rules as outlined in the JCYFCL rules package run the risk of expulsion.

I/we understand the above rules and conduct codes as a condition of participation in Jefferson County Youth Football & Cheerleading League.

Coaches Signature: _____ Date: _____

Parents Signature: _____ Date: _____

Players Signature: _____ Date: _____

Jefferson County Youth Football & Cheerleading League Rules

JCYFCL CHEERLEADING RULES & GUIDELINES

Pee Wee 6 & 7 year olds - JV Squads 8 & 9 year olds -Varsity Squads - 10, 11 & 12 year olds

- 1) All Cheerleaders will dress neatly (see dress code) and behave in a manner that will reflect good discipline at all times.
- 2) It is the responsibility of the cheerleaders' parents to transport their children to and from all practices and games.
- 3) A parent/guardian must attend all games/practices without exception.
- 4) We never know when it may rain during the game or practice and coaches could immediately end practices.
- 5) Accidents could happen unexpectedly.
- 6) Promptness is required for all practices/games. All players must arrive to each game at least ½ hour before game starts dressed and ready to warm up.
- 7) If a cheerleader does not arrive to a game at least a ½ hour prior to game time she will sit out of the halftime floor cheer.
- 8) Profanity will not be allowed by anyone participating in practices/games.
- 9) Any cheerleaders suspected of being under the influence of alcohol or drugs will be brought before the Board of Directors.
- 10) All cheerleaders shall promote and uphold team spirit.
- 11) All cheerleaders shall develop a sense of good sportsmanship among themselves and among the spectators.
- 12) All cheerleaders shall promote unification of the crowd's involvement during the football games.
- 13) All cheerleaders shall strive to build a good relationship between squads.
- 14) There will be no negative or criticizing remarks made toward any fellow squad member. This could result in disciplinary actions by the Board of Directors.
- 15) It is the responsibility of the cheerleaders to clear out of the way of the play occurring on the field. Always keep your eyes on the games.
- 16) Cheerleaders will not be permitted to chew gum or eat while cheering.
- 17) A cheerleader must get the permission from her coach before leaving the line to get a drink or use the bathroom.
- 18) If a cheerleader has 1 or more unexcused absences in a week she will not be allowed to cheer at that week's game.
- 19) Lastly, if there are any issues that cannot be resolved between parents/cheerleaders and their coach, please contact Cindy Dillow (Cheerleading Director) @ 304-728-1020 for immediate attention.

DRESS CODE FOR CHEERLEADERS

Jefferson County Youth Football & Cheerleading League Rules

- 1) All cheerleaders will wear and bring the uniforms/equipment issued to them for all games (skirt, vest, bloomers, pom-poms).
- 2) No blue jeans or restricting/revealing pants/shirts are to be worn to practices.
- 3) All cheerleaders must wear their hair up for all games/practices.
- 4) Only sneakers are to be worn to practices/games.
- 5) No jewelry is to be worn to practices/games.
- 6) Makeup, face-paint, spirit tattoos, etc are up to the coach's discretion. If coach does not cover this issue in their own rules and expectation be sure to ask them before using any of the above.

I, _____ have read and fully understand the rules and guidelines above.

Cheerleader Signature

Parent/Guardian Signature

Jefferson County Youth Football & Cheerleading League Rules

JEFFERSON COUNTY YOUTH FOOTBALL & CHEERLEADING LEAGUE MEDICAL RELEASE FORM

Date of Physical _____/_____/2006/2007

Participants Legal Name

(MUST MATCH BIRTH CERTIFICATE)

Last_____First_____Middle_____

I hereby certify that I have examined the above named participant on the above date. I understand that they will be involved in the Jefferson County Youth Football & Cheerleading League program.

Please check one:

The athlete can participate in the 2006/2007 season.

The athlete cannot participate in the 2006/2007 season.

Please list any medical conditions and/or medication J.C.Y.F.C.L. should be made aware of:

Age of child as of 9/1/2006:_____Weight of child _____

Doctor's Signature:

PLEASE PRINT OR USE A STAMP

Doctor's Name: _____

Affiliate_____

Address: _____

City:_____Zip: _____

Jefferson County Youth Football & Cheerleading League Rules

JCYFCL Unique Rules **To be given to every official and coach**

1. **Kickoffs:** No kickoff, ball is placed on the 40 yard line (all age groups)
2. **Punts (VARSITY ONLY):** No rush or downfield blocking until ball is kicked. No fake punts allowed. Gunners must announce themselves to the line officials and remain on the line until the ball is kicked. (dead ball, false start will be called if gunner leaves early)
3. **'X' Players:** Players with an 'X' or their helmet may not run/pass the ball and must be on the line of scrimmage. Defensive players must be on the line of scrimmage and cannot be lined up more than one (1) yard outside of the tight end (dead ball, illegal formation on the defense). The only exception is if the offense lines up in a 'muddle huddle'.
4. **Try:** Worth two (2) points for kick and one (1) point for pass/run (all age groups)
5. **Time outs:** Pee Wee/JV (2 time outs per half), Varsity (3 time outs per half)
6. **Periods:** Varsity/JV (8 minutes) Pee Wee (6 minutes)
7. **Overtime:** Pee Wee (1-OT period from the 5), JV (1-OT period from the 10), Varsity (3-OT periods from the 10)
8. **Coaches on the field:** Pee Wee and JV coaches are allowed one coach in the backfield of both the offense and defense
9. **25 Second Clock (Pee Wee ONLY):** Assist Pee Wee teams with the 25 second clock, however, flag if flagrant abuse of the clock.
10. **Chain crew:** Visiting team will provide the crew.
11. **Pee-Wee:** All lineman, offense and defense, must stand with hands on their knees.