



# 2024 Constitution

## Table of Contents

I.	NAME	Page 2
II.	STATEMENT OF PRINCIPLES	Page 2
III.	MVFL AUTHORITY	Page 2
IV.	BOARD, COACHES, PARENTS, ATTENDEES AND, PLAYERS	Page 3
V.	INCIDENTS	Page 8
VI.	MVFL ENTRANCE REQUIREMENTS	Page 8
VII.	GOVERNING BODY	Page 9
VIII.	FINANCE AND FEES	Page 10
IX.	INSURANCE	Page 12
X.	FOOTBALL RULES & REGULATIONS	Page 13-31
XI.	CHEER RULES & REGULATIONS	Page 32-40

## I. NAME

- a. **Organization Name:** This organization shall be known as the Mother Lode Youth Athletic Conference, Inc. (MLYAC) doing business as Motherlode Valley Football League (MVFL)

## II. STATEMENT OF PRINCIPLES

- a. **Objective:** The objective of this program is to inspire youth to practice the ideals of good health and to teach them sportsmanship and fair play. At all times and in all situations, the welfare of the participants is first and foremost.
- b. **Purpose:** The specific purpose of this program is to teach the fundamentals of football, sportsmanship, love of the game, while always promoting safe play.
- c. **Football Divisions:** All teams will fall into one the following classifications which are defined by age and grade.
  - 1. Jr. Novice, Novice, Jr. Varsity, Varsity
- d. **Cheerleading Divisions:** All teams will fall into one of the following classifications which are defined by grade.
  - 1. Mascots, Jr. Novice, Novice, Jr. Varsity, Varsity

## III. MVFL AUTHORITY

- a. **MVFL Rules:** It shall be the responsibility of MVFL to establish the necessary procedures to assure compliance with the rules contained in the Constitution and Rules & Regulations.
- b. **Rule Changes:**
  - i. Only the MVFL Board can make rule changes. It shall be each organization's responsibility to submit their rule change recommendations to the MVFL Board for its approval.
  - ii. Constitution and Rules & Regulations change recommendations will be presented in writing to the MVFL Board as follows:
    - 1. January – Written proposals submitted. Discussion of proposals. all proposals available for review by all league representatives no later than 15 days from voting of all proposals in February.
    - 2. February – Vote on proposals.
    - 3. March – Approve Constitution and Rules & Regulations.

- 4. No changing of MVFL Rules bylaws may occur from the first day of practice to the last day of the season. The only exclusion is if a rule change is needed for the safety of the players.
  - iii. A quorum (a majority of the Board) is required for any vote to be taken by the Board. 2/3 of the quorum is required for any Constitution or Rules & Regulations change.
  - iv. Minutes must be kept at all times during any MVFL Meeting.
  - v. Texting may be used as a source of official voting by the MVFL Board.
- c. **MVFL Authority:** Any violation of the Constitution and Rules & Regulations shall be handled by the MVFL Board at a hearing for this specific purpose.
- d. **Penalties:** A violation of any rule from an organization, team or individual may be subject to one or all of the following penalties. Penalties are decided by a majority vote of the Board.
  - i. Forfeiture of a game or games.
  - ii. Monetary fines.
  - iii. Disqualification from competing for, or taking part in, championships.
  - iv. Disqualification from participating in pre-season, regular season, or post season games.
  - v. Suspension, expulsion, ineligibility or disbarment of individuals or team members.
  - vi. Loss of franchise/organization.

#### IV. **BOARD, COACHES, PARENT, ATTENDEES AND PLAYERS**

##### a. **Preamble**

- i. The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when the competition reflects these "six pillars of character."

##### b. **Board Members Code of Ethics**

- i. (Elected & Appointed)
  - 1. Each elected and appointed Board Member shall pledge to follow and uphold all MVFL Constitution and Rules & Regulations and to report any violation regardless of the violation or the person or persons involved in the violation.
  - 2. All Board Members will conduct themselves in a professional manner and treat all other board members, athletes, cheerleaders, coaches, league officials and parents with respect, honesty, integrity, and openness.
  - 3. Devote time, thought, and study to the duties and responsibilities of a Board Member so they may render effective and credible service to MVFL.

4. Work with their fellow Board Members in a spirit of harmony and cooperation in spite of the many differences of opinion which may arise. Base their personal decisions upon available facts in each situation; to vote their honest conviction in every case, un-swayed by partisan bias of any kind; thereafter, to abide by and uphold the majority decision of the Board. Board Members will act in the best interest of MVFL rather than in furtherance of personal interests or the interests of third parties, such as friends and family. Decisions about MVFL and the use or disposition of its assets, are made solely in terms of the benefits to MVFL. They are neither influenced nor appear to be influenced by any private profit, personal gain or outside benefit for staff, board members and volunteers; their friends and family members or the organizations with which they are affiliated.
5. To avoid issues with nepotism within an organization. Married or immediate family members that are board members would only count as one vote when voting on issues pertaining to the respected organization.

**c. Coaches Code of Ethics:**

- i. (All organization head coaches, assistant coaches and JR coaches.)
  1. Lead by example in demonstrating the six pillars of character, written in the Preamble above, to all my players and cheerleaders.
  2. Treat all athletes, coaches, league officials, refs and parents with respect and dignity.
  3. Place the emotional and physical well-being of all athletes ahead of the personal desire to win.
  4. Treat each athlete as an individual, always remembering the large range of emotional and physical development for each age group.
  5. MVFL will not tolerate the use or influence of drugs and alcohol, including all tobacco products, e-cig, and vape pens during any organization function and in the presence of any minor child as a representative of the MVFL.
  6. Be or become knowledgeable in all the rules of the sport and teach these rules to all athletes.
  7. Do their best to make sure that all practices are well organized, safe, fun, and challenging for all athletes.
  8. Use only those coaching techniques that are appropriate and safe for the skill level of the team that I will be coaching.
  9. Young athletes are to be protected from unsafe and possibly illegal weight loss programs or techniques. Examples: working out in plastic garbage bags; working out under extreme heat

conditions; advising parents to have their child fast or use extreme diets; etc.

10. Will not tolerate any form of abuse of children, should it be physical, verbal, emotional, ethical, or sexual, and will immediately report any such abuse to the proper authorities.
11. No Profanity, Foul, derogatory language toward event attendees, players, refs, other coaches, or board members will be tolerated.
12. Always remember that they are a youth sports coach and that the game is for the young athletes, and not for the vicarious interests of adults.
13. Head coaches and league reps. are only people allowed to communicate with refs during and after games.
14. Only 8 coaches with current MVFL badges are allowed on the sideline during the games.
15. Violations to the code of ethics will not be tolerated. If a violation occurs a fine will be imposed on the coach payable to the MVFL. This will need to be paid to the league within 14 days of violation. Also, a coach may be ejected from the game and/or next game if a violation occurs. This will be determined by the organization board league representative and MVFL. Violations will be a 3-strike rule, 1<sup>st</sup> offense \$100, 2<sup>nd</sup> offense \$150, 3<sup>rd</sup> offense is expulsion of the coach.

**d. Parent/ Attendee Code of Ethics:**

- i. (all game attendees/ volunteers/ chain gang and field crews, etc.)
  1. Treat all athletes, coaches, board members, league officials, refs and other attendees of the event with respect and dignity.
  2. No inappropriate behavior that is deemed an obstruction to the football game or sideline cheering will be tolerated
  3. MVFL will not tolerate the use or influence of drugs and alcohol, including all tobacco products, e-cig, and vape pens during any organization function and in the presence of any minor child as a representative of the MVFL.
  4. **MVFL** Will not tolerate any form of abuse of children, should it be physical, verbal, emotional, ethical, or sexual, and will immediately report any such abuse to the proper authorities.
  5. No Profanity, Foul, derogatory language toward event attendees, players, refs, other coaches, or board members will be tolerated.
  6. All parents/ attendees must adhere to the rules of the game location and practice site. 7. No parent/ attendees are allowed on the track in the cheer area, on sideline or field during use without a MVFL badge. (This includes before and after game times.)
  7. Violations to code of ethics will not be tolerated if a rule is violated a fine will be imposed on the violator payable to the

MVFL. This will need to be paid to the league within 14 days of violation. In addition, violators may be ejected from the game and/or the next game. This will be determined by the organization board league representative and MVFL board. Violations will be a 3-strike rule, 1<sup>st</sup> offense \$100, 2<sup>nd</sup> offense \$150, 3<sup>rd</sup> offense permanently banned from MVFL events. MVFL may increase the citation due to severity of violation.

**e. Player Code of Ethics:**

i. (all game participants)

1. Treat all athletes, coaches, board members, league officials, refs and attendees with respect and dignity. The players and cheerleaders must conduct themselves in a respectable manner.
2. No inappropriate behavior that is deemed an obstruction to the football game or sideline cheering.
3. MVFL will not tolerate the use or influence of drugs and alcohol, including all tobacco products, e-cig, and vape pens during any organization function and in the presence of any minor child as a representative of the MVFL.
4. No Profanity, Foul, derogatory language toward other players, refs, coaches, or board members will be tolerated.
5. All players must adhere to the rules of the game location and practice site.
6. No unauthorized players are allowed on the track in the cheer area, on sideline or field during field use without league reps approval.
7. Targeting (illegal helmet contact, late hits) will not be tolerated. If behavior occurs this will be at the league discretion if violation needs to be enforced. Repetitive occurrence from a player of targeting toward another may result in expulsion from the season. MVFL will determine the severity of citation.
8. Violation of the code of ethics may require a player to be removed from the game and/or practice and may also be unable to participate in the following games. This will be determined by the organization league rep and MVFL board. The child's parent or guardian will be notified immediately of the situation.

- f. Ethics Pledge:** As volunteer board members, football, and cheerleading coaches, we acknowledge and agree to honor all ethical obligations to all athletes, colleagues and to the public at-large. We will pledge to comply with all MVFL Constitution and Rules & Regulations and its Code of Ethics. We agree that the MVFL Board in its sole discretion may hold us accountable for so doing. We will further agree that our accountability to the MVFL Board for any

breach may include suspension, expulsion, ineligibility, or disbarment of the individual or team.

- g. Badges:** MVFL will issue game day badges to all organizations in accordance with their approved background check list and their coaching certifications. MVFL will coordinate with organizations in receiving photos in jpeg format via email, texting, or uploaded to USB Flashdrive. Each photo must be labeled with Name, Title/ Position in the individual organization. A maximum of 15 board badges and 8 coaches badges per level will be issued to each individual organization. maximum of 79 game badges per organization. All Board member photos must be received by May 1st and Coaches photos by August 1st. No badges will be made after this time. MVFL will coordinate with organizations in picking up badges.
- h. Field Access:** MVFL will only allow referees, medics, chain gang, players, and only (8) eight coaches with badges on the field at game day. Those without badges will be immediately removed from the field. This will be enforced.
- i. Background Checks:** MVFL will require all organizations to obtain background checks on all coaches over the age of 18 and Board members. Background checks must be obtained by credible background check, company that identifies criminal, arrest, and conviction records. A copy of background checks is to be given to the league secretary at book signing and a copy kept by the organization. A list of all organization board members is to be submitted to the MVFL via email by the end of February. Background check board members to be completed by May 1st and submitted to MVFL Secretary with Badge Photos.

  - 1.** If a person fails the background check, it is at the individual organizations discretion to allow or not allow that person to participate if they are allowed, a note explaining why will be attached to their background check that is turned into MVFL for approval.
- j. AB2007 Concussion Information:** MVFL will require all organizations to provide the AB2007 information to both the parent/guardian and the athlete. The AB2007 acknowledgement form must be signed by both parent/guardian and the athlete and kept with athlete cards.
- k. Training:** MVFL will require all organizations to have their coaching staff certified through USA Football prior to any coaching of football players and Pop Warner Course Y101PW/Y102PW (for returning cheer coaches) prior to any coaching of cheerleaders. Classes may be taken online.

## V. INCIDENTS:

- a. **Filing Procedures:** Any significant incident involving an organization issue should first be referred to the local organization board for resolution. Failing resolution at the local level, the MVFL Board Representative will refer the incident, accompanied by a written account of the incident and the local actions taken to the MVFL Board for resolution.
- b. **Who May Petition Board:** Only the MVFL Board Representative may petition the MVFL Board to assemble regarding an incident for a resolution.
- c. **Examples of Negative Incidents:** The following is a partial list of improper incidents which could require MVFL Board action: (include but not limited to)
  - i. Any violation of an athletes, coaches, advisors, board members, parents, or guardians' civil rights.
  - ii. Comments or gestures intended to belittle or insult any athlete, coach, advisor, board member, parent, or guardian. This would include, but is not limited to, someone's ethnicity, religion, or economic status.
  - iii. Physical or mental abuse of any athlete, coach, advisor, board member, game day officials, parent, or guardian.
- d. **Game Incident:** Any incident occurring must comply with the following:
  - i. Immediate notification to MVFL President is mandatory.
  - ii. The incident must be submitted in writing to the MVFL President within 48 hours of the actual incident via fax, email, or hand delivery.
  - iii. Any and all documentation of the incident will be turned in to the MVFL President within 48 hours of the actual incident via fax, email, or hand delivery.
  - iv. The MVFL Board, minus the two organizations of issue, will discuss the incident and have a FINAL decision within 72 hours of the actual incident and notify results to the organizations of issue.

## VI. MVFL ENTRANCE REQUIREMENTS

- a. **Entry into League:** In order for a new organization to enter MVFL, it first must complete an official application to the MVFL Board in writing recommended by January 31<sup>st</sup> of the current year.
- b. **Application Must Contain:**
  - i. A statement delineating local backing for the organization, a board of directors and the required boosters support necessary to finance the community's organization and program.
  - ii. A statement of the ability to meet financial means for a two-year period.



- iii. The name of the school district or districts which the organization would represent, a geographical map (boundary map) of the district or districts and a list of the grade and middle schools from which the organization would draw members. Deviation from this policy is permitted by MVFL Board approval.
- iv. A listing of the arrangements for hosting and playing home games such as clearance of field for home games, dressing facilities, spectator seating, etc.
- v. With the approval of a 2/3 vote of the MVFL Board, new organizations may be admitted into MVFL. New organizations must agree to abide by the league constitution and rules & regulations.

## VII. GOVERNING BODY

- a. **Board of Directors:** Each organization will select one representative to serve on the MVFL Board. Executive positions on the MVFL Board will be selected by a majority vote of the MVFL Board at a winter meeting. There will be nominations every year for executive positions for a two-year term which are staggered terms. Board Members must be on the MVFL Board for a minimum of one year to become an executive officer, and a minimum of two years to become president. In emergency situations where no policy exists, a majority vote of the MVFL Board will resolve the issue.
  - i. January – Nominations for officers
  - ii. February – Vote on officers
  - iii. April 1<sup>st</sup> – Begin officer terms
- b. **Makeup of Board:** Each organization will have one representative on the MVFL Board. Additionally, there are six appointed positions: head official, cheerleader coordinator, president, vice-president, and secretary. President and vice-president act in an advisory position unless described in the voting section.
- c. **Elected Board Positions:** The MVFL Board will elect officers to the MVFL Board. Positions include president, vice-president, secretary, treasurer, and sergeant-at-arms.
- d. **Board Terms:** There will be a two-year term for each officer.
- e. **Board Appointed Members:** The head official and cheerleading coordinator, will be appointed and voted on by the members of the MVFL Board at a regularly scheduled winter meeting.
- f. **Secretary.** Web site to be updated with standing and scores weekly no later than Wednesday during the season.

- g. **Abstentions:** In those instances when a particular organization or team is the focus of a board action, each organization's representative must abstain from voting, but may participate in the discussions.
- h. **Voting:** Each organization has one vote on the MVFL Board. If a board member cannot be present at a meeting, he/she can send a representative in their place or notify the league president to vote on their behalf. A quorum must be present to take any action. If there is a tie when voting where a 2/3 vote or majority vote is required, the president or vice-president will vote as a majority member.
- i. **Non-Participation in MVFL Affairs and Rule Violation:** Members of the MVFL Board are expected to attend and play an active role in the MVFL meetings.
  - i. **Football:** Any organization that misses two meetings in a row or three meetings in a calendar year will lose their vote in the following years' constitution and rules & regulation voting. League representatives may send an alternate representative if necessary.
  - ii. **Cheer:** Any organization that misses two meetings in a row or three meetings in a calendar year will lose their vote in the following years' constitution and rules & regulation voting. League representatives may send an alternate representative if necessary.
    - 1. MVFL cheer meetings are held separately from the MVFL Board meetings. MVFL Cheer Coordinator will be responsible for all procedures.

VIII. **FINANCE AND FEES**

- a. **Financial Obligations:** Each MVFL member will handle the financial matters of its organization.
- b. **Registration Fees for Players:** Participant registration fees will be determined and collected by each individual MVFL organization.
- c. **Other Financial Sources:** Additional funds to assist in financing individual MVFL organizations and MVFL, will come from gate admissions, game concessions and various fund-raising projects which the MVFL members will coordinate individually.
- d. **Game Admission Fees:** Gate fees will be established by a majority vote of the MVFL Board. Currently the rates are as follows:
 

Adults	\$5.00
Seniors	\$3.00

Children 6 to 12 years old	\$3.00
Children 5 and under	FREE
Military/Veteran (Military ID required)	FREE

Home team retains gate fees. Rates will be the same for pre-season, regular season, and post-season games, including Superbowl.

i. No organization will be allowed to charge for parking unless the parking area gives VIP access to the field/ stands and no other gate fee area is designated. VIP example: argonaut you may park next to the bleacher in the lower level and watch from your car.

- e. **Jamboree:** Host teams will be responsible to pay the following for hosting the Jamboree. Payments are as follows:
  - i. **To MVFL:** \$500 jamboree dues
  - ii. **To Officials:** \$100 per official
  - iii. **To Host Team:** retain all other revenues
  
- f. **MVFL Fees:** An annual MVFL fee will be charged to all organizations to assist with the cost of operating the MVFL. This fee will be determined annually by the MVFL Board and must be paid prior May 1<sup>st</sup> fees are **\$900.00**. MVFL will be responsible for setting up a budget every year.
  
- g. **MVFL Financing:** The MVFL Board elected officers will be signers on the MVFL checking account.
  - i. The checking account will require two signatures to process a check.
    - 1. The monthly bank statements and reports will be copied, reviewed, and approved by the MVFL Board. The Secretary will keep all correspondence in MVFL files.
    - 2. The MVFL Board will approve a treasurer's report at each monthly meeting.
  - ii. MVFL will be responsible for paying the following:
    - 1. Annual head official pay.
    - 2. Officials for the all-star games.
    - 3. Awards/trophies for the Superbowl for player & cheerleaders.
    - 4. Operating costs and tax preparation.
    - 5. Annual Executive Secretary pay.
  
- h. **Vendors:** There are no "approved" or "official" MVFL vendors. Each organization will control who is approved, or not approved, for events they are hosting. It is the responsibility of all vendors to contact each organization for approval prior to attending events where they have been hired or their intent for financial gain is evident. When prior approval is not obtained, each organization will have the right to remove vendors from the ballpark or sidelines at their discretion.

**IX. INSURANCE**

**a. Insurance Requirement:** All MVFL Organizations will be required to carry general liability insurance.

**i.** Each organization will select their own coverages based on their need while recognizing MVFL minimum limits.

1. Each Occurrence Limit	\$1,000,000
2. General Aggregate Limit	\$1,000,000
3. Products/Complete Operations Aggregate Limit	\$1,000,000
4. Personal and Advertising Injury Limit (any one person)	\$1,000,000
5. Rented to You Limit (anyone premises)	\$ 100,000
6. Medical Expense Limit (and one person)	\$ 5,000

**ii.** Each organization will provide the MVFL Executive Secretary a copy of their executed insurance certificates no later than July 15<sup>th</sup>.

**1. Certificate Holder & Additional Insured Endorsement:** Mother Lode Youth Athletic Conference, Inc. (MLYAC) / Motherlode Valley Football League (MVFL)

**a.** PO Box 92, Waterford Ca 95386

**2. Terms:** Terms of insurance coverage is no later than July 1<sup>st</sup> of current year to July 1<sup>st</sup> of the following year.

**b. MVFL Board:** The MVFL Board will obtain a policy for director and officer coverage.



# 2024 Rules & Regulations FOOTBALL

## Table of Contents

I.	ELIGIBILITY OF ATHLETES	Page 14
II.	AGE REQUIREMENTS	Page 15
III.	WEIGHT RULES	Page 16
IV.	ROSTERS	Page 20
V.	EQUIPMENT & UNIFORMS	Page 21
VI.	PRACTICE PROCEDURES	Page 22
VII.	GAME PROCEDURES	Page 23
VIII.	GAME SCHEDULES, RESULTS, STANDINGS	Page 30
IX.	EJECTION, VIOLATION, APPEALS	Page 31

## I. ELIGIBILITY OF ATHLETES

- a. **Right to Play:** No athlete will be denied the right to participate because of culture, language, gender, race, ethnicity, or disability. No athlete will be denied the right to participate because of ethnicity, race, or religion.
  - i. All participants must be registered and rostered on a first come basis. No tryouts are allowed. Once the roster is at capacity, the waitlist may also be created following the same first come guidelines.
- b. **Permission to Play:** Each athlete must furnish proof of parental or guardian permission to participate, and he or she must pay a registration fee. Each organization determines the amount of the registration fee.
- c. **Academic Standards:** It is the recommendation of the MVFL, that athletes should maintain acceptable grades to participate in the football/cheer program. Athletes should maintain a 2.0 or "C" average to be qualified. The various teams in the league shall adopt locally developed policies to ensure that the grades of athletes are acceptable. The MVFL Board will support the decisions of the various teams on this matter. Organizations are encouraged to recognize the academic achievement of its athletes.
- d. **High School Students:** No high school student can participate in MVFL.
- e. **Non-Public School Students:** Non-Public School Students: Athletes not enrolled in the public-school system may participate in MVFL, but they must meet the appropriate grade level, weight, and experience requirements.
- f. **Proof of Residency /Geographical Areas:** Must live or attend school within the organization boundaries. Proof of residency is determined by "bill with address" or "school registrar paperwork" and must be attached to application.
- g. **Proof of Grade Level:** Proof of incoming grade level will need to be given to the program, copy of last (end of year) report card or letter from school district of ingoing school grade level.
- h. **MVFL District Transfers:**
  - i. Must live or attend school within the organization boundaries. Proof of residency is determined by "bill with address" or "school registrar paperwork" and must be attached to application.
  - ii. If a team drops below (17) athletes, organizations wishing to secure athletes from another MVFL organization's district or out of boundary,

must complete an MVFL Transfer Application Form to be approved at the June Meeting. Transfers must be completed prior to practice.

1. Both teams involved must agree to the transfer. Additionally, a majority vote of the MVFL Board must authorize the action. Organizations not complying with this regulation will be considered as using ineligible athletes and will forfeit all games in which the ineligible athletes participated. Once an athlete receives a district transfer, they may continue to play for that organization annually until they no longer meet the age requirement or separate membership from the organization for one full season. If one full season of separation occurs, the athlete must again get approval from the other organizations and the MVFL Board. The MVFL Board must review all new and existing District Transfers each year regardless of the circumstance.
- i. **Physical Exam:** All athletes must ~~pass~~ have a physical examination in the current calendar year to be eligible for participation. Acceptable physical forms must include the wording cleared for sports, cleared for athletic activity, or the box marked "SPORT PARTICIPATION APPROVED" on the MVFL physical form.
- j. **Eligibility to Participate in Game:** Athletes must complete (10) hours of physical conditioning and (6) hours in full gear to be eligible to participate in a game or jamboree/scrimmage.
- k. **Level of Play:** Generally, athletes should play at the highest level at which they are capable. It is the intention of MVFL that athletes are encouraged to play in their own grade level division. At the discretion of their local board, athletes may move up a division. Under no circumstances, may an athlete move down a division.

## II. AGE REQUIREMENTS

- a. **Age Requirements:** Any individual 1st grade thru 8th grade will be eligible to participate. No 9<sup>th</sup> graders are allowed. All MVFL teams are required to secure and make copies of each athlete's birth certificate and keep it as a permanent record.
- b. **Division Grade & Ages:**
  - i. Jr. Novice Division 1<sup>st</sup> & 2<sup>nd</sup> Grades
  - ii. Novice Division 3<sup>rd</sup> & 4<sup>th</sup> Grades
  - iii. Jr. Varsity Division 5<sup>th</sup> & 6<sup>th</sup> Grades
  - iv. Varsity Division 7<sup>th</sup> & 8<sup>th</sup> Grades

v. Athletes are eligible to move up. Refer to Eligibility of Athletes.

c. **Proof of Age:** A certificate of live birth, issued by the county or state, must accompany the team when the team is participating in any MVFL game. All MVFL teams are required to secure and make copies of each athlete's birth certificate and keep it as a permanent record. If a certificate is unobtainable, the MVFL Board will have final say for an athlete's participation by a majority vote.

d. **Proof of Grade:** A copy of athletes' last year report card, letter from school / school district, or photo from online portal with players name, picture, year and grade level must accompany the team when the team is participating in any MVFL event.

### III. WEIGHT RULES

a. **Maximum Weights for Divisions:**

- |                           |           |
|---------------------------|-----------|
| i. Jr. Novice Division    | unlimited |
| ii. Novice Division       | unlimited |
| iii. Jr. Varsity Division | unlimited |
| iv. Varsity Division      | unlimited |

b. **Maximum Skilled Athlete Weights for Divisions:**

- |                           |            |
|---------------------------|------------|
| i. Jr. Novice Division    | 90.0 lbs.  |
| ii. Novice Division       | 115.0 lbs. |
| iii. Jr. Varsity Division | 140.0 lbs. |
| iv. Varsity Division      | unlimited  |

c. **X-Man Designations for Divisions:**

- |                           |                             |
|---------------------------|-----------------------------|
| i. Jr. Novice Division    | Weight exceeding 90.1 lbs.  |
| ii. Novice Division       | Weight exceeding 115.1 lbs. |
| iii. Jr. Varsity Division | Weight exceeding 140.1 lbs. |
| iv. Varsity Division      | unlimited                   |

v. **X-Man:** Any athlete who exceeds the above weights will be designated an X-man. An x-man is defined as a non-skilled athlete. They are allowed to play line on both offense and defense and must be lined up between or straight up on the tackles. An X-man must start plays in a 3- or 4-point stance. An X-man is required to wear an agreed upon mark on the back of the helmet to be determined by MVFL. All teams must use the same mark. An X-man may not handle the football on offense or defense. If an X-man gains possession of the football for any reason, the play is dead. A tackle is defined as a player on the line of scrimmage that is covered by an eligible receiver.



- vi. **Special Teams:** An X-man is not eligible to participate in kick-off or kick-return. A team must field a kickoff and kick return team if (11) skilled athletes are present. If a team cannot field a kickoff team without using an X-man, the ball will be automatically placed on the opposing team's 40-yard line and the opposing team will start possession there. If a team cannot field a kick return team without using an X-man, the ball will be placed on the returning team's 20-yard line and possession will start there. An X-man will be eligible to play on the punt and punt return, field goal and PAT teams. An X-man will be eligible to kick on PAT and Field Goals. If an X-man player touches the ball other than kicking it, it is a dead ball at that spot. They may not participate in any fake PAT or Field Goal attempts.
  
- d. **Game Day Weigh/ Check-in Times:** All athletes will weigh/ check-in no earlier than one hour prior to game time. If late, athletes can be weighed-in up to (10) minutes from the start of the scheduled start time of their game.
  - i. Jr. Novice Division                      One hour prior to game time
  - ii. Novice Division                              Half time of Jr. Novice game
  - iii. Jr. Varsity Division                      Half time of Novice game
  - iv. Varsity Division                              Half time of Jr. Varsity game
  
- e. **Game Day Weigh/ Check-in Rules:**
  - i. All athletes must be weigh/check-in. They must meet the required weight before being allowed to participate in the game.
  - ii. All teams are required to give athletes the chance to weigh (3) times.
  - iii. All athletes are not allowed to leave the weigh-in area once weigh-ins have started or until they are deemed eligible or ineligible to play.
  - iv. No "deals" between teams on weight issues will be permitted. If it is determined that a "deal" has been struck, one or both teams will be called before the MVFL Board for disciplinary actions.
  - v. All athletes, at all division levels, must weigh/hecl-in wearing game jerseys. Top weights will be allowed to weigh in wearing gym shorts and no jersey but must present a jersey to the weighing official.
  - vi. Each athlete must have an official certified weight recorded on a weight card prior to participating in any MVFL sanctioned event.
  - vii. There will be no "mid-season" weight adjustment.
  - viii. If an athlete is going to play a different position that requires changing of their jersey, or a jersey is changed for any reason, the team must notify the game official and opposing team of the reason for change.
  - ix. Skilled Athlete or X-man will be determined at this time. **\*The coach's agreement to the code of ethics applies to enforce this rule.**

- f. **Weigh/Check-ins Procedure:**
- i. Weigh/Check-ins will be conducted in the presence of a weigh master or a representative for each team.
  - ii. Weigh-in officials will check all forms and documents pertaining to each athlete to ensure compliance with all MVFL Board Regulations.
  - iii. Additional rosters are required to check off players as they weigh in as a verification of player and player card.
  - iv. Weight book must be in numerical order by team with a picture.
  - v. Jersey number is required to be written on the card. If numbers change or an athlete has multiple numbers, those numbers must also be noted on the card.
  - vi. Complete information is recorded on the weight card.
  - vii. X-men must bring helmets and jerseys and may weigh in first.
  - viii. Visiting team will weigh/ check- in first unless they concede. Teams will have their representatives available immediately for weigh-ins (1) hour before game time or as soon as the 2<sup>nd</sup> quarter ends in the previous game.
  - ix. Weigh in/ Check in for Regular season games only. **(Not Jamboree)**
    1. Players that are 5 lbs over or below the x-men weight limit are required to weigh in at every game.
    2. All other players will get checked in at the weigh-in that they attended but no weight is required to record unless Coach or weight master requests.
    3. Weigh master will initial the player card that player was in attendance. All players must attend weigh/ check in with numbered jersey. X-man must bring helmet.
- g. **Athlete Card (player card):** MVFL athlete player cards must be carried and presented at every game.
- h. **Certification of Athlete Books:** All books will be certified prior to jamboree. If for any reason an athlete or athletes will not be present at the jamboree, the athlete's card can be certified at the first game that athlete attends by the opposing team. Teams must supply a pre-season roster at the time of the book signing.
- i. **Certification Requirements:** In order to certify an athlete, each team must have a copy of the athlete's weight card, a valid physical, a certified copy of the athlete's birth certificate and the AB2007 acknowledgement form signed by both the parent/guardian and athlete. A photo and game jersey number are required on the athlete's weight card. The team books must also have a completed copy of their organization roster.

- i. **Athlete Card:** All athlete's information must be included on the MVFL Athlete Card on white cardstock paper. Any athletes that have an approved Level-up Certification, an approved Exception Request, or an approved Transfer form, must be on blue card stock paper. All Mascots must be on pink card stock paper.
  - ii. **Photo:** A photo of the athlete and jersey number must be on Athlete Card.
  - iii. **Physical:** All athletes must have a physical examination in the current calendar year to be eligible for participation. Acceptable physical forms must include the wording cleared for sports, cleared for athletic activity, or the box marked "SPORT PARTICIPATION APPROVED" on the MVFL physical form.
  - iv. **Proof of Age:** A certificate of live birth issued by the county or state. If the certificate is unobtainable, the MVFL Board will have final approval for athlete's participation by a majority vote.
  - v. **Proof of Grade Level:** Proof of incoming grade level will need to be given to the program, copy of current report card, letter from school district of ingoing school grade level, or online portal if photo and grade level is included.
  - vi. **AB2007 Acknowledgement:** The AB2007 Acknowledgement form must be signed by both the parent/guardian and the athlete. Must be kept with an Athlete Card.
- j. **Certification Procedure:**
  - i. Book Signing: MVFL Board Members will sign off on all athlete books in lieu of the coach's book signing meeting.
  - ii. A MVFL League Representative must sign off an athlete card prior to any MVFL functions.
  - iii. Each team is required to have a representative of your team present at weigh-ins for each team.
  - iv. One representative from opposing teams will review all the forms for compliance. They will certify the compliant forms and insure they are in proper order. When compliance is met, they each will sign the individual athlete card. If there is missing or non-compliant paperwork, the team has until the next game to correct it and get it signed off by the opposing team.
  - v. Any discrepancies found later must be corrected immediately or the athlete may be deemed ineligible.
- k. **Scales:** A certified counterweight type or digital scale must be used for weigh-ins at all pre-season, regular season, and post season games. Scales must be certified yearly displaying current certification stickers. Organizations without a proper scale will not be allowed to play their athletes whose weight is

questionable, +/- (3) lbs., on the non-certified scale. However, the visiting team's questionable athletes will all be declared eligible and legal athletes.

#### IV. ROSTERS

##### a. Roster Submissions and Terms:

###### i. Pre-Season Rosters:

1. Must be presented at the book signing to MVFL Executive Secretary.
2. Each team is required to bring **(14)** copies of each team roster separated by level of play.

###### ii. Regular Season Rosters:

1. Must be submitted to the MVFL Executive Secretary by Game Day Week 4
2. Rosters must be typed.
3. Rosters may be faxed or emailed.
4. Athletes can move up to a higher level, but once a game is played at the higher level, the athlete cannot return to the lower level.

###### iii. Postseason Rosters:

1. Must be submitted to the MVFL Secretary by the Play-off Seeding Meeting.
2. Rosters must be typed.
3. Rosters may be faxed or emailed.

###### iv. Special Roster Changes:

1. Athletes may be added to a team, subject to the MVFL Board approval, during the last (2) weeks of the season if that team's size falls to (20) or fewer athletes.
2. Rosters must be typed.

b. **Roster Requirements:** Rosters must be complete, signed as requested and in compliance with all MVFL Rules and Regulations. They will include name, birth date, school attending, grade level, parents' phone number and jersey number.

c. **Roster Size:** Organizations should strive to meet the following criteria of team divisions. The total number of athletes you are allowed to roster for the Jr. Novice, Novice, Jr. Varsity and Varsity Divisions shall not exceed (160).

- |                           |                                  |
|---------------------------|----------------------------------|
| i. Jr. Novice Division    | Maximum number of athletes is 40 |
| ii. Novice Division       | Maximum number of athletes is 40 |
| iii. Jr. Varsity Division | Maximum number of athletes is 40 |
| iv. Varsity Division      | Maximum number of athletes is 40 |

- d. **New Athlete:**
  - i. **New Athlete:** A new athlete is one that has not participated in any organized youth tackle football program at this age, weight, or grade level.
  - ii. **Procedure for Adding New Athletes:** Athletes being added must comply with all pre-season eligibility requirements and send all appropriate information to the MVFL Board. For teams with waiting lists, new athletes must come from the waiting list.
  - iii. **Final Day to Add to Roster:** The final day an athlete is eligible to be added to the roster is by Gameday Week 4.
  - iv. **Eligibility Date:** Once the MVFL Board has received the eligibility information, the new athlete may start practicing meeting eligibility.
- e. **Elevating Athletes:** Elevated athletes must practice at least (3) times with the higher-level team before they can participate in a league game at the higher level.
- f. **Post Season Games:** Post season games must be played with the roster that was in effect as of the Play-off Seeding Meeting. No athletes may be added or elevated for post season games after the postseason roster has been submitted. Teams may petition the MVFL Board for exceptions. Post season games are not considered regular season games. The post season roster must include football athletes at each level.
- g. **Roster Notification:** Organizations must notify MVFL by July 1st if roster size is limited and will possibly be unable to field a team.

## V. EQUIPMENT AND UNIFORMS

- a. **Team Uniform:** Teams wishing to enter MVFL or teams planning to change team colors, must get the approval of the MVFL Board.
  - i. **Game Uniform:** Athletes must have numbers on their jerseys at all sanctioned MVFL games and scrimmages. MVFL does not follow CIF Rule for Assigned Jersey Numbers for player positions. MVFL Will not allow players to have the same jersey numbers on an assigned level within an organization. Jersey Numbers must be submitted on the rosters given to the MVFL at book signing
- b. **Protective Equipment:** All athletes must wear full football protective equipment at all games and contact practice sessions. Each team will furnish protective equipment for its athletes. It will be each team's responsibility to repair and certify helmets annually or bi-annually if not used in the previous

year. All teams must send helmet certifications to MVFL Secretary prior to the start of practice.

- c. **Equipment:** Teams should purchase, and have available, only top-grade protective equipment for its athletes. In addition, all equipment should be checked and repaired regularly.
  - i. **Equipment Check:** Equipment is monitored by the coach and/or equipment manager to ensure proper fit and good condition. This should be checked regularly.
  - ii. **Practice and Game Equipment:** It is recommended that coaches see that each athlete bring the following items to practices and games: t-shirt, sweatshirt, socks, athletic supporter, tennis shoes or cleats, mouthpiece, towel and necessary football equipment.
  - iii. **Acceptable Shoes:** The following shoes are sanctioned for wear in games or practices: Little League rubber/plastic solid soled cleats, approved youth football cleats or soccer shoes. Screw-in cleats are allowed if they utilize non-metal cleats.
  - iv. **Mouth Pieces:** Mouth pieces will always be worn during games and contact practice sessions and must cover the entire upper jaw. Any color other than white or clear.
  - v. **Footballs:** Designated football for all scrimmages and games approved by MVFL. Chart size is as follows:
    - 1. Youth (Size 8) for Varsity and/or Jr. Varsity
    - 2. Junior (Size 7) for Jr. Varsity and/or Novice
    - 3. Pee Wee (Size 6) for Novice and/or Jr. Novice
- d. **Headsets:** MVFL rules state that if you want to use a headset you may bring your own. It is not a requirement that both teams use them. Athletes are not allowed to talk on the headsets. No headsets allowed on the playing field for Novice games but are allowed on the sideline.

## VI. PRACTICE PROCEDURES

- a. **Practice Schedule:** All teams must file their practice schedule, location, times, and dates with the MVFL Secretary prior to any practice beginning for that season. Any change in practice schedules also requires approval of the MVFL Board. Approval may be given by phone, in person or with written correspondence. Jamboree is considered a practice.
- b. **Discipline for Breaking Practice Schedule:** Any team breaking any approved practice procedure will be brought before the MVFL Board for action as the Board deems necessary.

- c. **To Start Practice:** To begin practice, all athletes must officially sign up with a team and meet all the requirements stated in these Rules & Regulations.
- d. **Pre-Season Practices:**
  - i. **Practices:**
    1. **1st week:** (5) practices per week. Conditioning – **Helmets allowed**
    2. **2nd week:** (5) practices per week. Pads
    3. **3rd week:** (5) practices per week. Jamboree is considered a practice
    4. **4th week:** (4) practices per week. Before 1st Game
    5. **5th week and after:** (3) practices per week
  - ii. **Camps/Clinics:** Teams may have the option of (1) clinic prior to regular practices. A clinic consists of (1) day (6) hour team operated instructional and/or play running clinic with no pads. Clinic must be held in the month of July. High School or “open to all” clinics are not considered team operated clinics. No pads or contact will be allowed during these camps/clinics. Footballs are allowed.
  - iii. **Physical Conditioning:** All athletes must complete (10) hours of physical conditioning and (6) hours in full gear to be eligible to participate in jamboree/scrimmage or game.
- e. **Practice Time Limits:** Practices will run no longer than (2) hours at any session. Time spent in team meetings is not counted as part of the 2-hour practice sessions.

## VII. GAME PROCEDURES

- a. **MVFL Rules:** National Federation of State High School Associations (NFHS), the national leadership in high school sports, with the exception of the MVFL Rules and Regulations discussed below, will govern all MVFL games.
- b. **Ice Chests/Outside Food or Drink:**
  - i. All teams must post these signs at their admission gates:
    1. No ice chests will be allowed into any game except TEAM ice chests.
      - a. **Ice Chest Badges:** (8 ) badges, (1) per level & (1) per team, will be issued specifically for personnel to bring in TEAM ice chests ONLY
    2. No outside food or drinks.
- c. **Game Facilities:** All MVFL teams must furnish the necessary facilities and spectator seating for all MVFL games. The facilities shall include a lined

playing field; certified scales; an EMT, an ambulance service or a doctor, all competent personnel must be 16 years old or older to man the chains; timing; etc.; a first aid kit on the field and any other equipment necessary to coordinate a scheduled game. Each team is responsible for bringing their-own game balls.

- i. Host teams shall supply visiting team with (20) lbs. of ice per level.
- ii. Gates shall open 1-1/2 hours prior to game time.

d. **Football Field:** All MVFL games will be played on a regulation football field.

- i. . Only 8 coaches allowed on sideline.

e. **Game Officials:** All MVFL games will be officiated by MVFL approved officials, preferably those who are members of the MVFL Official's Association or officials who have been approved by the MVFL Board. Four officials will be assigned to all MVFL games, but games may be played with only two officials present. No official can officiate a family member's game. No official or coach can be a member of any organization's board and officiate in that year.

f. **Game Officials Pay:** MVFL officials are paid by half-time of the Jr. Varsity game at a rate of \$325.00 per day flat fee by the hosting team.

- i. Organizations that cannot field all (4) teams will be responsible for the payment of the forfeited game. The host team will pay officials in full and invoice the organization the amount owed for the forfeited games.

The breakdown for reimbursement is as follows:

1. 3 games forfeited - \$750.00
2. 2 games forfeited - \$500.00
3. 1 game forfeited - \$250.00

- a. The MVFL Board reserves the right to review this section any time necessary.

- ii. Scrimmages/Jamboree, \$100 per official
- iii. Play-off's 1<sup>st</sup> Round, 5-man mechanics, \$250 per official, no supervisor
- iv. Play-off's 2<sup>nd</sup> Round, 5-man mechanics, \$225 per official, \$125 supervisor
- v. Superbowl, 5-man mechanics, \$225 per official, \$125 supervisor
- vi. All-Stars (3) games, \$240 per official, no supervisor

g. **Head MVFL Game Official:** The MVFL Board shall employ a MVFL head official to recruit, train, assign, and evaluate MVFL game officials. He or she shall be paid by the MVFL at a rate agreeable to member teams and hold a seat on the MVFL Board.

h. **Medical Presence at Games:** It is mandatory that the home team at all MVFL games provide adequate medical protection for both teams. NO GAME shall



commence without a first aid certified individual (i.e., an EMT, ambulance service, or a doctor) present at the field and identified to each head coach by the game official. The medical personnel will be introduced by the game official to both teams at to the beginning of each game. Medical personnel “MUST” be available during each game in designated area on the sidelines. It would be wise to have phone available for emergencies.

- i. **Field Conditions/Postponement of Game:** The game officials and a MVFL Board Member (when present), shall be the sole judges of whether the field conditions will permit the start of a game. Once a game has begun, the game officials and a MVFL Board Member will determine whether field conditions will permit the continuance of play. Postponed games will be rescheduled by the MVFL Board if facilities are available, and it is reasonable to do so.
- j. **Mercy Rule:** Mercy Rule is in effect per the National Federation of High School Rules. (NFHS) or if both coaches agree.
- k. **Novice, Jr. Varsity and Varsity Games:** Novice, Jr. Varsity and Varsity games will be comprised of four 10-minute quarters and a 12-minute half with a 3-minute warm up. Each team will be allowed (3) time-outs per half.
- l. **Scrimmage/Jamboree Format:** Each team will get (15) minutes on offense and (15) minutes on defense with a running clock. The ball will be placed on the 35-yard line. The offense will drive 35 yards for a touchdown. The offense will have (4) plays to make (10) yards for a first down. They will continue their offensive drive until they score a touchdown, turn the ball over via interception or fumble recovered by the defense, or fail to go (10) yards in (4) plays. If a team does not make a first down or turns the ball over the ball will return to the 35-yard line and the process will start over again until the 15-minute time limit expires. No score will be kept.
- m. **Game Time:** Game times will be listed on the MVFL schedule at suggested times below. They shall be determined prior to each season. \*times subject to change via MVFL board approval.

<b>DAY</b>		<b>NIGHT</b>	
9:30 am	Jr. Novice	12:30 pm	Jr.
	Novice		
11:00 am	Novice	2:00 pm	Novice
1:00 pm	Jr. Varsity	4:00 pm	Jr.
	Varsity		
3:00 pm	Varsity	6:00 pm	Varsity

n. **Scoring:**

i. **Jr. Novice Division**

1. Touchdown 6 points
2. Safety 2 points

ii. **Novice & Jr. Varsity Divisions**

- |               |          |                           |          |
|---------------|----------|---------------------------|----------|
| 1. Touchdown  | 6 points | Extra Point – Run or Pass | 1 point  |
| 2. Safety     | 2 points | Extra Point – Kick        | 2 points |
| 3. Field goal | 3 points |                           |          |

iii. **Varsity Division**

- |               |          |                           |          |
|---------------|----------|---------------------------|----------|
| 1. Touchdown  | 6 points | Extra Point – Run or Pass | 1 point  |
| 2. Safety     | 2 points | Extra Point – Kick        | 2 points |
| 3. Field goal | 3 points |                           |          |

**IV. Forfeiture Due to Number of Athletes:** Programs that forfeit an away game be held financially responsible for referee and field costs that are typically the financial responsibility of the hosting team.

- Exception: Program does not have a rostered team at the time of book signings with the approval of the League Board.
- Example: Escalon Jr Cougars did not roster a Jr Novice squad for entirety of the 2022 season therefore would not be held financially responsible for the non-played games.

o. **Official's Termination of Game:** Game officials may terminate a game at any time in order to protect the well-being of either team's athletes, coaches, or spectators. In this situation, the MVFL Board will determine the outcome of the game.

p. **25-Yard Line:** While coaching, coaches must stay within the 25-yard lines of the playing field while the game is in progress.

q. **Athlete/Coach Lack of Cooperation:** Any athlete or coach who refuses to cooperate with game officials during the game may be removed from the field, may be disciplined by the MVFL Board, and may not participate the next week. There may be fines for coaches who are reprimanded by the officials, subject to Code of Ethics Violation Fee Paid to the MVFL.

r. **Mandatory Play Rules:** Every eligible athlete suited up for a game must play in that game according to these guidelines:

- i. Jr. Novice minimum of 10 plays
- ii. Novice Division minimum of 8 plays
- iii. Jr. Varsity minimum of 6 plays
- iv. Varsity minimum of 4 plays

- v. No requirement to play everyone during playoffs
  - vi. Each organization should decide the eligibility of each athlete within their organization. MVFL will stand behind each organizations' rule. The athlete will be subject to the minimum play rule. MVFL has the authority to enforce local rules. If practices are missed, minimum play rule goes down by one. If no practices are attended, athlete will not be allowed to suit up. Each team will regulate themselves on this rule during games but may be subject to League actions if found to be in violation. The coach's agreement to the code of ethics applies to enforce this rule. The coach will deal with team members reluctant to play at the coach's discretion. Athletes not participating for medical or disciplinary reasons will not suit up for the game. Once a team reaches (25) active athletes on a roster, the Mandatory Play Rule is reduced by half except for Jr. Novice.
- s. **Free Blocking Zone:** The free blocking zone is in effect per the NFHS Rules except in the Jr. Novice Division.
- t. **Special Rules:**
- i. **Novice:**
    1. No coaches are allowed on the field.
    2. There will be rushing of the punter, but the receiving team must use a normal punt receiving formation.
    3. No Standing on the Defensive line between the tackles. On defense any player between the tackles must have hand down.
  - ii. **Jr. Novice:**
    1. **League Participation:**
      - a. The objective of the MVFL Board is to have all organizations participate in the Jr. Novice Division by fielding a team.
        - i. AMA Jr. Bullfrogs are grandfathered into a non-participation status for this division of play.
        - ii. Team number of player options:
          1. All teams with 12 or more athletes must play 11 on 11.
          2. All teams with 11 athletes shall play the 7 on 7 format.
            - a. Notification of 7 on 7 format to opposing team will be one week prior to allow for 7 on 7 format preparations.
          3. All teams under 7 athletes must forfeit.

2. **Mandatory Play Rules:** Every eligible athlete suited up for a game must play a minimum of (5) plays in that game.
3. **Game Procedures:**
  - a. **Format:**
    - i. The game will be opened in accordance with MVFL Rules by a coin toss to determine possession.
    - ii. Games will be played in a full field format except in a 7 on 7 format.
  - b. **Coaches on Field:**
    - i. Only (2) two coaches per team are allowed on the field at any one time. They must stay (10) yards from the line of scrimmage at the snap of the ball. (1) coach offense/(1) coach defense.
  - c. **Clock:**
    - i. There will be (4) quarters with a (10) minute running clock.
    - ii. Mandatory water break at (5) minutes per quarter.
    - iii. The teams will have (1) time out per half.
    - iv. Halftime will be a (10) minute running clock.
    - v. There will be a stoppage of the clock for any injuries that take place.
  - d. **Officials:**
    - i. Penalties such as clips, chop blocking and head tackling will be flagged, and the ball will be placed at the spot of the foul and down will continue to the next down. (No reset of down)
    - ii. Blitzing is not allowed from any defensive position.
4. **Game Play:**
  - a. The ball will be placed on your 35-yard line and a team will have to drive (35) yards to score a touchdown. Teams will have (4) plays to make (10) yards for a first down. If a first down is not achieved on (3) downs, on the 4<sup>th</sup> down the team has the option to punt. If you elect to punt, the ball will be moved (20) yards and the opposing team will take possession.
    - i. 11 on 11 – 35-yard line out
    - ii. 7 on 7 – 35-yard line in
  - b. A maximum of (5) linemen (x-man) will be allowed on the defensive line of scrimmage. Linemen (x-man) are defined as any defensive player within (1) yard of the line

of scrimmage. Defensive ends and corners may be in an upright position if they are outside of the tight end or tackles outside shoulder and are not allowed to crash/pinch down the line of scrimmage towards the quarterback or running back. All defensive positions can read and react to the ball as the play takes place. No hitting the center or quarterback before the quarterback receives the ball from the center.

i. All defensive linemen from offensive tackle to offensive tackle must be in a 3 or 4 point stance with backers no closer than 3 yards from the line of scrimmage and no standing defensive player can walk up inside that 3 yards and blitz. Defensive ends could be in 2 point stances as they are outside the offensive tackles.

ii. 7 on 7 a. (3) down linemen, (2) receivers, (1) running back, (1) quarterback. Center will not be eligible to run or receive the ball. b. On the line of scrimmage, the linemen are lined "heads up" and (1) yard off the offensive line. c. Receiver must be a minimum of (5) yards off the line of scrimmage. d. Each team will have (2) quarters of offense and (2) quarters of defense, alternating.

**5. Overtime:**

- a. Coin toss will be held to determine possession.
- b. Ball will be placed on the 10-yard line and teams will be given (4) downs to score a touchdown. Each team will have an opportunity to score.

**6. Scoring and Score Keeping:** Utilizing the modified game format, teams will drive the football in an attempt to score touchdowns. Upon scoring the touchdown, possession will be turned over to the other team for a first down on their 35-yard line.

- a. Scores and standings will be recorded with the League.
- b. Touchdowns are scored as 6 points.
- c. Safety is scored as 2 points.
- d. There will be no extra point attempt.

**7. Special Team Play:** There will be no special team play.

**8. Post Season Play:** Jr novice post season game play rules will be the same as regular season play. All games 7v7 or 11v11 to count toward standings.

## VIII. GAME SCHEDULES, RESULTS, STANDINGS AND DIVISION TIE

- a. **Game Schedule:** Schedules will be drawn up and issued through the MVFL Board.
  - i. each team will play 10 regular games in a season that will not include jamboree.
    - 1. practice start date last full week of July.
- b. **Game Days:** Games will be played on Saturdays and Sunday games are considered as a last resort. One game will be played in a week.
- c. **Results:** Results of the games will be recorded at the end of the 4<sup>th</sup> quarter or enactment of the mercy rule. **No game shall end in a tie.** It is the responsibility of the home team representative to notify the MVFL Board of game results.
- d. **MVFL Standings:** The MVFL Board standings will be the official league standings. Game results will be the responsibility of the home team and **MUST** be texted through the GroupMe “Scores” app. by no later than Monday night following those weekend games.
- e. **Tie Breaker Rules:** NFHS will be in effect for all tie breakers.
- f. **Seeding for Play-Off’s Only**
  - i. Overall Record (conference or regular season)
  - ii. Head-to-Head (wins/losses)
  - iii. Common Opponent (non-conference or pre-season)
  - iv. Points Allowed (not points scored)
- g. **Allstars:**
  - i. In-lieu of Allstars game a team photo.
  - ii. Must wear team Jersey and bring helmets. No Coaches
  - iii. All League mountain team and All League valley team
    - 1. Follow the same player selection as previous all star team.
    - 2. 8 kids (4 linemen, 4 skill)
    - 3. 6 kids (3 linemen, 3 skill)
    - 4. 4 kids (2 lineman, 2 skill)
    - 5. 4 kids (2 linemen, 2 skill)
    - 6. 2 kids (1 linemen, 1 skill)
    - 7. 2 kids (1 lineman, 1 skill)
  - iv. Mountain team with best record to host all league team picture

- v. Valley team with best record to host all league team picture
- vi. League to issue award to each player. And make pictures available for parents to purchase. Each team would receive a team picture. Photo to take place week after superbowl Location and Date TBD

## IX. EJECTION, VIOLATION, APPEALS

- a. **Athlete Ejection:** Any athlete shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next game. **NOTE** Any athlete who plays in the next game following his/her ejection will be treated as an ineligible athlete for that game.
- b. **Coach Ejection:** Any coach shall be disqualified from participating in the remainder of the game and will be ineligible for the next game.
- c. **Violations:** If a coach is ejected or a rule is violated a fine will be imposed to the organization as in the 3-strike rule. 1<sup>st</sup> offense \$100, 2<sup>nd</sup> offense \$150, 3<sup>rd</sup> offense is expulsion of the coach.
  - i. It is the organization's league reps responsibility to notify the MVFL if a player, coach or attendee is ejected or removed from the game via group me no later than Monday following the game.
- d. **Appellate Procedures:** Any athlete or coach may appeal his/her one game suspension to his/her local board who shall establish appellate procedures to determine the eligibility of each athlete that is ejected from a game. Any head or assistant coach ejected from a contest will be disqualified from participating in the remainder of that game and will be prohibited from coaching or attending the next game for that organization. **NOTE** Any coach who coaches his/her team or attends the next game following his/her ejection will be referred to the MVFL Board for disciplinary action. See Constitution "Incidents".2024 Rules & Regulations



# 2024 Rules & Regulations

## CHEER

### Table of Contents

I. ELIGIBILITY OF ATHLETES	Page 33
II. AGE REQUIREMENTS	Page 34
III. CHEER RULES	Page 34
IV. ROSTERS	Page 38
V. EQUIPMENT & UNIFORMS	Page 39
VI. PRACTICE PROCEDURES	Page 40
VII. GAME PROCEDURES	Page 40
VIII. EJECTION, VIOLATION, APPEALS	Page 40



## I. ELIGIBILITY OF ATHLETES

- a. Right to Play:** No athlete will be denied the right to participate because of culture, language, gender, race, ethnicity, or disability. No athlete will be denied the right to participate because of ethnicity, race, or religion.
- b. Permission to Play:** Each athlete must furnish proof of parental or guardian permission to participate, and he or she must pay a registration fee. Each organization determines the amount of the registration fee.
- c. Academic Standards:** It is the recommendation of the MVFL, that athletes should maintain acceptable grades to participate in the football/cheer program. Athletes should maintain a 2.0 or "C" average to be qualified. The various teams in the league shall adopt locally developed policies to ensure that the grades of athletes are acceptable. The MVFL Board will support the decisions of the various teams on this matter. Organizations are encouraged to recognize the academic achievement of its athletes.
- d. High School Students:** No high school student can participate in MVFL.
- e. Non-Public School Students:** Athletes not enrolled in the public-school system may participate in MVFL, but they must meet the appropriate grade level and experience requirements.
- f. Geographical Areas:** In determining participation, all athletes must live within the school district boundary which defines that team's population of athletes. The MVFL Board can grant exceptions. Cheer follows football boundaries. If less than 17 players by April 1, transfers, may be allowed by approval of the Cheer board. Football players will not follow cheer.
- g. Proof of Grade Level:** Proof of incoming grade level will need to be given to program, copy of current report card or letter from school district of incoming school grade level, or online portal if photo and grade level is included.
- h. Physical Exam:** All athletes must have a physical examination in the current calendar year to be eligible for participation. Acceptable physical forms must include the wording, "CLEARED FOR SPORTS", "CLEARED FOR ATHLETIC ACTIVITY", or the box marked "SPORTS PARTICIPATION APPROVED" on the MVFL physical form.
- i. Eligibility to Participate in Game:** Athletes must complete (10) hours of physical

conditioning to be eligible to participate in a jamboree/scrimmage or a game. Physical conditioning may be identified as team conditioning performed at practice or skill camp attendance.

**j. Level of Play:** As a general rules, athletes should play at the highest level at which they are capable. It is the intention of MVFL that athletes are encouraged to play in their own grade level. At the discretion of their local board, athletes may move up one division. Under no circumstances, may an athlete move down a division unless an exception by the league is approved.

a. Cheerleaders that play up a level the year prior due to no having a level may be moved back down to their own grade level the next year motion

## II. AGE REQUIREMENTS

### a. Division Ages:

a. Mascots Kindergarden

b. Jr Novice Division: 1<sup>st</sup> & 2<sup>nd</sup> Grade

c. Novice Division: 3<sup>rd</sup> & 4<sup>th</sup> Grade

d. Junior Varsity Division: 5<sup>th</sup> & 6<sup>th</sup> Grade

e. Varsity Division: 7<sup>th</sup> & 8<sup>th</sup> Grade

1. Any situation outside of these division grade requirements must be approved by MVFL

**b. Proof of Age:** A certificate of live birth, issued by the county or state, must accompany the team when the team is participating in any MVFL game. All teams are required to secure and make copies of each athlete's birth certificate and keep it as a permanent record. If a certificate is unobtainable, the MVFL Board will have final say for an athlete's participation by a majority vote.

**c.. Proof of Grade:** A copy of athletes' last year report card, letter from school / school district, or photo from online portal with players name, picture, year and grade level must accompany the team when the team is participating in any MVFL event.

## III. CHEER RULES

**a. Purpose:** The MVFL Cheerleading Program is an integral part of our total youth football program and contributes highly to an individual's overall education and growth as a young person. The MVFL cheerleading program is in place to promote spirit, develop teamwork, sportsmanship and provide a safe environment in which cheerleading athletes can learn and have fun. It is the intention of this organization to allow any athlete who wants to cheer the opportunity to participate. Depending on the number of cheerleaders,

availability of uniforms, the number of coaches available, etc., it may be necessary to limit squad sizes.

**b. Safety:** No issue is of greater importance than the safety of our young athletes. None is more worthy of the attention of coaches, officials, players, and administrators. The young athletes who enjoy the sport of cheerleading deserve our wholehearted commitment to their safety.

- i. No jewelry on any part of the body or piercings allowed during practices and games.
- ii. Medical/religious jewelry may be worn if taped down.
- iii. No false fingernails. No nail length above fingertip.
- iv. The only metal allowed are flip clips, bobby pins and other accessories at the discretion of the cheer advisor.
- v. Casts/braces:
  1. Athletes with a hard cast may not tumble, stunt, or be considered as spotters and are not required to be wrap/pad the cast.
  2. Athletes wearing hard braces with exposed metal material, such as knee, wrist, and elbow braces, are required to wrap/cover the brace with a padded material so that it protects both them and their fellow athletes from injury.

**c. Liability and Responsibility:**

- i. Guidelines are aimed to ages, due to the liability and risks involved in cheerleading. Younger athletes are less likely to recognize and respect those risks and are more likely to attempt something inherently dangerous due to current skill levels. Restrictions exist for the protection of those under the age of legal liability, coaches, parents/guardians, and responsible organizations such as the MVFL. **Therefore, no intermixing of stunt groups will be allowed.** This applies to performing with a High School athletes.
- ii. On combined teams, stunt groups must be based on the level for which the athlete would have been assigned to if there were no combination team.
- iii. Only **current badged coaches, assistants, junior coaches** may be allowed on track or during the game sideline. Current badged coaches, assistants, and junior coaches must stay on the sideline during the halftime.
- iv. NO above/below level athletes are allowed on track or field spotting stunts or filling in for an absent athlete.

**d. Divisions:**

- i. Mascots may only cheer at the Jr. Novice level.
  1. Any character mascots must be a registered athlete in the athlete books with all forms completed.
- ii. Mascots must have two uniform differences. See Equipment and Uniforms section of Cheer Rules & Regulations.

**e. Level-Up Certification:**

i. Level-ups are used to move an athlete up one (1) level with having one (1) year prior experience at the advisor's discretion. No approval needed from the MVFL Board.

**f. Exception Request Application:**

i. Exceptions are used for any reason outside the current MVFL Rules and Regulations. All Exceptions must have approval from the local board and presented to the MVFL Cheer Board for approval and then approved by the MVFL Board.

**g. Participation:**

i. **Smaller Programs:** Smaller groups may participate as one squad, but stunting must be based on appropriate age divisions.

ii. **MVFL Participation:** Athletes are to participate in sanctioned MVFL pre-season, regular season and postseason games or activities that their organization's football team is participating in.

1. Competition squads and their performances, practices and activities do not fall under the MVFL guidelines as they are considered a separate entity and are not MVFL sanctioned. The MVFL does not endorse but needs to be notified of organizations participating in a cheer competition.

2. Non-MVFL sanctioned events must have written approval by the local board and notify the MVFL Cheer Board of said changes. Prior to participating in any event, appropriate insurance coverage must be submitted to the MVFL Board. Example: Cheer Competitions.

iii. **Cheer Coaches:** All cheer advisors, head coaches and assistant coaches must complete two (2) online classes: (1) Pop Warner Course, Y101PW for new coaches or Y102PW for returning coaches (2) NFHS Heat Illness Prevention training online, in order to receive their coach badge. Coaches that do not complete the training, will not be allowed on the sidelines during game and cannot conduct practice sessions. If a coach is added during the season, they must complete the same required training. Cheer advisors will turn in the completed certificates to the MVFL Cheer Representative to be eligible to obtain their organizations badges. Jr. Coaches are not required to complete this training.

iv. **Cheer Clinic/Camp:** Teams have the option of attending cheer clinic/camp. The MVFL Cheer Board and team advisors will work to contract a certified cheer instructor to teach skills, techniques, progression and stunting while focusing on safety.

1. If camp is two days, the organization is permitted to take two days off of practice. Example of camp is a Saturday and a Sunday the organization can takeoff the day prior of practice, and the day after

## **h. Stunting:**

### **i. Mascots stunting:**

1. Mascots are permitted to do stunts within waist level on two feet with feet never going above the waist level. Stepping out of stunts ONLY; NO cradling permitted. Mascots can ONLY be stunted by Mascots or Jr. Novice athletes.

**ii. Cheerleader Stunting:** MVFL will follow the JAMZ Youth Cheer Level Grid up to YCADA Level 4. Levels to be determined by cheer advisor based on ability of each squad. Current JAMZ Level Grid will be provided by MVFL Cheer Representative. If a team performs illegal stunting, video of performance must be sent to MVFL Cheer Representative for review. If determined illegal, organization will be subject to violation Section IX.

**I.** No sideline stunting on dirt tracks for Mascots.

**II.** Level 1 – Sideline stunting allowed for Jr. Novice and Novice.

**III.** Level 2 – Sideline stunting allowed for Jr. Varsity and Varsity.

**IV.** Jamboree Stunting: Stunting at the jamboree will be at the cheer advisor's discretion. Squads must be uniformed per the cheer advisor's discretion.

**i. Athlete Card (Cheer Card):** MVFL athlete cards must be carried and available at every game.

**j. Certification of Athlete Books:** All books will be certified prior to jamboree. If for any reason an athlete or athletes will not be present at the jamboree, the athlete's card can be certified at the first game that athlete attends by the opposing team. Teams must supply a pre-season roster at the time of the book signing.

**k. Certification Requirements:** In order to certify an athlete, each team must have a copy of the athlete's card, a valid physical, a certified copy of the athlete's birth certificate, proof of grade, and the AB2007 acknowledgement form signed by both the parent/guardian and athlete. A photo is required on the athlete's card. The team books must also have a completed copy of their organization roster.

**a. Athlete Card:** All athlete's information must be included on the MVFL Athlete Card on white cardstock paper. Any athletes that have an approved Level-up Certification, an approved Exception Request, or an approved Transfer form, must be on blue card stock paper. All Mascots must be on pink card stock paper.

**b. Photo:** A photo of the athlete must be on the Athlete card.

**c. Valid Physical:** All athletes must have a physical examination in the current calendar year to be eligible for participation. Acceptable physical forms must include the wording, "CLEARED FOR SPORTS", "CLEARED FOR ATHLETIC ACTIVITY", or the box marked "SPORTS PARTICIPATION APPROVED" on the MVFL physical form. Any restrictions must be noted on the player card.

**d. Proof of Age:** A certificate of live birth, issued by the county or state, must

accompany the team when the team is participating in any MVFL game. All teams are required to secure and make copies of each athlete's birth certificate and keep it as a permanent record. If a certificate is unobtainable, the MVFL Board will have final say for an athlete's participation by a majority vote.

e. **Proof of Grade:** Proof of incoming grade level will need to be given to program, copy of current report card or letter from school district of ingoing school grade level, or online portal if photo and grade level is included.

f. **AB2007 Acknowledgement:** The AB2007 Acknowledgement form must be signed by both the parent/guardian and the athlete. Must be kept with Athlete Card.

#### **I. Certification Procedure:**

a. MVFL Cheer Board will sign off on all athlete books at cheer book signing meeting. Each cheer advisor must sign off athlete card prior to any MVFL functions. One representative from opposing teams will review all the forms for compliance. They will certify the compliant forms and insure they are in proper order. When compliance is met, they each will sign the individual athlete card. If there is missing or non-compliant paperwork, the team has until the next game to correct it and get it signed off by the opposing team.

b. Any discrepancies found at a later date must be corrected immediately or athlete may be deemed ineligible.

c. Athletes may not change squads after athlete card has been signed by one representative from opposing teams.

### **IV. ROSTERS**

#### **a. Roster Submissions and Teams:**

##### **i. Pre-Season Rosters:**

1. Must be presented at the book signing to MVFL Cheer Representative. MVFL Cheer Representative will consolidate and turn into the MVFL Secretary.

2. Each team is required to bring (14) copies of each team roster separated by level of play

3. Each roster must be typed.

##### **ii. Regular Season Rosters:**

1. Must be submitted to the MVFL Cheer Representative by Game Day Week 4 and forward to the MVFL Secretary.

2. Rosters may be emailed.

3. Athletes can move up to a higher level, but once a game is played at the higher level, the athlete cannot return to the lower level.

4. Each roster must be typed.

##### **iii. Post Season Rosters:**

1. Must be submitted to the MVFL Cheer Representative by the Play-off Seeding Meeting and forwarded to the MVFL Secretary.

2. Rosters may be emailed

**b. Roster Requirements:** Rosters must be complete, signed as requested and in compliance with all MVFL Rules and Regulations. They will include name, age, birthdate, school, grade, and phone number of athlete.

i. **Combined Teams:** All athletes on combined teams must be included on one (1) roster.

ii. **Mascots:** Mascots will be added to the team assigned at the Jr. Novice/Level. Mascot information will be identified in ITALIC font at the end of the roster.

**c. Roster Size:** Organizations should strive to meet the following criteria of team divisions. The total number of athletes you are allowed to roster for the Jr. Novice, Novice, Jr. Varsity and Varsity Divisions shall not exceed (160).

i. Jr. Novice Division Maximum number of athletes is 40

ii. Novice Division Maximum number of athletes is 40

iii. Jr. Varsity Division Maximum number of athletes is 40

iv. Varsity Division Maximum number of athletes is 40

**d. New Athlete:**

i. **New Athlete:** A new athlete is one that has not participated in any organized youth cheer program at this grade level.

ii. **Procedure for Adding New Athletes:** Athletes being added must comply with all pre-season eligibility requirements and send all appropriate information to the MVFL Board. For teams with waiting lists, new athletes must come from the waiting list.

iii. **Final Day to Add to Roster:** The final day an athlete is eligible to be added to the roster is by Game Day Week 4.

iv. **Eligibility Date:** Once the MVFL Board has received the eligibility information, the new athlete may start practicing once they meet eligibility.

**e. Elevating Athletes:** (Level-up/Exception) Elevated athletes must practice at least (3) times with the higher-level team before they can participate in a league game at the higher level.

**f. Post Season Games:** Post season games must be cheered with the roster that was in effect as of the Play-off Seeding Meeting. No athletes may be added or elevated for post season games after the post season roster has been submitted. Teams may petition the MVFL Board for exceptions. Post season games are not considered as regular season games. The post season roster must include cheer athletes at each level.

## V. EQUIPMENT AND UNIFORMS:

**a. Team Uniform:** Cheer teams planning to change team colors, must get the approval of the MVFL Board.

i. **Game Uniform:** Athletes must have game uniform as required by each organization at all sanctioned MVFL games and scrimmages.

ii. **Mascot Uniform:** Must have two (2) identifying uniform differences. these will be their bow and poms no other differences are excepted.

iii. **Jamboree:** All athletes must wear camp or game day attire per Cheer Advisors discretion.

## VI. PRACTICE PROCEDURES:

**a. Practice Schedule:** All teams must file their practice schedule, location, times, and dates with the MVFL Executive Secretary prior to any practice beginning for that season. Any change in practice schedules also requires approval of the MVFL Board. Approval may be given by phone, in person or with written correspondence. Jamboree is considered a practice. Cheer to follow suit with football practices.

**b. Discipline for Breaking Practice Schedule:** Any team breaking any approved practice procedure will be brought before the MVFL Board for action as the Board deems necessary.

**c. To Start Practice:** To begin practice, all athletes must officially sign up with a team and meet all the requirements stated in these Rules & Regulations.

**d. Pre-Season Practices:** Practices are as follows:

### i. Practices:

1. 1st week: (5) practices per week. Conditioning and learning new sideline cheers for the season/no stunting
2. 2nd week: (5) practices per week. Conditioning & stunting
3. 3rd week: (5) practices per week. Jamboree is considered a practice
4. 4th week: (4) practices per week. Before 1st Game
5. 5th week and after: (3) practices per week

ii. **Camps/Clinics:** If the organization chooses to attend to a cheer clinic, the organization is allowed to cancel (1) day practice to allow the athlete to rest either before or after the clinic.

iii. **Physical Conditioning:** All athletes must complete (10) hours of physical conditioning to be eligible to participate in jamboree/scrimmage or game.

**e. Practice Time Limits:** Practices will run no longer than (2) hours at any session. Time spent in team meetings is not counted as part of the 2-hour practice sessions.

## VII. GAME PROCEDURES:

**a. MVFL Rules:** Refer to 2024 Football Rules & Regulations.

**b. Halftime Routines:** Cheer is allowed two minutes and thirty seconds (2:30) at halftime to perform their routines.

i. Mascots will be allowed 30 to 60 seconds to perform their own halftime routine prior to the junior novice halftime show. MASCOTS ONLY

## VIII. EJECTION, VIOLATION, APPEAL:

**a. Athlete Ejection:** Cheer will follow MVFL Athlete Code of Ethics

**b. Coach Ejection:** Cheer will follow MVFL Coach Code of Ethics

**c. Violation:** Cheer will follow MVFL Code of Ethics

**d. Appellate Procedures:** Cheer will follow football