

**Rochester
Youth Football & Cheerleading**



**2019
Rule Book**

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WELCOME TO OUR PROGRAM

Rochester Youth Football and Cheerleading, Inc. would like to welcome you to our program. It is our hope that you will find this a positive and rewarding experience. Our constructive program is designed to teach the fundamentals of football and cheerleading to all boys and girls who meet the age, weight, and health requirements.

This program is designed for participation. With the growing trend in youth sports programs to “win at all costs”, we feel it necessary to have a program with participation, education, and fun.

Every eligible team member who has learned his/her assignments shall play/cheer in every game. This will ensure that all children have fun and it will fulfill each child’s natural desire to compete.

The RYFC By-Laws provide additional regulations and requirements in addition to the rules outlined in this book.

RYFC MEMBER TEAMS

CHURCHVILLE

EAST IRONDEQUOIT

FAIRPORT

GATES

NEWARK

PENFIELD

RUSH-HENRIETTA

VICTOR

WEBSTER

FOOTBALL POLICY & PROCEDURES

PLAYER ROSTERS & ELIGIBILITY

- 1) Grade Requirements
 - a. Flag: Kindergarten, 1st & 2nd grades
 - b. C-Team: 3rd grade**

** (2nd Graders with Parent and Organizational Approval, see below)
 - c. B-Team: 4th & 5th grades
 - d. A-Team: 6th & 7th grades
- 2) Player shall be placed on the appropriate level based on grade.

- 3) Player must be below the following weight limits in order to receive a handoff. It is, however, allowable for these players to receive a pass beyond the line of scrimmage:

Team	Backfield Weight limit
C Team	None
B Team	130#
A Team	155#

- 4) Player is ineligible to play down to a lesser grade level.
- 5) Player can move up one squad level (example: B Team to A Team) only if it is in the absolute best interest for the child and others on his team AND only if the following takes place:
- Approval from the parent(s) in writing (dated and signed)
 - Approval from the teams' board in writing (dated and signed)
 - Approval from the league board (majority vote in which involved team does not vote)
 - Written approval from the parent(s) and the teams board must be submitted to the league for review before an approval vote.
- 6) No Player will be eligible if in high school.
- 7) Revised team rosters are required to be submitted to RYFC for any changes to rosters after certification.
- 8) A player may participate in a second sport, except (Football), provided they meet all practice requirements for both RYFC and the other organization.

COACHES

- Each class within a team shall have a Head Coach, who will be responsible to the President, or any other official to whom that responsibility is delegated by the President.
- Each class within a team shall have no more than one (1) Head Coach, five (5) Assistant Coaches, and at each team's discretion there shall be no more than three (3) helpers on the sidelines during any scheduled game, at no time is this figure to exceed nine (9) Coaches/Helpers on the sidelines. These numbers do not include individuals acting as Spotters, Monitors, Photographers, or Medical Personnel.
- Head Coach - The Head Coach shall have the responsibility of coaching his/her team, and of supervising the Assistant Coaches. There shall be only one Head Coach for each class. If a Head Coach is between the ages of 18 - 21 years of age, and of unquestionable moral character there will be an adult advisor present at all times. The Head Coach shall serve without compensation. The Head Coach may be appointed or removed by the President or his delegate at their discretion, with the advice and consent of the Team Board of Directors as specifically provided in the rules. Head coach as well as all assistants must complete all league mandated training/certification.
- Assistant Coach - Each class within a team shall have no more than five (5) Assistant Coaches who will be responsible to the Head Coach, and work under his direction. They must be of unquestionable moral character and shall serve without compensation. They may be appointed or removed by the President or his/her delegate at their discretion with or without the recommendation of the Head Coach and with the advice and consent of the Board of Directors of the team. Head coach as well as all assistants must complete all league mandated training/certification.
- Helpers - Each team may carry as many helpers as they deem necessary as long as these helpers are Background checked and cleared. Each team may register persons in the category of Ball Boy/Girl, Water Boy/Girl, and Team Mom/Dad etc.

- 6) All coaching during games at the A and B levels will be done from the sidelines as directed in the sectional rulebook of organized High School football programs pertaining to the area which the RYFC, INC. is located (NY Section 5).
- 7) During the first two games of the season, the Head Coach or his designated alternate may be present on the game field during the progress of a C level game, only in the huddle for offense and defense. After the huddle has broken, no talking or adjustments from the Coach or alternate are allowed. For the remainder of the games that season (game 3 through championship games) Coaches must follow the normal A and B level rules. Any violation of this rule will be reported to the RYFC President and punitive action will be taken.
- 8) Only the Head Coach may request an interpretation of an Official's ruling during games.

PRACTICE SESSIONS

Practice sessions within the meaning of these rules are any meeting of the players for their physical or mental training in football fundamentals and practice.

RYFC member organizations and their affiliates are permitted to operate, license or market off-season activities for the purpose of mental and/or physical training for the sports of Cheerleading and Football under their name, providing the following criteria is met:

- 1) The activity is not mandatory for any participants.
- 2) The activity is open to everyone including others outside of their organization(s).
- 3) The activity is not tied in any way to the RYFC

This includes, but is not limited to: camps, practice sessions or group training. Off-season is defined as the period of time after the conclusion of all championship games through August 1st of the following year. Additionally, it is acceptable for RYFC member organizations or affiliate to provide goods or service (including, but not limited to, items of value, financial resources or insurance) to any other party who operates, licenses or markets the same off-season activities. The season is defined as August 1 through the conclusion of the championship games of the same year.

PRACTICE RULES

The purpose of these rules is to provide RYFC organizations with consistent methods designed to limit the chance for injury during structured practice sessions. These rules provide youth coaches with heat acclimatization guidance, clear definitions of contact, limits on the number of practices per week and time limits on player-to-player full contact. These rules call for a two-week period (10-14 days) when coaches gradually increase the length and intensity of practice and the amount of equipment that can be worn. At all times, athletes should have access to fluids and have periods of rest throughout a practice.

- 1) At no time throughout the preseason or regular season should teams practice more than once per day (No two-a-day practices). Teams should be allowed to practice a maximum of four times per week during the preseason.
- 2) During practice days 1 and 2, no more than 90 minutes of practice are allowed, a helmet should be the only protective equipment permitted. No form of player-to-player contact should occur during the first two practices.
- 3) During practice days 3 and 4, two hours of total practice time is allowed. Only helmets and shoulder pads should be worn. No full-contact drills should be allowed. USA Football defines full-contact as drills being run at "Thud" and "Live" tempo. Coaches are encouraged to limit player-to "Control" using USA Football's Levels of Contact.
- 4) After completion of 4 practice sessions, during practices 5 and 6 and beyond, two hours of practice time is allowed. Teams have the option to wear full pads and full contact drills can begin and should be utilized

within the recommended time allocation, Coaches are encouraged to introduce contact through a progressive manner to ensure they are using proper technique before full-contact (Thud & Live Action) drills are allowed.

- 5) Following the preseason acclimatization period, teams conduct no more than four practices per week. Coaches are to limit the amount of full-contact to no more than 30 minutes per day and no more than 120 minutes per week. No two-a-day practices should be allowed at any point throughout the preseason.
- 6) Once the regular season begins and games commence, for any week leading up to a game, the number of practices per week is decreased to three to account for the weekly game. Coaches are to limit the amount of full-contact, or live action, to no more than 30 minutes per day and no more than 90 minutes per week. Six hours of practice time is allowed as a limit.

Levels of contact:

Air- Intensity=0, Players run a drill unopposed without contact.

Bags- Intensity=1 Drill is run against a bag .

Control- Intensity=2 Drill is run at assigned speed until contact, one player is predetermined winner. Contact remains above the waist and not taken to the ground.

Thud- Intensity=3 , Drill is run at competitive speed through contact, no predetermined winner. Players are not taken to ground and a quick whistle.

Live Action-Intensity=4, Drill is run in game like situations and only time player is taken to the ground.

Compliance to these rules/guidelines is the responsibility of the Head Coaches, assistant coaches, Player Safety Coach and ultimately the President of the organization. At no time should player safety be compromised for the sake of preparing a team for a game. Failure to adhere to these rules could result in suspension or expulsion.

EQUIPMENT

- 1) Each player participating in A,B&C levels are required to wear all of the following equipment at each practice session, game, or other activity requiring physical contact:
 - a. Helmet
 - b. Face Guard
 - c. Chinstrap
 - d. Mouth guard (Any color but not clear. Exception to mouth guard restriction "if prescribed by a dentist as a special orthodontics mouth guard).
 - e. Shoulder Pads
 - f. Pants
 - g. Jersey
 - h. Hip Pads
 - i. Thigh Pads
 - j. Knee Pads
 - k. Athletic Supporter and Cup (Males Only)

- l. Shoes with molded cleats or sneakers
 - m. Rib Guards
 - n. Adhesive sprays are not allowed (on hands/gloves)
 - o. Flag players are required to wear a mouth guard
- 2) All equipment must be of competitive quality and shall meet the requirements of N.O.C.S.A.E.
 - 3) All helmets shall be re-certified by each team every two years.
 - 4) All equipment must meet NY Section 5 requirements.
 - 5) The use of any kind of stickers, excluding the team logo or player number on helmets is prohibited without consent from the RYFC Board.
 - 6) The President of each team is responsible for enforcement of paragraph "A" above, and for selection of equipment, which is satisfactory quality for the service to which it is to be put.

GAME SCHEDULES

Exhibition Games & Scrimmages

Exhibition games and scrimmages for teams in all classes are permitted after conditioning and throughout the regular season if the game involves teams affiliated with RYFC, INC... Any organization wishing to play an exhibition game against a non-affiliated organization must obtain prior approval from the RYFC, INC. Executive Board.

Regular Game Schedules

- 1) All schedules will be arranged by the League.
- 2) The following restrictions shall apply to the schedules:
 - a. All schedules must conform to any local or other legal regulations in effect at the time and place of the game.
 - b. No team shall schedule more than nine (9) games in any regular season.
 - c. A minimum of four (4) days must elapse between the scheduled games of any team.
 - d. A forfeited game shall be considered to have been played when counting the number of scheduled games. Any other reason than the forfeit shall be rescheduled.
 - e. All scheduled games must be played: in the event of bad weather on a game day or during a game day reference the Section in this book, Game Day Procedure under Bad Weather Policy.
 - f. The sequence of games played on Sunday unless prior approval by the Executive Board:
 - i) Flag Team – Start at 9:00 am.
 - ii) C Team - Start at 10:30 am.
 - iii) B Team - Start at finish of C game - approx. 12:30 pm.
 - iv) A Team - Start at finish of B game - approx. 2:30 pm.
 - g. Night games:
 - i) Flag Team – Start at 2:30 pm.
 - ii) C Team - Start at 4:00 pm.
 - iii) B Team – Start at finish of C game/ Begin - approx. 6:00 pm.
 - iv) A Team - Start at finish of B game - approx. 8:00 pm.
 - v) No game shall start after 9:00 pm

- 3) If weather conditions prevent the use of a home team's game field for a regularly scheduled game, it shall be the responsibility of the home team to provide an alternate site, either at home or at the visiting team's field. If this cannot be done the game shall be forfeited to the visitors. *NOTE! - The Head Official and Home Team President shall have final authority in any decision regarding the suitability of the playing field.
- 4) During the eighth week of the season, team 1 will play team 4; team 2 will play team 3; and team 5 will play team 6 at each level in each conference. The winner of team 1 vs. team 4 will play the winner of team 2 vs. team 3 in the championship game.
- 5) In the event of a tie, head to head competition will be considered first. The win/loss record against common opponents will be considered the second tie breaking criteria. If neither of these methods breaks the tie, a tie breaker will be conducted (dice roll, coin toss) on the Sunday evening of the last regular season games. The Presidents (or suitable replacement from their organization) shall be present for the tie breaker.

Tie Breaker

In the event a regular season, playoff, or championship game ends in a tie, the following rule will be applied in an effort to break the tie.

During the overtime period, there is no mandatory number of plays for each participant.

To determine which team will have possession of the ball first, the team captains will be called to the center of the field for a coin toss.

The ball will be placed on the 10 yard line. Each team will have 4 downs to score. If both teams score, including chosen extra point method, the game remains tied. A second set of 4 downs will then be given to each team. This will continue as long as the score remains tied, for up to three possessions each.

During the overtime period, if the ball is turned over, the team that recovers the ball will be given possession at the 10 yard line. Neither a fumble, nor an interception, can be advanced by either team.

Regular season game - If at the end of the 3 possessions for each team, the game is still tied, the game will be recorded as a tie.

Post season game – The overtime format will continue until a winner is decided.

The referees will maintain the play clock; there will be no set game time.

Each team will receive one additional time out for the overtime period in addition to any time outs they had remaining from the second half of regulation.

Opponents Outside the RYFC

Unless specific permission is granted by RYFC, INC. one month in advance of each event no team chartered by RYFC, INC. may engage in any type of football activity, including, but not limited to, games either exhibition or pre-season, with a team (organized or unorganized) which is not chartered by RYFC, INC..

Championship Games

During the eighth week of the season in each conference, team 1 will play team 4 and team 2 will play team 3. The winners of these games will play in the championship game. Team 5 will play team 6 in a consolation game.

Lineups and roster check for each team in the championship games will be conducted by a League official. Organizations participating in the game may have a representative at the lineup to preview opposing players and have an opportunity to question individual player eligibility, as necessary. The representative must be a board member and not a coach.

The League will arrange all fields and facilities for the championship games.

The League will arrange for and compensate all officials for championship games.

PLAYING RULES

A/B/C (unless otherwise noted) Rules

- 1) All games will be played under the rules contained in the current edition of the Section V Football Rulebook, with exceptions as noted herein.
- 2) Every organization is encouraged to have an alternate home field site for use in the event the primary site is not available due to weather conditions or other unforeseen events.

Scoring

METHOD	POINTS
Touchdown	six (6)
Point after TD: Kicking Running	two(2) one (1)
Field Goal	three (3)
Safety	two (2)
Forfeit - points credited to opponent	one (1)

Offended team is behind at the time of forfeit: No score

Offended team is ahead at the time of forfeit: Actual score.

Kickoffs

- 1) There are no kickoffs at any time, during any game across all levels (A and B teams). Possession will start at the 35 yard line of the team that possesses the ball. This includes the start of each half of a game as well as after a team scores.
- 2) Onside conversion (A and B teams only): In the 4th quarter with less than 5 minutes left in a game, a team that scores a touchdown AND is still tied or behind in points will have the option to attempt an "onside conversion". The coach of the team making the attempt needs to let the refs and the coach of the other team aware of their intentions. The ball will be placed on the 28-yard line of the team making the attempt. They must advance the ball to their 40-yard line in one play (12-yard gain). If the team makes the conversion, they keep the ball and play continues as normal. If they do not succeed at the attempt, then this would be a turn over on downs (just like an unsuccessful 4th down attempt) and the opposing team gets the ball at the spot where the play ended. The onside conversion attempt can be repeated as long as the restrictions noted above are met.

Home team responsibilities for each game

- 1) Preparation of playing field and all accessories required for the game.
- 2) Presence of a qualified physician, holder of a current Red Cross First Aid card, or an Ambulance.
- 3) Payment of game officials and any other persons or fees required for proper legal conduct of the game.
- 4) Monitor chain crew – consisting of four people (supplied by visiting team)
 - a. All members of the chain crew must be at least 18 years of age.
 - b. Under no circumstance should any member of the chain crew offer any assistance to the players, coaches, and helpers on the field, during halftime, or on the bench. They should also refrain from making any comments to officials.
 - c. The use of cell phones and other electronic devices is not permitted by chain crew, spotters, or any other volunteers on field.
- 5) Sufficient security as to ensure crowd control.

Playing Field

- 1) The playing field shall be 100 yards by 53-1/3 yards. Any field not meeting official standards must be approved by RYFC, INC. officials. Characteristics of any deficient, but approved field must be pointed out to the officiating team and the representatives of the visiting team before commencing any game. C Team field and Flag field set up as outlined in their respective sections of this rulebook.

- 2) In addition to Member and RYFC Board members, only the personnel listed below will be permitted in the areas as described. It shall be the duty of the home team to enforce this regulation:
 - a. BENCH - Players, Adult team members, Physician, Red Cross first aid attendant, Ball boy/girl, Water boy/girl, and Team moms/dads.
 - b. SIDELINES - Cheerleaders, Yardage, Chains, down marker, and play time monitor personnel, and Team photographer.
 - c. IMMEDIATE AREA ADJACENT TO FIELD - Ambulance and crew, and Law Enforcement Officers.

Ball

- 1) All "RYFC INC" football games of any type must be played with either leather or composite leather football only, no other footballs will be permitted.
- 2) A suitable game ball must be provided by each team for each (A, B & C) games.
- 3) Any brand of football (Wilson, Baden, Rawlings, Spalding, Nike, etc) may be used so long as said ball is suitable.

The Flag team: "Pee Wee" size football.

The (C) team: "Pee Wee" size football.

The (B) team: "Junior" size football.

The (A) team: "Junior" size football.

* Suitability - shall determine the appropriate size and condition of said ball with final authority being given to the head official on site should any question arise

The Head Official shall have final authority in any decision regarding the suitability of a specific ball.

Officials

- 1) All officials for RYFC, INC. games shall be registered collegiate, high school, or independent officials, whose qualifications shall have been approved in advance by the League.
- 2) The RYFC, INC shall be responsible for providing a minimum of three (3) qualified (officials/referees) at each game. In the case of an emergency, a game may start or continue with a minimum of two (officials/referees). At no time will a game start or be continued with less than two (officials/referees).
- 3) Each official shall be furnished by the League with a current copy of the RYFC, INC. Rulebook.
- 4) It is the responsibility of the organization president to inform the league president in writing of any issues with officials within 48 hours of the game.

Playing Time

The time for each quarter shall be as listed below. All times are "stop and go", unless otherwise noted. No running clock will be permitted.

Quarter times for all classifications will be ten (10) minutes.

Mandatory plays and monitoring

It is mandatory that all players in all classes, who are physically able to play and are not being disciplined, must play the minimum number of plays.

- For teams with more than 20 active/eligible players on a given game day, all players must participate in a minimum of seven (7) plays per half.

- For teams with 20 or less active/eligible players on a given game day, all players must participate in a minimum of ten (10) plays per half.

All teams are required to use the official monitor sheet, provided by the RYFC and must include first name, last name and jersey number for each player.

The amount of plays each child shall participate in will be then monitored by one adult from each organization on both team sidelines during every game. These persons shall then record each individual participant's activity on a league approved monitor sheet. It will then be their responsibility to notify each coaching staff at the end of the first and third quarters regarding the playing status of all participants on both teams.

In the event that a participant has not achieved the minimum number of plays in either the first half and/or second half, the monitors must notify presidents of both teams and make note of it on the monitor sheet. This shall be reported to the RYFC President and VP of Football. If a team violates the 7 or 10 play rule for any half, the team will forfeit that game. In addition, for each half that a team violates, the active head coach will be suspended for (1) game.

Team Presidents sign opposing teams monitor sheet and maintain as a record for one (1) year. If the signed official monitor sheet reveals that any one (1) or more players failed to participate in the required number of plays, they will be disciplined as noted above.

Team Playing Eligibility

- 1) To certify a team roster a minimum of 14 players (A/B) or 10 players (C) must be registered and meet certification requirements.
- 2) To play a game a minimum of 14 certified players from a squad (A/B) or 8 players for (C) must be present to play a legal game.
- 3) However, if a player is injured, a one play grace will be allowed to play with 10 players, both teams.
- 4) If the player cannot return and or the game player or another player is injured, the legal game will be stopped. The Head coaches with Team Presidents can agree to play a controlled scrimmage to complete the game time available. Unless otherwise allowed by the League Directors the team that cannot finish the game will receive a loss the opposing team a win.

Game Day Ejection

- 1) The ejected player or coach must leave the grounds or premises, unless permitted by officials and Team President to remain and follow "sight and sound" rule. Sight and sound rule; off the field, out of sight and sound. The person may be allowed to watch the game without any participation or any further incident whatsoever.
- 2) A report of Code of Conduct will be completed and forwarded to the league.
 - a. Disciplinary action shall follow guidelines as per RYFC By-Laws.

Proof of Player Eligibility

The eligibility of any player is subject to challenge before each game. Each participating team must have at each game, adequate copies of the registration and any other papers required to prove eligibility of each participant.

The ultimate responsibility of ensuring a player's eligibility shall rest upon each team's organization. Any team found to be carrying an ineligible player will forfeit any and all previous games played in the current season.

Scoring 40 Point Rule

- 1) The score against the weaker opponent should be held down as much as possible. Any team winning by a point spread of forty (40) or more points will be required to meet with the

executive board. The President, Football Director and the Coach of both teams will be required to explain the circumstances to the executive board within the following week.

- 2) The Executive Board will listen to both sides and may pass the following judgment:
 - a. Reprimand of Head Coach (Verbal or Written).
 - b. Suspension of Head Coach for the following game.
 - c. Dismissal of Head Coach for the remaining season.

Protests

- 1) Legal protests - Protests concerning interpretation of rules of eligibility of a player prior to a game may be made in an orderly manner.
- 2) Illegal Protests - The judgment of an official in calling a play may never be protested, but any and all complaints are to be directed through the President/Vice-President of the team. It shall be noted and taken to the next Division meeting and discussed at the RYFC, INC. level.

Adult Conduct

- 1) The adult team members are expected to set examples for the players and cheerleaders in all things and particularly in sportsmanship and an adult approach to any differences, which may arise in connection with the game of football.
- 2) The following rules are not expected to be all-inclusive, but are listed as a basis for adult conduct. Each team official shall consider himself/herself personally responsible, not only for his/her own conduct, but for the conduct of all other adults representing his/her team.
- 3) There shall be no profanity at any time in the presence of players, cheerleaders, or candidates. Violations may result in reprimands, probation, or dismissal of a team, organization, or an individual from "RYFC, INC.".
- 4) All criticism shall be constructive, and given in private for the benefit of a player/cheerleader, and not for downgrading him/her.
- 5) There will be no scouting at practice sessions or regularly scheduled games of a future opponent. No coach (including Head, Assistant or Helper) shall be present at practice sessions or regularly scheduled games of future opponents. This shall not prevent the use of the same field for practice by two or more teams. Violations of this rule shall result in suspension and/or dismissal of all coaches (including Head, Assistant, and Helpers) found guilty of violating this rule.
- 6) No alcoholic beverages or tobacco products on the field, or in the spectator area, or at any team function where children are present.
- 7) Use of telecommunications devices - There shall be no use of walkie-talkies, field phones, or any other type of signaling device to communicate information during the progress of any game. Specifically, there shall be no communications from any person on the sideline; i.e. coach, parent helper, or monitor, with anyone in a booth, sideline, stands or anywhere where said person is in any way viewing the game. Use of electronic devices such as PDA's or tablets that are not for communication but rather demonstration for players and/or coaches on the sideline are permitted provided use of same is disclosed by a team to the opposing team. This can be done by disclosure by and through member's representatives before or at least two (2) hours prior to game.
- 8) Elevated booths, towers, platforms, or similar structure, these structures will be used only for photographic and video purposes or announcing games. It is mandatory that the home team would permit visitors to use their facilities for permissible activities.
- 9) PA Systems shall be used for the purpose of player and cheerleader introductions and announcing games and half-time events.

C Team Football Rules

General

- 1) Field Dimensions: 60 X 35 yards with 10-yard end zones (cones placed at the numbers on both sides of field, half field + end zone)
 - a. 2 games can be played simultaneously on a regulation field with cones along the numbers shortening and narrowing the playing field.
- 2) Football Size – Pee Wee
- 3) No weight restriction at any position

Basic Rules and Regulations

- 1) RYFC Rules with mandatory play count in place (players should rotate every play and every position as much as possible to limit one player having an unbalanced amount of carries.)
 - a. Coins flip to determine initial possession.
 - b. Ball is placed at the 40 yd line heading into respective end zone for initial possession.
- 2) Scoring- 6 points for touchdown, 1 point for a successful extra point run.
 - a. RYFC Overtime Rules in place.
- 3) Exceptions
 - a. 8-player football
 - b. No 3 pt Stances
 - c. No Blitzing
 - d. No Special Teams- punts, kickoffs, extra point kick etc.
 - e. Change of Possession after score, turnover or beginning of half = 40-yard line. All turnovers are dead ball and possession at the 40 yd line.
 - f. Time = (4) 10-minute quarters, clock will be stopped as per normal section V rules.
 - g. One coach allowed on the field for each team

Offense

- 1) Positions:
 - a. Center/Right Guard/Left Guard
 - b. Right End/Left End
 - c. Quarterback/Skill Player/Skill Player
- 2) Restrictions
 - a. 5 players on L.O.S.
 - i. 3 ineligible Players– Center, Right Guard, Left Guard
 - ii. 1 eligible Player on the line , either side of ball
 - b. 1-yard max splits by interior linemen
 - c. No Trips or Overload Formations

- d. Only 2 Offensive players outside of Guard Box

Defense

- 1) Positions:
 - a. Left Defensive Tackle/Right Defensive Tackle
 - b. Left Line Backer/Middle Linebacker/Right Linebacker
 - c. Left Corner/Free Safety/Right Corner
- 2) Restrictions
 - a. Center Must Be Uncovered
 - b. 2 Defensive Tackles Aligned Head-up on Offensive Guards
 - c. A Defensive End/Outside Linebacker may align on outside shoulder of Tight End
 - i. No Defenders aligned in Gaps
 - d. Defensive Players can ONLY match Offensive Players on L.O.S. except for Center
 - e. Defensive backs off the L.O.S. and in the box must align 10 yards off the ball
 - f. Defensive backs head up on receivers- 5 yards back, if not covering a WR they must be 7 yards back from Line of Scrimmage (LOS)
 - g. No blitzing- defenders can rush across the LOS from any position once the hand off occurs.

Flag Rules

Philosophy

The primary objective of our Flag program is to have fun. We want every child to have an enjoyable experience. To that end we will work very hard to make sure that the fundamentals are being taught, and that all participants have the opportunity to learn, have fun and a positive experience. It is an opportunity for each child to make new friends and to experience the pride of being part of a team. It is also an opportunity for players to begin to understand the game of football and allow our club to better prepare our players to play in our tackle program in the future. All organizations must register flag participants up through the USA Football Flag Football program.

Game

- 1) The game will consist of 7 players from each team. (7v7)
- 2) At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
- 3) The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.
- 4) The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown.
- 5) If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.
- 6) If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its own 5-yard line.

- 7) All possession changes, except interceptions, start on the offense's 5-yard line.
- 8) Teams change sides after the first half. Possession changes to the team that started the game on defense.

Eligibility

- 1) All players' legal guardians must agree to the online waiver form at nflflag.com/form/player for their specific league before participating.
- 2) Equipment
- 3) The league provides each player with an official flag belt and NFL FLAG team jersey. Teams will use footballs provided by their league.
- 4) Players must wear shoes. Cleats may not be allowed at certain locations. This will be specified in the tournament details you receive prior to the tournament. However, cleats with exposed metal are never allowed and must be removed.
- 5) Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.
- 6) Players must remove all jewelry, hats and do-rags. Winter beanies are allowed.
- 7) Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
- 8) We recommend players wear shorts or pants that do not have pockets. Shorts or pants with belt loops or pockets must be taped. Games will not be delayed for a player to tape up pockets.
- 9) Flag belts cannot be the same color as shorts or pants.

Field

- 1) The field dimensions are between the hash marks (approximately 30 yards) and 60 yards. 2-10 yard End Zones, with 40 yards of playable field. This way you can have 2 flag games going on at the same time on one field.
- 2) No-run zones are in place to prevent teams from conducting power run plays. These zones are 5 yards before the end zones. All plays with in the no-run zones must be a pass.

Timing

- 1) Games are played on a 40 minute continuous clock with two 20 minute halves. Clock stops only for timeouts or injuries.
- 2) Halftime is one minute.
- 3) Each time the ball is spotted, a team has 60 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- 4) Officials can stop the clock at their discretion.
- 5) In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.

Scoring

- 1) Score will not be kept/tracked for any Flag game.

Coaches

- 1) Coaches are expected to adhere to NFL FLAG philosophies, coaching guidelines and code of conduct.
- 2) Only 2 coaches are allowed on the field to direct players.

Live Ball/Dead Ball

- 1) The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- 2) The official will indicate the neutral zone and line of scrimmage.
 - a. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may give both teams a "courtesy" neutral zone notification to allow their players to move back behind the line of scrimmage.
- 3) A player who gains possession in the air is considered inbounds as long as one foot comes down in the field of play.
- 4) The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty.
- 5) Substitutions may be made on any dead ball.
- 6) Any official can whistle the play dead.
- 7) Play is ruled "dead" when:
 - a. The ball hits the ground.
 - i. If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground.
 - b. The ball-carrier's flag is pulled.
 - c. The ball-carrier steps out of bounds.
 - d. A touchdown or safety is scored.
 - e. The ball-carrier's knee or arm hits the ground.
 - f. The ball-carrier's flag falls out.
 - g. The receiver catches the ball while in possession of one or no flag(s).
 - h. The 7 second pass clock expires.

NOTE: There are no fumbles. The ball is spotted where the ball-carrier's feet were at the time of the fumble.

Running

- 1) The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball. Forward progress will be measured by the player's front foot.
- 2) The quarterback cannot directly run with the ball between the tackles (no QB sneaks). The quarterback is the offensive player who receives the snap.
- 3) Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.

- a. "Center sneak" play is no longer allowed. The QB is not allowed to handoff to the center on the first handoff of the play.
- 4) No-run Zones are located 5 yards before each end zone are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE. (Reminder: Each offensive team approaches only one no-run zones in each drive – 5 yards from the goal line to score a TD).
- 5) Any player who receives a handoff can throw the ball from behind the line of scrimmage.
- 6) Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
- 7) Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.
- 8) Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
 - a. Players spinning out of control will be called for flag guarding.
- 9) Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
- 10) Blocking will be allowed at the Line of Scrimmage only, no blocking or "screening" is allowed past the line of scrimmage which includes downfield.
- 11) Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.
- 12) Flag obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

Passing

- 1) All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.
 - a. The quarterback may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage.
 - b. If a swing pass or pitches will be treated like a hand-off in that it is behind the line of scrimmage. If either is dropped, it will be considered a fumble. Fumbles are considered a dead ball, and the ball will be placed at the spot of the fumble.
- 2) The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, the play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.
 - a. If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the Line of Scrimmage

Receiving

- 1) All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- 2) Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage.
- 3) A player must have at least one foot inbounds when making a reception.

- 4) In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- 5) Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.
- 6) Interceptions are returnable

Defensive Rushing/Blitzing

- 1) Defensive forward movement before the ball is snapped is not allowed.

Flag Pulling

- 1) A legal flag pull takes place when the ball-carrier is in full possession of the ball.
- 2) Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.
- 3) It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
- 4) If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands.
- 5) A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- 6) Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder or intentionally covering the flags with the football jersey.

Formations

- 1) Offenses must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
 - a. One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
 - b. No motion is allowed toward the line of scrimmage.
- 2) Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
- 3) The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

Unsportsmanlike Conduct

- 1) If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!
- 2) Offensive or confrontational language is not allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
- 3) Players may not physically or verbally abuse any opponent, coach or official.
- 4) Ball-carriers MUST try to avoid defenders with an established position.
- 5) Defenders are not allowed to run through the ball-carrier when pulling flags.

- 6) Fans must also adhere to good sportsmanship as well:
 - a. Yell to cheer on your players, not to harass officials or other teams.
 - b. Keep comments clean and profanity free.
 - c. Compliment ALL players, not just one child or team.
- 7) Fans are required to keep fields safe and kids friendly:
 - a. Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field in the end zone area.
 - b. Stay in the end zone area, not between fields.
 - c. Dispose of ALL trash in designated trash cans.
- 8) Unsportsmanlike conduct penalties:
 - a. Defense + 10 yards from line of scrimmage and automatic first

Penalties

- 1) General
 - a. The referee will call all penalties.
 - b. Referees determine incidental contact that may result from normal run of play.
 - c. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)
 - d. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.
 - e. Games may not end on a defensive penalty unless the offense declines it.
 - f. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
 - g. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

2) Defensive spot fouls

Defensive pass interference	Automatic first down
Holding	Automatic first down
Stripping the ball	+10 yards and automatic first down

3) Offensive spot fouls

Screening, blocking downfield or running with the ball	-10 yards and loss of down
Charging	-10 yards and loss of down
Flag guarding	-10 yards and loss of down

4) Defensive penalties

Defensive unnecessary roughness	+10 yards and automatic first down
Defensive Unsportsmanlike conduct	+10 yards and automatic first down
Offside	+5 yards from line of scrimmage and automatic first down
Illegal rush (Starting rush from inside 7-yard marker)	+5 yards from line of scrimmage and automatic first down
Illegal flag pull (Before the receiver has the ball)	+5 yards from line of scrimmage and automatic first down
Roughing the passer	+5 yards from line of scrimmage and automatic first down
Taunting	+5 yards from line of scrimmage and automatic first down

5) Offensive penalties

Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
Offside / false start	-5 yards from line of scrimmage and loss of down
Illegal forward pass	-5 yards from line of scrimmage and loss of down
Offensive pass interference	-5 yards from line of scrimmage and loss of down
Illegal motion (More than one person moving)	-5 yards from line of scrimmage and loss of down
Delay of game	-5 yards from line of scrimmage and loss of down
Impeding the rusher	-5 yards from line of scrimmage and loss of down
Illegal Procedure	-5 yards from line of scrimmage and loss of down

RYFC CHEERLEADING RULES

GENERAL

All organizations in Rochester Youth Football and Cheerleading, Inc. (RYFC) must have a cheerleading program that provides instruction in basic cheerleading skills and focuses on the goals of fun, safety, and participation. RYFC rules shall follow New York State Section V Cheerleading Safety Regulations and the National Federation of State High School Association Spirit Rules. In addition to these rules all RYFC affiliates shall be in compliance with the current RYFC Bylaws.

DIRECTORS

- 1) Each affiliate will assign a person to be responsible for the cheerleading division of an RYFC affiliate, and this person shall be known as the Cheer Coordinator. The Cheer Coordinator will be responsible to the president of that affiliate. The Cheer Coordinator shall be at least 21 years of age, of strong moral character, and shall serve without compensation.
- 2) The Cheer Coordinator shall be responsible for:
 - a. Supervision of all cheerleading squads, coaches, and helpers
 - b. Ensuring the affiliate's coaching staff is familiar with and complies with the cheerleading rules of RYFC, Inc.
 - c. Providing a curriculum of cheerleading practices, football games, competitions and other activities for the current season
 - d. Attendance at all RYFC, Inc. cheer coordinator meetings (or with a substitute affiliate representative)

COACHES/STAFF

- 1) The cheerleading coaching staff shall be appointed by the affiliate's president with the advice and consent of the affiliate's Board of Directors. All coaches shall be of strong moral character and serve without compensation
- 2) Each cheerleading squad shall have a person designated as the head coach. The head coach shall be at least 18 years of age and of strong moral character. The head coach of a cheerleading squad shall be responsible for all matters related to the cheerleading squad.
- 3) Each cheerleading squad may have a staff of assistant coaches. Assistant coaches shall be at least 18 years of age and of strong moral character. The assistant coach will report to the head coach and will serve at the head coach's direction.
- 4) All coaches shall obtain youth coaching certification through the NYSCA or other organization approved by RYFC. All coaching certification training must include concussion awareness training.
- 5) Each cheerleading squad may have additional staff in support of the cheerleading squad that include but are not limited to team managers, apprentice/teen coaches, or any other position the affiliate requires.

CHEERLEADING ROSTERS AND ELIGIBILITY

- 1) Cheerleading participant ages are based on their age as of December 1 of the current year.
- 2) In order to be rostered to an RYFC affiliate's cheerleading squad the participant must be at least of the age to be enrolled in a public school kindergarten program and no older than 15 years or 8th grade, whichever is higher.
- 3) Rostering to a cheerleading squad will be determined by the participant's school grade as of September of the current season:
 - a. A Squad: Grades 6 and 7
 - b. B Squad: Grades 4 and 5
 - c. C Squad: Grades 2 and 3
 - d. Flag Squad: Kindergarten, grades 1, and 2

- 4) There are no "Bridge Grades" that would allow rostering between corresponding squads. Special circumstances may be brought to the RYFC board for consideration as necessary.
- 5) Tryouts for a squad at any level or positional tryouts for any squad are prohibited.
- 6) An affiliate may create multiple squads at any level provided the affiliate is in compliance with rostering rules of RYFC.
- 7) *Participants may be added to an affiliate's Certified Roster up to the beginning of the first football game of the current season. Additions to an affiliate's Certified Roster after the beginning of the first football game of the current season is prohibited.*

PRACTICE SESSIONS

- 1) Practice sessions are defined as any meeting of cheerleaders for either physical or classroom training in cheerleading fundamentals.
- 2) Practice sessions shall begin no earlier than August 1 of the current year and conclude no later than December 31 of the same year
- 3) Participants must have a current physical exam on file with the affiliate organization
- 4) Practice sessions will be limited to:
 - a. 10 hours per week prior to the beginning of the school year
 - b. Six hours per week during the school year
- 5) Practice session may occur at any time provided the session does not exceed the maximum hour limitation or interfere with required football game attendance.

FOOTBALL GAME REQUIREMENTS

- 1) A cheerleading squad that has been certified at a grade level shall be required (mandatory) to attend the first four football games of the season for the corresponding level and color (multi team organizations) if applicable. Mandatory attendance at the first four games is subject to the following exceptions:
 - a. The "Feels Like Temperature" is 96 degrees or more per the heat index procedure (Weatherbug.com for the specific zip code)
 - b. The "Feels Like Temperature" is 35 degrees or below, per Weatherbug.com for the specific zip code.
 - c. There is a torrential downpour.
- 2) Attendance at the remaining regular season games, playoff games and championship games for that season will be at the discretion of each organization. The decision whether to attend the remaining games is the responsibility of the Cheer Director for each organization.
- 3) A cheerleading squad may be excused from the game day attendance requirement provided (all of the following conditions apply):
 - a. The football game is held on a Saturday
 - b. The cheerleading squad will attend a cheerleading competition
 - c. The cheerleading competition is held on a Saturday

- d. Prior notification of the squad's intention to be absent from the football game is reported to the Vice President of Cheerleading of RYFC
 - e. Prior notification of the squad's intention to be absent from the football game is reported to the opposing organization's cheer coordinator
- 4) While at a football game, a cheerleading squad shall:
- a. Perform a Welcome Cheer prior to the start of the football game
 - b. Perform sideline cheers (to optionally include responsive style cheers)
 - c. Provide a performance during halftime
- 5) A cheerleading squad will be required to remain at the football game for the entire duration of the football game except under extraordinary circumstances (e.g. hazardous or dangerous weather). Prior to any squad being excused from a football game prior to the game's completion, coaches from both opposing cheerleading squads and affiliate directors must agree to excuse the cheerleading squads. There shall be no dismissal of a cheerleading squad prior to halftime.

UNIFORM AND EQUIPMENT

- 1) Each affiliate will make financial provisions for supplying uniforms for its cheerleaders consistent with the affiliate's registered team colors.
- 2) For all practices, football games, and cheerleading competition a cheerleading squad may use only the following approved props or equipment:
 - a. Pom poms
 - b. Megaphones
 - c. Signs

GENERAL SAFETY

- 1) There shall be at least one adult present at each practice, game, or competition that has been trained in basic first aid to include CPR training. Each squad will maintain a file of emergency medical information for all participants and have an emergency medical plan in effect for the squad
- 2) Proper attire is required to include:
 - a. Appropriate footwear
 - b. Clothing that is not baggy or loose
 - c. Nonmetallic headbands and nonmetallic clips (bobby pins are not included in this restriction and may be used)
- 3) Hair is to be worn out of the face and controlled
- 4) Finger nails shall be clipped to a length that does not present a hazard
- 5) With the exception of medical alert medals or bracelets, jewelry of any kind is prohibited
- 6) A cheerleader who is suspected of sustaining a concussion or other head injury during a practice session, football game, or competition must be removed from participation and may not return to participate until evaluated by a licensed health care provider trained in the evaluation and

management of concussions and head injuries and a medical clearance to return to full activity is obtained by a licensed health care provider.

CHEERLEADING STUNTS

- 1) Stunt training, practice, and performance shall be accomplished on a gymnastic style mats, rubberized surfaces, artificial turf surfaces, or grass
- 2) Stunts prohibited by Section V Cheerleading Regulations or National Federation of State High School Association Spirit Rules shall not be performed by an RYFC affiliate's cheerleading participant, group or squad. Spotters are required to be utilized when required by Section V Cheerleading Regulations or the National Federation of State High School Association Spirit Rules.

LEAGUE COMPETITION

- 1) RYFC will provide for an annual league cheerleading competition. The league competition may be administered and operated directly by the league or may be operated and/or administered by an independent group (e.g. town school district cheerleading programs) working in conjunction with RYFC. In the event an independent group operates and/or administers the league cheerleading competition, the Vice President of Cheerleading will coordinate with the independent group the use of the specific rules and criteria that are included in the RYFC Cheerleading Rules.
- 2) Participation at the RYFC cheerleading competition will take precedence over any other cheerleading competition.
- 3) Each of the A, B, C, and Flag levels will have a Small and a Large division (when practical). Criteria for placement of a squad in the Small or the Large will be established by the cheer coordinators no later than one week prior to the date of the competition.
- 4) A division will not contain less than three cheerleading squads unless the number of cheerleading squads at a level makes it impractical to do so.
- 5) Annually the committee of cheer coordinators will review the criteria for the RYFC cheerleading competition, and these criteria will be published on the official RYFC cheerleading competition scoresheet. This scoresheet will be used by the panel of judges during the RYFC cheerleading competition. The official scoresheet will be distributed to the cheer coordinators by the Vice President of Cheerleading no later than the first day of practice of the current season.
- 6) All RYFC affiliate cheer coordinators or their representative will possess a copy of the certified roster of each of their respective cheerleading squads while at the RYFC competition. If requested by the Vice President of Cheerleading, an affiliate's cheer coordinator will make available their certified roster to the Vice President of Cheerleading.
- 7) All cheerleading routines will:
 - a. Be between 2:00 and 2:30 in duration
 - b. Have at least two jumps performed by the entire squad
 - c. Have at least one stunt performed by the squad
 - d. Have one section of the routine dedicated to a cheer or chant
 - e. Performed to music that is in good taste by general community standards (provided the routine is performed to music)
- 8) Each cheer team will be required to walk through a "check in" on competition day, prior to the start of the competition. The intent is to verify participants to the final certified rosters for each team.
- 9) Flag teams will have the option to participate either "competitive" or "exhibition". Organizations will need to determine which option they desire in advance of the competition. Exhibition teams will still receive score sheets from the judges and will receive participation awards.

GAME DAY PROCEDURES

- 1) Football games are generally played on Sundays. Kickoff time for Sunday football games are:
 - a. Flag Football Game- 9:00 am
 - b. C Football Game- 10:30 am
 - c. B Football Game- 12:30 pm (player introductions to begin immediately following the completion of the C football game)
 - d. A Football Game- 2:30 pm (player introductions to begin immediately following the completion of the B football game)

In the event of a Saturday football game, information regarding kick off time will be distributed by the Vice President of Cheerleading to the affiliates' cheer coordinators

- 2) Upon arrival at the game location the affiliate's cheer coordinator, squad coach, or other assigned squad representative will ensure that the squad's announcer list and music (if applicable) is delivered to the announcer's booth.
- 3) 20 minutes prior to the beginning of the football game the cheerleading squad will assemble at the end zone of their respective football team. The cheerleading squad will line up on the football field for announcements and introductions
- 4) Following the introductions of both cheerleading squads and football teams, the national anthem will be played
- 5) Following the completion of the National Anthem, both cheerleading squads will move to the 50 yard line to perform their respective Welcome Cheers:
 - a. The home cheerleading squad will perform their Welcome Cheer first
 - b. Upon the completion of the home cheerleading squad's Welcome Cheer, the visiting cheerleading squad will perform their Welcome Cheer
- 6) Both cheerleading squads will return to their respective sidelines to perform sideline cheers during the football game
- 7) Both the home and visiting cheerleading squads will perform at halftime :
 - a. The visiting cheerleading squad will perform first and will perform towards the visiting spectators on the visitor's side of the football field
 - b. Upon the completion of the visiting cheerleading squad's performance, the home cheerleading squad will perform and will perform towards the home spectators on the home side of the football field
- 8) The cheerleading squad may, at the discretion of the head coach, be absent from a portion of the third quarter of the football game to accommodate the squad for a break period provided the cheerleading squad has returned to perform sideline cheers by *eight minutes of time left in the third quarter*.
- 9) At the completion of the football game the cheerleading squads will participate in shaking hands with the opposing football team and cheerleading squad.

RYFC CHEERLEADING DEFINITIONS

Aerial

A skill performed free of contact with a person or the performing surface.

Assisted Inverted Floor Skill

An inverted participant on the performing surface is partially supported by non-inverted participants who are also on the floor surface.

Base

A person in direct weight-bearing contact with the performing surface who provides primary support for another person.

Base of Support

Weight-bearing point or points between the top person and multiple bases.

Basket Toss

A person loads into interlocked hands/wrists and is tossed by multiple bases.

Cradle

A dismount from a partner stunt, pyramid or toss in which the catch is completed below shoulder height by a base or bases with the top person in a face-up open-pike position.

Cupie/Awesome

A stunt in which both feet of a top person are in one hand of a base.

Dismount

Ending a stunt by releasing a top person to the performing surface or a cradle.

Dive Roll

An airborne forward roll.

Downward Inversion

A stunt or pyramid in which an inverted top person's center of gravity moves toward the performing surface.

Elevator/Sponge Toss

A person loads into a prep/elevator loading position and is tossed by multiple bases.

Extended Stunt/Position

The supporting hands of the bases are above the head.

Flatback

A stunt in which bases extend a top person overhead, face up or down, in a horizontal straight-body position.

Flip

An aerial skill involving foot-over-head rotation in a tuck, pike or layout position.

Front Drop

Dropping to a horizontal, face-down position on the performing surface.

Handstand

An inverted position in which the arms are extended beside the head and the hips are directly over the head and shoulders.

Hanging Pyramid

A pyramid in which a top person(s) is suspended by another top person(s) who is/are in a shoulder stand.

Inverted Position

Shoulders are below the waist.

Knee/Seat/Thigh Drop

Dropping to the knee(s), seat or thighs on the performing surface.

Liberty

A one-leg stunt (usually extended) that may include variations such as a hitch, torch, heel stretch, arabesque, scorpion, etc.

Loading Position/Load

Bases support a non-extended top person under the foot/feet in preparation for a stunt or toss.

Non-release Stunt

A stunt in which contact is maintained between a top person and base(s).

Non-release Transition

A top person is moved from one stunt to another while maintain physical contact with the original base(s), new base(s) or a post.

Pike Position

Bent at the hips with legs straight and together.

Pop

A controlled upward release by the bases to initiate a dismount or a release transition.

Post

A person in direct weight-bearing contact with the performing surface who temporarily supports a top person during the execution of a stunt.

Prep

The bases holds a standing top person at approximately shoulder level.

Primary Support

Bearing the majority of a top person's weight during the execution of a partner stunt, pyramid, cradle dismount or the initiation of a toss.

Prone Position

Face-down straight body.

Pyramid

Connected partner stunts.

Release Stunt

Any stunt in which the top person becomes free of contact from all personnel on the performing surface.

Release Transition/Release Pyramid Transition

A top person changes from one stunt to another (including loading positions) during a temporary loss of physical contact with his/her base(s).

Sponge

The base(s) absorbs a top person's downward momentum to push/lift the top person into position for the next stunt/skill.

Spotter

A person indirect, weight-bearing contact with the performing surface whose primary function is to protect a top person's head, neck and shoulders.

Stunt/Partner Stunt

One or more bases support one or more top persons off the performing surface.

Suspended Roll/Flip

A stunt in which a person is assisted by bases or posts while performing continuous foot-over-head rotation.

Swedish Fall

An extended stunt in which the top person in a prone position supports her own upper body by placing her hands on the shoulders of a base while her lower body is supported by another base's extend arms.

Switch Liberty/Switch Up

A top person starts with one foot on the ground, is tossed and lands in a Liberty on the other foot.

Tick-Tock

A release stunt in which a top person switches from one support leg to the other.

Top Person

A person who is either being supported by another person(s) while off the performing surface or who has been tossed into the air.

Toss

A throwing motion by the bases that begins from below shoulder level to increase the height of the top person. The top person becomes free from all bases, posts or bracers.

Tuck Position

Bent at the hips and knees with knees drawn toward the torso.

Tumbling

Gymnastic skills including forward/backward rolls, inverted extended skills (cartwheels, handstands, walkovers, aerials, handsprings, etc.), twists and flips. NOTE: Jumps, leaps and log rolls on the performing surface are not considered to be tumbling.

Twist

An aerial skill involving rotation perpendicular or parallel to the performing surface in a straight body position.

** Definitions taken from NFHS Spirit Rules Book 2013-2014

GAME DAY SPORTSMANSHIP POLICY

(To Be Read Before the Start of Each Game)

The Rochester Youth Football and Cheerleading League is committed to promoting the proper ideals of sportsmanship, ethical conduct and fair play at all League and Team activities. We will oppose instances and activities, which are not centered on the best values of athletic competition in order to insure the well-being of all youth athletes. We will expect acceptable standards of good citizenship and proper regard for the rights of others.

We are further committed to the belief that teams participating in League activities should be held responsible for the conduct of their players, cheerleaders, coaches, staff and spectators. Conduct, which is detrimental to the educational value of athletic activities, may be deemed just cause for the League reprimand, probation, or suspension from League and Team activities.

- 1) Keep cheering positive. There shall not be any profanity or degrading language / gestures.
- 2) Avoid actions, which offend visiting teams or individual players.
- 3) Show appreciation of good play by both teams.
- 4) Learn the rules of the game in order to be a better informed spectator.
- 5) Treat all visiting teams in a manner in which you would expect to be treated.
- 6) Accept the judgment of coaches and officials.
- 7) Encourage other spectators to participate in the spirit of good sportsmanship.
- 8) Discourage the use, abuse and resulting negative influence of drugs, alcohol, and tobacco.
- 9) Observe the No Smoking Policy at all RYFC events.

- 10) Help maintain the field area by disposal of all trash in trash receptacles.

CERTIFICATION POLICY/ PROCEDURE

All participants regardless of squad must be certified prior to participation in any RYFC contest.

ROSTERS

A separate roster is required for each team of players and cheerleaders (A/B/C). Each team of coaches (A/B/C) and the full board of each club must also be included on separate rosters. Rosters need to be on the official, RYFC provided roster sheet, filled out completely for each participant, in order to be considered for certification.

NOTE: All coaches Cheer and Football must be certified to coach. Acceptable proof of certification includes either the date of certification or number and must be noted on the roster.

PAPERWORK

Required for the certifiers to review:

- 1) Current physical, Current picture & copy of the birth certificate

On the registration form highlight:

- 2) Date of birth, date of birth on the birth certificate, date the physical was completed.

No blanks may be left on any form. If a section does not apply it should be noted as NA.

All Players and Cheerleaders must be present for certification to meet with certifiers with the intent that the paperwork is validated and visual confirmation can be made to registration picture.

PHYSICAL FORM

Every child is required to have a physical between 8/1 of the previous year and 8/1 of the current year in order to **begin** practice. Any player that has a physical after 8/1 of the current year and before certification is still eligible to certify but must meet the conditioning requirement before contact.

Participant must also provide a valid proof of school grade to be utilized in the certification process.

A physical will be considered valid if it meets the above date requirements, is performed by an MD, D.O., NP, or PA, and is documented on either the FLYCL physical form, a medical provider's note allowing the child to participate in sports or a physical form provided by the physician, so long as they contain the signature and stamp of the MD, D.O., NP, or PA, performing the physical.

CODE OF CONDUCT

SPECTATOR CODE OF CONDUCT

It is the responsibility of the spectator to:

- 1) Keep cheering positive. There should be no profanity or degrading language / gestures.
- 2) Avoid actions, which offend visiting teams or individual players.

- 3) Show appreciation of good play by both teams.
- 4) Learn the rules of the game in order to be a better- informed spectator.
- 5) Treat all visiting teams in a manner in which you would expect to be treated.
- 6) Accept the judgment of coaches and officials.
- 7) Encourage other spectators to participate in the spirit of good sportsmanship.
- 8) Discourage the use, abuse and resulting negative influence of drugs, alcohol, and tobacco.

YOUTH ATHLETE CODE OF CONDUCT

It is the responsibility of the player/ cheerleader to:

- 1) Demonstrate self-control and respect for their coaches, officials, and spectators at all times.
- 2) Remember that participation in sports should not be abused by unsportsmanlike like conduct.
- 3) Respect the other team and shake hands after the competition and congratulate them on their performance.
- 4) Respect the integrity and judgment of the officials.
- 5) Remember that their behavior while in uniform reflects on their team, their family, and their community.
- 6) Understand and abide by the rules.
- 7) Accept winning and losing with grace and dignity.
- 8) Just say "NO" to drugs, alcohol, and tobacco.

COACH / STAFF CODE OF CONDUCT

It is the responsibility of the coach/staff to:

- 1) Promote good sportsmanship by setting a good example while coaching youth athletes.
- 2) Respect the integrity and judgment of the sports officials.
- 3) Approach competition as a healthy and constructive exercise. A win at all costs at any price philosophy is not welcome.
- 4) Recognize that the participants are youth athletes, with many limitations and they will make mistakes.
- 5) There should never be any crude, abusive, profane language with youth athletes, officials, or spectators.
- 6) Instruct youth athletes in the elements of good sportsmanship and remove players/cheerleaders from competition who demonstrate unsportsmanlike behavior.
- 7) Avoid behavior, which will incite youth athletes, opponents, or spectators.
- 8) Discourage the use, misuse, and impact of drugs, including alcohol and tobacco, on youth athletes and spectators.

INCLEMENT WEATHER POLICY

If the weather involves rain, snow, sleet, hail, high winds, etc – the game, scrimmage, or practice will be cancelled at the time the Referees and Team Presidents / VP (or Team Rep designated by the President) agree to cancel.

If there is any appearance of LIGHTNING, or audible THUNDER, whatsoever, the game, scrimmage or practice is suspended immediately. A waiting period of 30 minutes minimum from the last time LIGHTNING or THUNDER was detected is required before the event continues. It is suggested that each team has weather watchers for Lightning – Lightning is not always immediately detected by the referees and/or the people involved in event activities.

HEAT INDEX TEMPERATURE

The NYSPHSAA Heat Index Temperature Procedure is to be used to for all games, scrimmages & practices for limitations and requirements of activities due to heat related injury prevention. This information is available on the NYSPHSAA website and will be posted on the RYFC website. For reference: The official “Feels Like Temperature (includes Temperature and Humidity) shall be taken from www.weatherbug.com for the zip code of the location of the event.

GAME

If the game has started and the game is called for bad weather, the score will be recorded as a tie if it is in the first or second quarters of the game and up to and including half time. However, once the third quarter has started and the game is called, the game will be recorded for the scores, which stand at that time during the third or fourth quarter.