

Central Mass Pop Warner Bylaws



This corporation is organized exclusively for charitable purposes within the meaning of Section 501-C-3 of the Internal Revenue Code.

The property of this corporation is irrevocably dedicated to charitable purposes and no part of the net income or assets of this corporation shall ever inure to the benefit of any director, officer, or member thereof or the benefit of any private person. Upon the dissolution or winding up of this corporation its assets remaining after payment or provision for payment of all debts and liabilities of the corporation shall be distributed to a non-profit fund, foundation or corporation which has established its tax-exempt status under Section 501-C-3 of the Internal Revenue Code.

All Association members shall be responsible for all dues and assessments that may be levied for the operation of the corporation.

All information contained in these, CMPWFL Bylaws, is considered proprietary and should not be shared with any non-Pop Warner member.

CMPWFL DIVISIONS

Division 1

Boston

Division 3 Traditional

North Middlesex

Division 3 Unlimited

North County

Southbridge

Chicopee

Leominster

Brattleboro

South County

Springfield

In Abstention

Winchendon

EXECUTIVE BOARD OF DIRECTORS

TITLE
President
Vice President - Football
Cheer/Dance Director
Treasurer
Secretary
Scholastics Director

*** Executive Board Positions carry voting privileges**

DISCRETIONARY APPOINTED POSITIONS

TITLE
Mighty Mite 8U Director
Tiny Mite 6U Director
Marketing/Publicity Director
Weigh Master
Fundraising Coordinator

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ARTICLE 1 – NAME

The organization shall be known as *Central Massachusetts Pop Warner Football League, Inc.* (CMPWFL). *Changed in 2000 from Wachusett Pop Warner Football League

ARTICLE 2 – MEMBERSHIP

- A. Membership consists of all towns currently playing in the CMPWFL. Membership may be open to other organizations in Central Massachusetts communities if clearance is given through National, Regional and CMPWFL. Membership by a new organization or an outside existing team must be approved by the April meeting or by exception deemed necessary by the CMPWFL board of directors of the current season. An organization wishing to withdraw from CMPWFL must do so by the April meeting of the current season.
- B. Pop Warner organizations may register players and cheerleaders from a town/city who does not have a sanctioned Pop Warner program, under the following conditions:
1. The town/city directly borders the town/city of the registering organization
 2. The registering organization does not cut anyone from their program to make room for the non-area candidate.
 3. Annually, a letter is sent to the CMPWFL Board of Directors requesting permission to draw from this neighboring town/city. This must be done before August 1st of the current playing season.
 4. If more than one Pop Warner Association borders the non-Pop Warner area, all may draw from this area provided the appropriate letter is on file with the CMPWFL and permission is granted. Under these circumstances, it is requested that all programs affected coordinate their registration efforts. *PENALTY for failure to comply – the Pop Warner Association will be put on probation for one (1) year and will also be susceptible to a fine.*
- C. All teams and organizations are required to draw from within a High School boundary through proper advertising. If numbers indicate that more than one team can be fielded, it is the responsibility of the local organizations, along with the HLA, to draw boundaries.

ARTICLE 3 – GOVERNMENT

- A. CMPWFL will abide by rules and regulations of the CMPWFL under the guidelines set by the official rules of Pop Warner Little Scholars, Inc.
- B. To deal effectively with Pop Warner programs in the field, Pop Warner National has installed the “Highest Local Authority” system, which is referred to as the HLA. The

following chart will be used and adhered to in all CMPWFL communications:

1. National Football Commissioner
2. Regional Director
3. CMPWFL President and Executive Committee
4. Association President

- C. The above chart is to be used for all communications starting with the Local Association President and moving up the chain of responsibility. Should no answer or action be given or taken within a reasonable time, 14 days, a letter may be written to the next highest authority level with a courtesy copy to the initial authority. The HLA Board of Directors (CMPWFL) has the authority and responsibility to take charge of, or communicate directly, with a lower authority when the HLA deems that the good name of Pop Warner Little Scholars, Inc. (Pop Warner Football) or any individual's name is used, and details are given in writing and *signed* by all those requesting the answer or action.
- D. The CMPWFL – HLA has among its powers, the obligation and authority to enforce National Pop Warner rules more stringently, with the exception of the scholastic fitness requirements. When a CMPWFL rule or regulation is more stringent than a National rule or regulation, it will have full force and effect within the jurisdiction of the CMPWFL and will be fully backed by National Headquarters.
- E. The Pop Warner administration manual is designed to keep each HLA and local association up to date on all administrative matters, as well as contribute to their business-like operation. This rule book, the Pop Warner rule book, of the current edition and administrative manual does not become personal property, but belongs to the team or association to which the volunteer belongs. All are to be returned to the Local association when the volunteer leaves. No incoming association president should start his/her term without a copy of these publications. Contact your league director for information on replacement copies.
- F. It is recommended that the executive committee make phone calls to the players' parents if a particular team(s) is experiencing excessive *quits*.
- G. All member associations of the CMPWFL should attempt to have an Unlimited, Varsity, Jr. Varsity (14U), Pee Wee (12U), Jr. Pee Wee (10U) and 8U / Mitey Mite cheering and football team. 6 U / Tiny Mite cheering and football teams are optional however are desired. No association will be allowed to stack a lower or higher division team while missing one of the required divisions. In case a required team will not be fielded, an organization must notify CMPWFL in writing stating which team will not be fielded and why it will not be offered. Notifications must be made as-soon-as an organization determines it will not be offering a required team.
- H. All member associations may choose to participate in the New England Region Patriot Division (Football Only), in addition to all other Divisions established and published in

the current Pop Warner Rulebook. The Patriot Division will consist of players ages 11-12-13& 14 that are over the weight limit for all other established divisions. There will be no maximum weight restrictions for ages 11-12-13 & *14.

*Exception: Within the Patriot Division, any player who is 14 years old and enrolled in the 9th grade or higher for the fall semester is limited to a maximum weight is 165 lb.

Associations are permitted to have a Varsity and Patriot Division team and/or teams. The Patriot Division is its own division and will play within and outside CMPW, but within the New England Region only. A Cheerleading Team at the traditional Varsity level or lower, is permitted to cheer for a Patriot Division team, provided that association has not fielded a football team at the same level as the Cheer Squad.

NOTE: All member associations of the CMPWFL are required to have up-to-date bylaws on file with CMPWFL. Annually, at the June CMPWFL meeting, each organization must submit their up-to-date bylaws either in writing or electronically (preferred). If bylaws have not changed from the previous year, an organization can submit a statement stating such in place of submitting bylaws

ARTICLE 4 – CMPWFL EXECUTIVE COMMITTEE (HLA)

A. The Executive Committee of the CMPWFL will be comprised of six (6) elected members as follows:

President	Cheer/Dance Director
Vice President Football	Secretary
Treasurer	Scholastics Director

B). Discretionary (As Needed) Appointed positions (Non-voting positions)

Mitey Mite 8U Director	Weigh Master
Tiny Mite 6U Director	Marketing/Publicity Director

Established Chairman Position (Non Voting)

This Bylaw allows for the creation of Chairman position(s) for any outgoing executive board member including the President, Treasurer, Secretary, or Cheer Director in an effort to stay connected for succession planning and to provide guidance during periods of transition. The position(s) will be granted the rights of all

existing Executive Board Members with the exception of voting privileges which are only maintained by the current recognized board under the existing bylaws.

- C. League elections shall be held at the January meeting. Term of office for all elected positions shall be 1 (one) year. Nominations for office will be accepted from the floor at the same January meeting. If a position is vacated during the year, at the next monthly board meeting, a replacement shall be elected to fulfill the term of office.
- D. The President shall have the authority to appoint the following non-elected positions: Weigh Master, Mitey Mite 8U / Tiny Mite 6U Director, Marketing/Publicity Director, Expansion Director.
- E. In order to remove a member of the B.O.D. from their position on the league board, a majority vote of members present is required.
- F. Only team representatives, or their designated replacement for that meeting, shall vote. The president will only vote in the case of a tie. A quorum of 2/3 representation of the league representatives, or their designated replacement, must be present to pass an article.
- G. The Executive Committee reserves the right to warn, penalize, fine, restrict or bar any member or organization that disregards the rules of CMPWFL, (Central Mass Pop Warner Football / Cheer League) / PWLS, Inc. (Pop Warner Little Scholars, Inc.). This includes any violations of rules or protocol at the local, regional, and national levels.

ARTICLE 5 – RESPONSIBILITIES

PRESIDENT – Responsible for the overall administration of the CMPWFL.

VICE PRESIDENT FOOTBALL – Help with overall administration. Each will advise the president on all football issues. First and Second Vice President designated by elected Board.

CHEER/DANCE DIRECTOR-COMMISSIONER – Responsible for overall administration of cheering activities, represents the cheer/dance advisors at league executive committee meetings, communication with National Headquarters on all cheer/dance matters and reports to the executive committee. Schedules the dry- certification of cheer/dance. Cheering Director has the power to enforce rules, review protests, investigate and discipline with regards to matters involving cheerleading/dance. Any and all matters concerning discipline will need the final approval by the President of CMPWFL.

TREASURER – Responsible for maintaining administrative bank account, insurance administration, billing each team and forwarding total league monies to National Headquarters for insurance and charter fees.

SECRETARY – Responsible for minutes of executive committee meetings, monthly league meetings and communications with National Headquarters, along with distribution of league minutes to league representatives and executive committee. In addition, obtaining and passing to National, local game and practice locations including Cheer Competition location, for the required Certificate of Insurance.

SCHOLASTICS DIRECTOR– Responsible for management, maintenance, communication, and organization, of the scholastics process. The Director also manages the banquet planning committee, and coordinates with Regional Director.

WEIGH MASTER – Duties include certification of players as stated in the National rulebook, Article 11. Dry certification to be held sometime before weight certification. No player or spirit participant may be added to any roster after the third week of the regular playing season. Weight to be set by the Weigh Master. All decisions of the Weigh Master are final. Weigh Master may consult executive committee for an opinion only.

TINY MITE 6U DIRECTOR – Responsible for overall administration of Tiny Mite programs with-in CMPWFL. Program

MITEY MITE 8U DIRECTOR – Responsible for overall administration of Mighty Mite with-in CMPWFL program

MARKETING/PUBLICITY DIRECTOR – Responsible for website management, results maintenance, coordination of newsletters, and overall Marketing of and publicity for CMPWFL

ASSOCIATION REPRESENTATIVES – Responsible for attendance to all executive meetings and prompt response to the President or the Board of Directors on all administrative matters. Each home team must designate a representative to call in game scores on Sunday nights.

ARTICLE 6 – MEETINGS

- A. League meetings will normally be held the 3rd week of every month, unless changed by the Executive Committee. The January meeting will be the annual election of officers of the league. The President of CMPWFL may call additional meetings. Cheer/Dance meetings will be held the 3rd Wednesday of every month, unless changed by the Executive Committee.
- B. In order, Dance / Cheer Director, VP - Football, Treasurer will chair meetings in the absence of the President.
- C. Attendance by team representatives, or alternates, is mandatory at both League and Cheer meetings. Those organizations that do not have a representative present at each meeting will have penalties imposed. Meeting calendar year is January to November of the

current season.

1. First missed meeting, \$50.00 fine.
 2. Second meeting, and any consequent meetings missed, \$100.00 fine each.
 3. Three meetings missed, that association will be placed at the end of the list for hosting any events.
- D. 50% of Association representatives must be present in order to hold a scheduled meeting.
- E. Any organization that does not pay the meeting penalties will not be allowed to participate in the following season until the fines are paid.
- F. Roberts Rules of Order will govern the meetings.
- G. Any obvious mistake in the By-Laws may be corrected by a 2/3 vote of representatives present. By-Law recommended changes, deletions, or additions, may only be made between January thru April, with voting taking place at the May league meeting. By-Law changes or additions will be in effect starting in May of the current season. These dates may vary due to emergency business.

ARTICLE 7 – FINANCES

- A. The League Treasurer will maintain an administrative fund. Each organization will be assessed \$100 for the 1st team to defray the league's annual administrative expenses. Each additional team will be assessed \$50.00.
- B. Each participating organization will be assessed \$50.00 by the organization hosting the football Jamboree.
- C. Finances will be determined and reviewed by the Executive Board, as needed.
- D. All Invoices over one hundred dollars (\$100.00) will be signed by the President prior to payment indicating his/her approval. Purchases under one hundred dollars (\$100.00) will be paid by the treasurer if accompanied by a receipt but will require signature of President as soon as possible. The purchaser should email the president and treasurer prior to making any purchase. All debit Card purchases will require an email to the board requesting approval of the expenditure. The President will reply with approval or disapproval. The original email and email of approval will be filed with the receipt for the purchase. The President will also sign those receipts as soon as possible. All expenditures must have a receipt in order to receive reimbursement.
- E. All purchases over one thousand dollars (\$1000.00) will require a majority vote by the associations with the exception of the local cheer competition. These expenses will be forecasted by the treasurer based on the previous year's expenses. This forecast will

be presented to the associations for approval at the beginning of the fiscal year. It should be understood that these expenses are forecasted and may slightly exceed what is originally approved. Any significant increase will be re addressed.

- F. A yearly budget will be prepared at the beginning of each fiscal year by the treasurer. This budget will be presented to and approved by the associations (with a majority vote) at one of the first monthly meetings.
- G. Travel expenses for local and regional competitions will be paid for board members, it will also be paid for those members of the competition committee whose presence is required for set up and tear down of that competition. Travel expenses for local and regional competitions include hotel accommodations for up to 2 nights depending upon the duration of the competition. Hotel accommodations for regional meetings will be paid for board members when the meeting is more than 50 miles away or takes place over a two (2) day period. Mileage for regional meetings will also be reimbursed according to the IRS standard mileage rate for the year.
- H. Travel expenses for national competitions will be paid for the President and Cheer Coordinator and / or their representatives / designees. All other board members may travel but at their own expense. Travel expenses for nationals include, hotel rooms or a house rental whichever is less expensive. A meal allowance of seven dollars (\$7.00) for breakfast, twelve dollars (\$12.00) for lunch, and twenty-five dollars (\$25.00) for dinner. 2 Rental cars (1 for president, 1 for Cheer Coordinator) and gas for those rental cars, airport parking or transportation to the airport, whichever is less, and airline tickets for the President and Cheer Coordinator.
- I. Every two years, with the election of a new board (even if all or some of the previous members are re-elected), an audit of the finances should be done. The audit will be done “internally” by an audit committee, the audit committee will be made up of 3 members of the associations and 1 board member. Members of the CMPW associations may volunteer to be on the audit committee, if there are more than 3 volunteers the associations will vote and those volunteers who receive the majority of the votes will sit on the audit committee for that year. A new audit committee will be selected with each audit. Upon completion of the audit a report will be prepared by the audit committee and given to the incoming treasurer. This report should be used as a tool to further improve the maintenance and reporting of CMPWFL funds.

ARTICLE 8 – GAME OFFICIALS

- A. The local football officials board must accredit all game officials. The league chief official with the approval of the President will assign the officials for all games in the league. The league chief official will submit the season’s schedule by August 1st to the League President. It is the responsibility of each team to communicate any protest relative to a game official to the League Director. The league chief official must notify the home team of any change in assignment.
- B. The home team shall be responsible for paying officials fees, regardless of field location.

The home team shall be responsible for notification of cancellation. The home team must notify the League President, or designee, three (3) hours prior to the start of the game of any kind of cancellation.

- C. The home team will pay the officials in the event of a forfeit. The Executive Board will review each incident to determine if the visiting team is responsible for reimbursing the home team.
- D. Head officials are to attend the August League meeting or any others deemed necessary.

ARTICLE 9 – JAMBOREE / CHEERING COMPETITION

Associations must confirm hosting the Football Jamboree and Fun Competition, by the April Meeting or before, or relinquish to the next Association in line. Hosting will go to the next team in line as listed below. If the hosting is passed, that team will move to the end of the list and all other teams will move up. If new Associations join CMPWFL or leave CMPWFL, then they will be added in the rotation at the end of the list or deleted from the list and the other teams will move up.

The Association that is scheduled to host Jamboree and Cheer Competition may not have any outstanding payments due to CMPW as of April of current year. Associations scheduled to host Super bowls cannot have any outstanding payments due to CMPW as of August of the current year. Additionally, the Association cannot be in violation of the monthly meeting attendance for the previous year or 1st Quarter current year. (See below Bylaw Article 6: C Meetings)

- A. The CMPWFL Board of Directors will take over the Cheerleading Competition and charge admission. The Cheering Competition will be under the control of the Cheer/Dance Director-Commissioner. The competition must be self-supporting. The Cheer/Dance Director-Commissioner may request, in writing, to the general membership funding for the competition, which will require 2/3-majority vote of the membership in attendance. That vote being one (1) per association at a quorum filled League meeting. The Cheer/Dance Director-Commissioner, however, may not enter into any contracts without full CMPWFL Board of Director’s approval.

- B. Schedule for CMPWFL Jamborees:

<i>Scheduled Year</i>	<i>Location 1</i>
<i>2017</i>	<i>Southbridge</i>
<i>2018</i>	<i>Chicopee</i>
<i>2019</i>	<i>Springfield</i>

<i>2020</i>	<i>North County</i>
<i>2021</i>	<i>North Middlesex</i>
<i>2022</i>	<i>Leominster</i>
<i>2023</i>	<i>Brattleboro</i>
<i>2024</i>	<i>South County</i>
<i>2025</i>	<i>Boston</i>

C. Schedule for CMPWFL Fun Competitions:

Below is a schedule to have 1 Fun Competition for the 2017 season due to the possibility of lack of number of participants and teams. By combining this would allow the host team an opportunity to make a profit for this fundraiser. Any association that is not listed in our current by-laws or new to our League will be listed at the bottom of the list and any new associations to come into CMPWFL will be added to the bottom of the list each year. If the host team is unable to secure a facility or would not like to host, then the next association in line will be given the opportunity and the host will then be dropped to the bottom of the list. The CMPWFL board will revisit the situation each year, if the number of participants and teams change that would make it beneficial to our associations to host a fun competition for that year. If numbers/teams increase the possibility of returning to both North and South Fun Competition is a possibility at the discretion of the CMPWFL board. The host team must let the CMPWFL board know no later than the June meeting if they are willing to be the host for that year. All cheer teams must participate in Fun Competitions and CMPWFL local competitions as a means of supporting and showing unity towards other associations within Central Mass Pop Warner.

<i>Scheduled Year</i>	<i>Host</i>	
<i>2018</i>	<i>Brattleboro</i>	
<i>2019</i>	<i>North County</i>	
<i>2020:</i>	<i>Uqwj dtlfi g</i>	
<i>2021;</i>	<i>Ngqo kptgt</i>	
<i>2022</i>	<i>Ej kqrgg</i>	
<i>2023</i>	<i>South'Eqwpyf</i>	
<i>2024</i>	<i>Pqt y 'O lff iguz</i>	
<i>2025</i>	<i>Dquqp</i>	
<i>2026</i>	<i>Srtkpi hgrf</i>	

ARTICLE 10 – SCHEDULE / CONFERENCE / PLAYOFFS

- A. Jamboree and Fun Competition playing times and teams involved will be at the discretion of the host association and will have final approval of teams and times by CMPWFL.
- B. If enough teams are fielded, the Super Bowl will be held in each Division (Division I and II) and will be hosted by an assigned association.
- C. If applicable, teams winning the John Shaver CMPWFL Championship games within their respective level in each Division will go to regional playoffs. Remaining eligible teams, if applicable, will play in the Central Mass Super Bowl playoffs, if applicable. Qualifying divisions are 14U, 12U, 10U, 8U, Unlimited, Varsity, Junior Varsity, Pee Wee, Junior Pee Wee.
- D. Your seeding is based on your record in the conference. If applicable, the championship Game will be played on Saturday or Sunday of the final scheduled week with the winner advancing to New England Regional Play and Finalist to the New England Super Bowl. For the number of teams qualifying for postseason play, please see Section P below.
- E. Cheer/Dance participants who qualify at the CMPWFL Local Competition shall participate in the Regional Cheer/Dance Championships (1st and 2nd in each division / level PW1, PW2, PW3, PW4).
- F. Schedule for CMPWFL Super Bowls – Please see Section O for determination.

2017	Brattleboro
2018	Leominster
2019	North County
2020	Springfield
2021	South County
2022	North Middlesex
2023	Southbridge
2024	Winchendon
2025	Chicopee
2026	Boston

G. Subsequent year rotation is according to offers accepted or declined in the preceding year.

J. Opting out of hosting moves that organization to the bottom of the list for any proposed events.

K. Associations must confirm hosting the Super Bowls by the April meeting or before of the current year, or relinquish to the next Association in line. Hosting will be to the next team in line as listed above. If the hosting is passed, that team will move to the end of the list and all other teams will move up. If new Associations join CMPWFL or leave CMPWFL, then they will be added in the rotation at the end of the original list; or deleted from and the other teams will move up.

L. All Associations will adhere to the governing management principles of team formation below:

1. In order to keep continued parity within the league, it is to be understood that the goal of equitable play on a level playing field benefits all individual associations future growth rates and thus the stability of the league as a whole.
2. CMPWFL philosophy in team management is as follows: If you have multiple teams at the same level it is understood that the more experienced and older players will primarily be placed on the first team, while the newer players or more inexperienced players shall be placed on the second level teams. (It is further understood that exceptions may be made for siblings who may fit into both classes but wish to play together on the same team.)
3. Second teams will have the benefit of a more instructionally based format allowing for growth in a safe and defined environment.
4. First teams will be designated as an Association's more competitive programs.

M. Opening rounds of playoffs that determine local Super Bowl and Shaver bowl participants will be hosted by the team with the best record. That host will be responsible for all costs associated with that event and will collect all income as well. The Shaver Bowl and any regional playoff games will be the sole responsibility of the CMPW board. CMPW will locate a field(s) for the Shaver and Regional games, they will pay all expenses, and collect all income.

N. Playoff Scenarios are as follows:

- 9 teams – Top 4 Teams make playoffs (1v4, 2v3). Winners to Shaver, Losers to Super Bowl
- 8 teams – Same as 9 Team Format
- 7 teams – Top 3 Teams make playoffs-1 to Shaver, Winner of 2v3 to Shaver- No Super Bowl
- 6 teams – Same as 7 Team Format,

- 5 teams – Same as 7 Team Format,
4 teams – No Super Bowl – 1v2 in Shaver,
, or as agreed and voted upon by the participating associations, and with CMPW Board approval.
3 teams – No Super Bowl – 1v2 in Shaver - Same as 4 Team Format
2 teams – No Super Bowl – Teams face each other in Shaver
1 Team – Exempted to Regionals

ARTICLE 11 – START TIMES / LENGTH OF PERIODS / TIMEOUTS

- A. All CMPWFL 10U, 12U, 14U, Jr Peewee, Peewee, Jr Varsity and Varsity games will have four (4) ten (10) minute stop time periods with 3 timeouts/half per team.
- B. A protest must be postmarked to league officials within forty-eight (48) hours.
- C. No Cutoff date for night games.
- D. Starting time for four (4) games – 9 am, 10:30 am, 12:00 pm, 1:30 pm. Starting time for three (3) games –10:30 am, 12:00 pm, 1:30 pm. Starting time for two (2) games – 12:00 pm, 1:30 pm. Starting time for one (1) game –1:30 pm.
- E. Tiny Mite, Mitey Mite, 6U., and 8U Games will align so that both will be played opposite each other on the same field beginning as first game of the day. (There will be three assigned refs for both games with two conducting the Mitey Mite game and one conducting the Tiny Mite game. Beginning in 2009, we will have the Tiny Mites and Mitey Mites play an 8 game regular season culminating with a bowl game at the end of the season.

ARTICLE 12 – CERTIFICATIONS

- A. CERTIFICATION PACKETS (Each participant must have the following):
- Original raised seal copy of birth certificate. A copy of birth certificate can be stamped by CMPWFL board once original raised seal is seen. CMPWFL red stamped copy is acceptable from previous years.
 - Pop Warner Medical Form signed and dated after January 1st of current year.
 - Physical dated after January 1st of the current year
 - Written parent / guardian permission

- Current photo ID with game jersey and number showing (Should a player hold two positions, he / she must be photographed with each game shirt)
- Standard Registration Form
- Scholastic Form
- A complete report card from the previous school year, averaged with average circled on the report card to prove scholastic eligibility (at least a 70 GPA). If GPA is less than 70, the school needs to sign off on the 3B form of the scholastic form, and the school stamp (if applicable) is necessary.
- Parent Code of Conduct / Adult Behavior

B. ROSTERS (Official National Roster form is required)

- a. Correctly fill in top of roster showing season, squad type, jersey/pants color, age/weight division of play
- b. Team name – example: Tigers
- c. Association name – example: Dubois Pop Warner Boosters
- d. Adult Staff Section, with complete names, addresses and phone numbers
- e. Player – Cheer/Dance section
 - * List by birth date, oldest to youngest
 - * Place a check mark near each older/lighter participant
- f. League/Conference/Federation name is to read:

CENTRAL MASS POP WARNER FOOTBALL LEAGUE, INC

- f. COMPUTER PRINT-OUT ROSTERS will be accepted by CMPWFL, Inc. as per official rulebook. Rules state that computer printout rosters must abide by the National Roster form. This is interpreted as meaning that all sections of the computer printout roster must be shown in the same general format and order as the National form.

- g. PARENTAL CONSENT FORM – Use standard form approved by CMPWFL, Inc.
- h. PHYSICIAN’S STATEMENT – Use standard form approved by CMPWFL, Inc. if possible. It is understood that some physicians will use their own forms. Please highlight the child’s name, physician’s signature, and date. It must be dated no earlier than January 1st of the current season.
- g. PROOF OF AGE – As per National rules, “alleged proof” will not be accepted by CMPWFL, Inc. Problems with proof of age for players and cheer/dance participants will be handled on a per case basis with emphasis on enabling the child to participate while adhering to National Rules and Local By-laws.
- h. SCHOLASTIC FITNESS – Proof of scholastic fitness is required for all player/cheer/dance participants. It is required to have a copy of the previous school year – 4-quarter report card for every participant.
- i. ROSTER BOOKS – The roster books that are presented for certification, and which travel with each team, must be arranged in the same order as your official roster – by birth date, oldest to youngest. Adds are added to the back of the book as they appear on the final certified roster.
- j. DROPS AND ADDS – All adds must be completed by the third week of the current season. When doing a drop or add a new copy of the roster must be sent to the Central Mass Pop Warner Football League, Inc.

Note: If at certification the paperwork is incomplete the certification board will take the paperwork until it is complete.

IMPORTANT NOTE: All players weighing in / validating MUST wear team jersey and shorts. No other attire will be accepted.

ARTICLE 13 – TROPHIES

A. The league shall supply suitable trophies/plaques to the winners of championship games and for each conference winner. The league shall supply trophies to all divisions for the cheerleading competition.

B. One Spirit Award for cheerleading will be presented at the local competition. The Cheer Coordinators and President of each association will have a vote in deciding the spirit award along with each vote giving reason as to why they are choosing that particular association. This allows 2 votes per association.

C. Regional Determination Games shall be played with the winner representing CMPWFL as The John Shaver Memorial Central Massachusetts Champion. Both Champion and Runner-Up shall receive Trophies or Plaques.

NOTE - New England Super Bowls will feature our Division 1 and Division 2 Finalists from Shaver Championships and will pair our Finalists with another Leagues Finalists in a Bowl Game. The Super Bowl Champion and Runner-Up shall receive Trophies / Plaques as well.

ARTICLE 14 – END OF SEASON PLAY & LEAGUE STANDINGS

A. In the event of a tie for the 1st and 2nd place teams at the end of the regular season, positions will be determined as follows:

1. By the end-of-season game played by the two tied teams, if applicable.
2. Playoff game mid-week after regular season ends to determine Regional team.
3. If more than two teams are tied, the top two teams to playoff will be determined by the strength of schedule point system as follows:
 - a. 10 points for every win the team has
 - b. 5 points for every tie the team has
 - c. 2 points for every win an opponent that team beat has
 - d. 1 point for every tie an opponent that team beat has
 - e. Total points are divided by eight

If, by chance, after playoff game in scenario 3, the two teams left have played head-to-head with a clear winner, position for Central MA Super bowl will be set accordingly. If both teams left have tied one another, their positions were set by the format in #3 above.

ARTICLE 15 – TIES

A. If a game ends in a tie, then each team will be allowed four (4) plays (field goals allowed) from the ten (10) yard line to reach the end zone. Extra point attempt (run or kick) will be allowed after any touchdown. Each team has 1 time out per over time and may not carry any unused time outs over to any overtime period.

B. If the game is still tied after each team has had their four (4) plays, this process will be repeated until a winner is determined or 2 tie breakers (regular season only), whichever comes first. A coin toss will determine which team has the ball first. The game officials will determine which end zone to use.

ARTICLE 16 – MISCELLANEOUS

- A. The free substitution rule is always in effect.
- B. Eligibility of a player must be challenged prior to the start of the game.
- C. Once removed by reason of injury a player must leave the game for at least 1 play.
- D. No player shall play on or for any other football team during the Pop Warner season.
- E. Any player or coach thrown out of a game for any reason by a game official will be ineligible to participate in the next scheduled game. If the player plays in the next game the offending team will forfeit the game. It is the responsibility of the Local Association President, whose player/coach was ejected from the game, to notify the President of the next opposing team. Head officials must report any player/coach ejection to the league.
- F. Adults, players, cheerleaders will refrain from using profanity at all times.
- G. Mandatory Play - CMPW Uses and Enforces the National Pop Warner Rule #22 S1-Lopsided/Intentionally Run Up Scores. No Organization may alter this rule. Once a player enters the game he/she will be required to adhere to the MPR rules. Any rostered player who is not playing must be identified to the opposing coach prior to the start of the game. Any player that does not complete their minimum plays must have the appropriate reason documented and review with the play count official.
- H. Mercy Rule - No team will run up the score on a weak opponent. When the score reaches a 25-point spread the losing team will automatically get the ball at the 30- yard line and kickoffs will be suspended. The clock will be a running clock. Once the game falls under the mercy rule the clock can only be stopped by an official's time out when, or if, a player is injured on the field and needs medical assistance. The team leading will replace its starting players with substitute players. Both teams involved, losing and winning must have their head coach submit a letter to the League Dir. explaining the 25-point spread at game's end. (Cont.) Violation of the "lopsided rule" by more than eight (8) points will result in an automatic probation, suspension if found to be intentional. A second offense will result in suspension. The Pop Warner philosophy is to refrain from humiliating a weak opponent.
- I. All Pop Warner personnel will abide by the team doctor's or EMT's decision in all matters of a player's or cheerleader's health and injuries and physical ability to participate on the field. This includes cheering locations and competitions.
- J. Sideline personnel will be limited to one (1) head coach and his/her four (4) assistant coaches plus one (1) coach trainee. Also, three (3) cheer/dance coaches. In addition, the Association President and the Team Representative may also accompany the team on the sideline. No more than ten (10) are allowed on the sidelines (adjusted if needed). The above personnel will stay within the appropriate marked area or suffer a team penalty by the game officials. The team EMT personnel or medical personnel may follow

his/her team the entire length of the sideline in order to perform his/her duties and will not be counted as sideline personnel (this regulation will be strictly enforced at all CMPWFL, Regional and National playoff games).

- K. There must be one (1) coach/supervisor for every 12 players or cheerleaders
- L. All coaches, players or organizational personnel who are allowed on the sideline must stay within the specified sidelines (25 to 25 yards).
- M. Certified professional judges will judge the local cheer/dance competition.
- N. Coach trainees will be sixteen (16) years or older as of August 1st of the current season.
- O. Charging admission will be the same as the National Rule Book. (CMPWFL elects to charge at Jamborees, Post Season Activity, and the Playoffs, and any Spirit / Fun or Cheer Competitions. Regular Season activities and games should have requests for donations as opposed to admission.
- P. Cheer/Dance Coordinator will be listed on the rosters. League Cheer/Dance Director will be listed on all Association cheer rosters and will provide appropriate certifications and ID for roster books. This paperwork remains in the roster book for the season.
- Q. Any cheer squad that registers as “cheer without football” or becomes a “cheer without football” program within the season, will follow the guidelines as stated in the National Pop Warner rulebook. In addition, these squads will participate in all activities/events that CMPWFL participates in. In order for these teams to have the same opportunities as a traditional cheer team, a schedule of games for these teams will be given ahead of time to cheer at, with another CMPWFL association cheer squad.
- R. Headphones are not allowed.
- S. Fines imposed by the CMPWFL Executive Committee for infractions will not exceed \$500.00. The amount for the infraction will be at the discretion of the Executive Committee.
- T. Teams who are looking to fundraise to address the costly endeavor of playing/participating in the Pop Warner National Super Bowl and/or National Cheer/Dance Competition will be allowed to only accept pledges prior to qualifying for this event(s). For example: If a team qualifies to participate in the NE Region Football Playoffs they can receive pledges from companies/individuals specifically for the purpose of participating/attending a Pop Warner National Super Bowl but cannot collect funds from these companies/individuals until the team has qualified via placing first and second in the NE Region Cheer/Dance competition and/or winning the NE Region Football

Championship. If a team is caught fundraising and collecting funds for a National Pop Warner tournament prior to qualification the CMPWFL Board of Directors will fine this program. Fine to be determined by the CMPWFL Board of Directors.

U. Any and all Association solicitations for fundraising, solicitations for pledges, collecting donations and/ or fundraising events, outside of CMPW League Association established boundaries must have the written consent of the Board of Directors of the Association within the established boundary that the fundraising, solicitation for pledges, collecting donations and/ or any fundraising occurs. Any Association found in violation of this by-law prior to written consent from the cross boundary Association will result in a fine. Fine to be determined by the CMPWFL Executive Board of Directors.

Exception: Teams who are looking to fundraise to address the costly endeavor of playing/participating in the Pop Warner National Super Bowl and/or National Cheer/Dance Competition as per Article 16, paragraph U, as long as the association in which whose boundaries you solicit have not, themselves, qualified to participate/play in the Pop Warner National Super Bowl and/or National Cheer/Dance competition and will not be raising funds to attend the event themselves.

V. Chains are to be kept on the home-side of the field during CMPWFL football games.

W. The League President will represent CMPWFL at all National events. Travel expenses will be paid for by the CMPWFL League. These will include air travel, hotel, car rental, and meal allowance.

X. The League Cheer Director will represent CMPWFL at all National events. Travel expenses will be paid for by the CMPWFL League. These will include air travel, hotel, car rental, and meal allowance.

NOTE - Any forms that are required by the National Pop Warner office are to be given to the CMPWFL Board of Directors and will be sent to the National office as a complete Conference. No forms are to be sent in from individual Associations.

ARTICLE 17 – INSURANCE & FEES

- A. Before any local association can be registered for the current playing season they must have medical and liability insurance. The CMPWFL requires that all members purchase insurance as a group.
- B. All medical and liability insurance premiums must be paid to CMPWFL at the June League meeting of the current playing season. This is necessary so that the CMPWFL may register and insure all of its members with National Headquarters by opening day August 1st of the current playing season. Failure of any association to insure by the day indicated above with CMPWFL could result in being dropped from the schedule.

- c. The CMPWFL Board will represent the League and work on its behalf annually at the National Pop Warner Championships. (Added & Passed during 2007 Season.)

NOTE - Fees will be set annually by the Treasurer and Executive Board based upon Budget Forecast, and will be voted on at the April Board Meeting along with any other amendments which are also presented. The Fee will be voted on by the Associations and will be implemented each year after Final Rosters have been determined and set in Active after October 1st. The Fee Invoice will be sent out individually to each Association by the October Board Meeting each season. Failure to pay in full all player fees, team fees, and insurance monies by the communicated due dates can, at the discretion of the Executive Board, result in any and all of the following: a) Warning. b) Probation, b) Suspension from CMPWFL c) Termination from CMPWFL.

ARTICLE 18 – COACHES

- A. Under no condition will a coach make rules or carry out policy or activities without the expressed permission of his local board.
- B. All team Head Coaches must be at least twenty-one (21) years old and certified. Assistant coaches must be at least eighteen (18) years old. All coaches must be of unquestionable character.
- C. The Head Coach will determine the assignments of the Assistant Coaches.
- D. No coach has an automatic coaching position with any local team. Once approved for coaching, a coach is automatically terminated at the close of each season. To coach the following year, that coach must again be approved by his local Board of Directors.
- E. The Head Coach of a team has final responsibility for his actions, those of his assistant coaches, players, staff and cheer/dance personnel at all games and functions of Pop Warner Football & Cheer.
- F. All football coaches must be certified through the USA Football Certification program. All cheer coaches must be certified through YCADA / JAMZ certification program.
- G. All associations required to use the USA FOOTBALL HEADS UP models and skills to every player in their association.
- H. Attend a Player Safety Coach Clinic taught by USA FOOTBALL Master Trainers prior to having the distinction of being PSC.
- I. Having a Player Safety Coach who is responsible to make sure that all coaches are certified before walking onto the field for practice, conduct training sessions for all coaches in the association.

- J. Conducting a parent clinic is recommended but not required to go over with the parents proper helmet fitting, concussion awareness, HEADS UP tackling and HEADS UP blocking that the coaches will be teaching their children.
- K. Monitor practices and games to assure that the proper techniques are being used by all coaches within the association.
- L. Player Safety Coach (PSC)
- All coaches are responsible for providing a certificate of completed training courses and a valid ID.
 - Each Association is required to register with USA Football HEADS UP program and is required to select a Player Safety Coach (PSC) who will attend a training session provided by USA Football.
 - The PSC is required to attend the PSC training provided by USA Football at a site of their choice prior to the start of the season
 - Conduct training sessions with all the coaches within the association on the new techniques prior to ANY CONTACT.
 - Monitor each team's practice and games to make sure the coaching staff is teaching the new approach.
 - The PSC will also be required to be the focal point for all injuries with the form provided by the league beginning with the 2017 season. They will provide this information to the CMPW as requested to do so.

ARTICLE 19 – PRACTICE REQUIREMENTS

- A. No Pop Warner team may practice before August 1st of the current season. However, all CMPWFL member teams MUST start practice by August 15th of the current season.
- Under no condition will water be withheld as a disciplinary measure from any player or cheerleader. Warm weather precautions, as outlined in the Pop Warner National Rule Book, will be adhered to scrupulously. Failure to comply will result in the permanent suspension of the Head Coach.
 - A ten (10) minute mandatory break shall be given after each hour of practice. Break time is not counted against the hours of practice allowed

- No team may schedule more than ten (10) hours per week of practice before Labor Day. This applies to Cheer/Dance as well. A week being seven (7) consecutive calendar days beginning on Monday and ending on Sunday. No more than two and ½ (2.5) hours of practice may be scheduled on any one (1) day. **Penalty for failure to comply: 1st offense – organization suspended for one year; 2nd offense – organization permanently suspended.**
- Practices after Labor Day are limited to six (6) hours per week, a week being seven (7) consecutive calendar days beginning on Monday and ending on Sunday. Practices after Labor Day are not to exceed two (2) hours per day or three (3) days per week.
- All scrimmages count against allotted practice times. **Penalty for failure to comply: 1st offense – organization suspended for one year; 2nd offense – organization permanently suspended.**
- All scrimmages will be arranged through each Association President and in no case will the scrimmages be arranged by the coach. In addition, no scrimmages are to be held between different age/weight divisions or non Pop Warner affiliated organizations.

ARTICLE 20 – WEIGH-INS

A. All members of associations of the CMPWFL will adhere to the certification process for players and cheerleaders as directed or be dropped from the current season's schedule.

B. A dry weigh-in meeting, documentation without players present, will be held by each league prior to the actual weigh-in. The meeting will be mandatory for all member organizations of CMPWFL. All team reps and head coaches must attend in order to have your team certified. The purpose of the meeting will be to present rosters, birth certificates and other documentation and iron out any problems before the CMPWFL certification weigh-in.

C. The official roster form from League One/Blue Sombrero must be printed in birth date order with all information provided (except the weight, which will be written in by CMPWFL board members at weigh-in). Each team will be required to have an original and three (3) copies of their roster (photocopies are accepted). No roster will be accepted unless it is completed in this manner.

D. All players of CMPWFL must be present at the league certification weigh-in. They must be on the official roster or they will be dropped. The only exceptions to

this rule are the following:

1. Religious holiday of player's faith
2. Under doctor's care
3. Family obligation or emergency

NOTE - If they are not present for league certification weigh-in they are not allowed to participate in the Jamboree, but will be weighed in at a later date.

ARTICLE 21 – NON-POP WARNER RESTRICTION

There shall be no scrimmages or games of any kind with Non-Pop Warner teams. **Penalty for failure to comply: The offending Pop Warner Association will be permanently suspended.**

ARTICLE 22 – GENERAL REGULATIONS APPLYING TO TEAMS

Additional in-season weigh-ins will be allowed in the following instances only:

1. The privilege of additional weigh-ins will be extended only until the 3rd week of the regular season. All paperwork and pictures must be available when weighing in a player. Should any paperwork be missing the player will not be added to the roster.
2. Any player found to be practicing or playing on a team who is not officially on the team's roster would cause the team to forfeit their entire schedule for the season.
3. No team will be allowed to form who cannot field a roster of sixteen (16) players per team at the initial League Certification Weigh-in.

NOTE - Failure to conduct a weekly weigh-in will result in an automatic suspension of one (1) game for the head coach. Failure to comply a second time will result in permanent suspension from Pop Warner football.

ARTICLE 23 – CANCELLED/MAKE-UP GAME GUIDELINES

Games must be made up by the first Wednesday of the following week. It is the responsibility of the home team to secure a field, their opponents' or a neutral field. It is also the responsibility of the home team to schedule a reasonable game time. If no field or times are available, the game will be scheduled for the following week

ARTICLE 24 – TEAM COMMITMENT

All teams must be formed by **AUGUST 7TH** of the current playing season. Final Schedules will be presented to Associations after this date.

ARTICLE 25 – MANDATORY PLAY RULE (MPR) GENERAL RULES

- A. Every team will have a mandatory play person. Each team will have a mandatory play form available and it must be signed. Failure to comply will result in one (1) game suspension for the head coach. A second offense will result in suspension of the head coach from the CMPWFL. Home Team is on opposing side and vice versa.
- B. Players not getting to complete MPR automatically start the next game with double the mandatory plays. They will not be removed from the game until all plays are complete.
- C. MPR minimum number of plays:
 - Team Size: 16 – 25 players = 10 plays
 - 26 – 30 players = 8 plays
 - 31 – 35 players = 6 plays
- D. Mitey Mite / Tiny Mite Division plays are noted in CMPWFL Mitey Mite / Tiny Mite Rule, Article #28:
 - Team Size: 16 – 25 players = 12 plays
 - 26 – 35 players = 10 plays
- E. Number of plays is based on the number of players eligible, dressed and ready to play at the start of the game.
- F. Kickoffs, kickoff receiving, extra point attempts by means of kick (offense and defense) and field goal attempts will not be counted towards fulfilling the MPR. This applies to both teams on the field during these plays. This ONLY pertains to the Peewee level and above. There are NO kickoffs for Tiny Mite, Mitey Mite or Junior Peewee levels (6U, 8U, 10U)
- G. Plays which result in a penalty which then results in the play being replayed (with or without loss of down) will not be counted toward the MPR.
- H. Plays used to “run out the clock”, such as the quarterback dropping to a knee upon the snap of the ball, will not be counted toward the MPR.

- I. These rules apply to all regular season, playoffs and super bowl games within the Central Mass Pop Warner Football League. Regional and National playoff game rules will differ somewhat.
- J. Only CMPWFL League approved MPR form will be used.
- K. All players who have not completed their MPR must be put in at the beginning of the third (3rd) quarter and remain in the game until they have received their required number of plays.
- L. When a team has completed the MPR, the monitor will have the head coach sign the form in the appropriate location. The monitor will also sign it in the proper location.
- M. The head coach is responsible for turning in the MPR to their Association President/League Rep.
- N. Suggestions:
 1. Be sure your MPR monitors are familiar with the MPR rules.
 2. Have your monitors present at the game weigh-in to note any ineligible player.
 3. Have your head coach assign one of the assistant coaches to work with the opposing team's monitor who is on your sideline. It is to your benefit to assist them.
 4. Pre-fill the MPR form by jersey numbers in numerical order.
 5. Make the monitor aware when substitutions are made and give them the jersey numbers.

NOTE - In bad weather, make sure the MPR sheet is protected. If the MPR sheet is requested for any reason by the league only the originals (no photocopy, fax or e-mail) will be accepted. It must be legible and have appropriate signatures and telephone numbers

ARTICLE 26 – CHEER/DANCE RULES AND REGULATIONS

- A. The CMPWFL Cheer/Dance Director, along with the Association Cheer/Dance Coordinators, will be responsible for instituting rules and regulations for all cheer/dance personnel to follow. These rules and regulations, along with National Rules, will become part of the CMPWFL By-Laws beginning in 1997 and may be updated until August 1st of the current year. All rules and regulations regarding cheer/dance will require a 2/3 majority vote by the Association Cheer/Dance Coordinators attending the cheer/dance monthly meetings. Only one Cheer/Dance Coordinator from each Association may vote. If for some reason the Cheer/Dance Coordinator for the association cannot attend a meeting, the person attending the meeting is allowed to vote on behalf of their association. All rules, regulations and changes coming from the Regional Cheer/Dance Director or National Cheer/Dance Commissioner, in writing, will automatically go into effect.

- B. Any association fielding a football team(s) MUST register at least one cheer/dance squad. Any association that has a football team that qualifies for post-season play and the association does not field at least one cheering squad for the season, the football team will not be allowed to participate in any Regional or Super Bowl play.

ARTICLE 27 – VP OF FOOTBALL

Each local Association will have one person who calls or electronically enters the scores into the CMPWFL system of choice. There are NO SCORES for the Tiny Mite division.

ARTICLE 28 – MITEY MITE/TINY MITE RULES

- A. 8U / Mitey Mite game length will be two (2), forty (40) minute running time halves with a ten (10) minute half time. Maximum game time will be 1 (one) hour and 30 (thirty) minutes. Tiny Mite game length will be two (2), twenty-five (25) minute running time halves with a ten (10) minute half time.
- B. NO kickoffs, punts, special teams, etc.
- C. Optional rib protection is highly recommended.
- D. Two (2) officials minimum per game for 8U / Mitey Mites. One (1) official minimum per game for 6U / Tiny Mites.
- E. Only two (2) coaches can be on the field at any one (1) time. When quarterback sets up behind the center – coaches on both sides must be five (5) yards behind furthest player back from line of scrimmage and cease all verbal instructions or encouragement until the play is whistled dead.
- F. One (1) time out each half, one (1) minute in length. Clock does not stop running during the time out.
- G. EMT must be present at all times during the game. The game cannot start or resume without an EMT. The EMT must have either a radio or immediate phone availability to contact either an ambulance or rescue personnel.
- H. Clock does not stop except for an Official injury time out. Not to exceed five (5) minutes per game.
- I. Coin toss to take place at start of game. The team that starts on offense will start the second half on defense.
- J. Game ball will be either a Baden 500PW or Baden 100 or Wilson K2, or Spaulding Ball.
- K. NO SCORE is ever kept in Tiny Mite game...on the field, scoreboard, PA system or in

any newspaper.

- L. Any article in a newspaper must be positive in nature toward both teams, without any score.
- M. Mandatory Play Rule (MPR) is in effect for 8U / Mitey Mites and must be logged as in other levels, although it differs from other levels. Mandatory play requirements for 8U / Mitey Mites are 12 plays when 16-25 players are available and 10 plays when 26-35 players are available. All players must either start on offense or defense at the 6U / Tiny Mites level. The Mandatory Play Rule (MPR) is in effect for 6U / Tiny Mites as well. It is 6 plays when 16-25 players are available and 5 plays when 26-35 are available
- N. CMPW will use the National Pop Warner Age & Weight Matrix for Mitey Mite and Tiny Mite Divisions.
- O. No hurry-up offense.
- P. OFFENSE
 - 1. For 8U / Mitey Mites: Every change of possession always starts on the 40 or 50 yard line.
 - NO EXCEPTIONS. Results of all offensive plays including penalties are to be spotted at the point where the ball is either downed or placed after enforcement of penalty even if this would result in the offensive team needing to go more than 50 yards for a touchdown.
 - 2. For 6U / Tiny Mites: Every change of possession always starts on the 30 yard line
 - NO EXCEPTIONS. Results of all offensive plays including penalties are to be spotted at the point where the ball is either downed or placed after enforcement of penalty even if this would result in the offensive team needing to go more than 30 yards for a touchdown.
 - 3. Maximum splits between center and guard are 2 feet.
 - 4. Quarterback sneaks are not allowed. However, any other back may run the ball anywhere along the line of scrimmage after receiving a hand-off from the quarterback.
 - 5. Announce extra point option: Free Kick (NO defense rush) or Run/Pass with a defensive rush
 - 6. Delay of game penalty will be called after 50 seconds during weeks 1 & 2; after 45 seconds during weeks 3 & 4; after 40 seconds during weeks 5 & 6; after 35 seconds during weeks 7 & 8.
 - 7. A maximum of one offensive back may be split no more than 5 yards outside the tight end. All other backs must be lined up behind the offensive line. (6U / Tiny Mites only)

Q. DEFENSE

1. No blitzing!!! – No Encroachment
2. Everyone is to play “4-6-1” defense (4 down linemen, 6 linebackers, 1 safety)
3. Four (4) down linemen (in a 3 or 4 point stance) can rush in any direction upon the center snap of the ball (NO 2 point stance for the front 4)
4. All other players will be a minimum of four (4) yards off the line of scrimmage
5. “Center Free Zone” at all times (NO nose guards)
6. Defense guard and tackle must be on outside shoulder of the offense guard or tackle
7. Linebackers must be a minimum of four (4) yards off the line of scrimmage. Inside the five (5) yard line two (2) yards off the lines are allowed.
8. No rushing P.A.T. kick
9. Fumbles and Interceptions may be advanced. The defense advancing the ball past the 50 yard line shall be considered a touchdown. On any advance that does not score, the recovering team shall get the ball at the 40 or 50 yard line (8U / Mitey Mites) or 30 yard line (6U / Tiny Mites)

R. Officials must be aware that this is an Instructional Division and that they can and are encouraged to instruct and call appropriate penalties. If coaches do not keep this instructional philosophy in mind during the game, they should be warned, then penalized for the second infraction and removed from the playing field for a third infraction. The officials will manage 8U / Mitey Mite & 6U / Tiny Mite games.

S. Mouthpieces must be worn and should be watched closely. A pre-game inspection of mouthpieces and helmet fit should be conducted by coaches and monitored by all officials.

T. Unsportsmanlike Conduct in any form by player, coach and fans should not be tolerated at all and should be penalized accordingly.

U. Maximum team size of 35 players per 8U / Mitey Mite or 6U / Tiny Mite Team.

V. One Head Coach and maximum of 6 Assistant Coaches.

W. Beginning August 1st, at the 6U / Tiny Mite level, a maximum of 3 practices per week can occur, lasting not longer than 90 minutes each. After school begins, not more than 2 practices per week should be held.

- X. 6U / Tiny Mite Games will begin at The 30 Yard Line, and have 4 downs to gain a 1st down or score a Touchdown. If unsuccessful, the opposing team will receive the ball at the 30 yard line.
- Y. Head Coaches are responsible for completing, getting signed, and collecting all (MPR's). The MPR's will then be turned into your association president, who will in turn send copies to CMPWFL each week by e-mail, scan, or fax.
- Z. Level Rationale: The 8U / Mitey Mite and 6U / Tiny Mite levels are designed first and foremost to keep the players who participate, interested in football & cheerleading. The level should always foster positive experience for the kids, and its management should always reflect the instructional and tempered style throughout.

ARTICLE 29 – ADULT BEHAVIOR/SPORT PARENT CODE OF CONDUCT

D. Adult Behavior

- At any Pop Warner event, practice of competition, any adult who verbally abuses, attempts to intimidate, is flagrantly rude, cannot control their language or actions with an official, coach or Pop Warner volunteer may be asked to leave the Pop Warner event. He/she may receive a written warning regarding their behavior. His/her child may be immediately removed from the Pop Warner event.
- Any adult that commits a second offense may be banned from Pop Warner events for the remainder of that season and their child(ren) removed from Pop Warner for the remainder of that season. Associations may refund registration monies pro-rated based on the percentage of the season remaining.
- Any adult who physically assaults* an official, coach or Pop Warner volunteer will be banned from Pop Warner indefinitely, with reinstatement pending a formal review and/or hearing. The child(ren) may only continue after a formal review and/or hearing and notification and approval CMPWFL.

**The term physical assault includes, but is not limited to, hitting, slapping, pushing, spitting, kicking, and striking in any way with any part of the body or any physical implement.*

E. The Sport Parent Code of Conduct is mandatory as part of every association registration packet. Both Parents/Guardians, making sure the parents/guardians have read the form prior to signing, must sign the Sport Parent Code of Conduct

ARTICLE 30 – CONCUSSION AWARENESS

- A. The home team or hosting organization has the responsibility to provide medical coverage at each game or competition. In the absence of a physician and or ambulance on the site, the minimum safety requirement will be the presence of one individual associated with the home team/host organization who is currently EMT qualified or is currently certified in Red Cross Community First Aid and Safety, the P.R.E.P.A.R.E. Course by the National Center for Sport Safety, or their equivalent.
- B. All teams are recommended to have a staff member carry the entire team's medical release forms and emergency numbers for all players and spirit participants in case in an emergency their parent(s) or guardian must be reached. Having the family physician's number opposite the participant's name is also recommended.
- C. All coaches are required to have concussion training through USA Football

ARTICLE 31 - CONCUSSION RETURN TO PLAY GUIDELINES

- A. Players suspected of sustaining a concussion or a head injury in a practice, game or competition shall be removed from continuing until they are cleared by a medical professional that is not the player's parent /guardian. It is recommended to error on the side of caution if it cannot be determined that they did not sustain a concussion.
- B. A player/cheerleader who is suspected of sustaining a concussion or a head injury in a practice, game or competition shall be removed from practice, play or competition at that time, based on evaluation and determination by the Head Coach. However, if an officially licensed athletic trainer or other qualified medical professional is on site and available to render such an evaluation, that person shall always have final authority as to removal or return to play of the participant.
 - I. The head coach/or association designee must fill out CMASS In Season Report. The association must also provide a copy of the report.
 - II. A player/cheerleader must be cleared by a medical professional. The parent/guardian must provide the association with a signed CMASS Post Head Injury form from an officially licensed athletic trainer or other official qualified medical professional.
- C. When an officially licensed athletic trainer or other qualified medical professional is not present, and a parent or guardian of the injured player is serving as head coach, the final authority on removal of a participant shall rests with the association president or the top ranking coach, whomever is present and highest in the CMPW chain of command.
- D. Any player/cheerleader who has been removed from practice, play, or competition due to a head injury or suspected concussion may not return to association/CMPW activities until the participant has been evaluated by a currently licensed medical professional trained in the evaluation and management of concussions and receives written clearance

to return to play from that licensed practitioner.

E. In the absence of a licensed athletic trainer or other official qualified medical professional, at Association/CMPW events, the President shall be the final authority on removal of a participant for a suspected head injury or concussion. At association/CMPW events, the Football Commissioner or Cheer Director, depending on the sport in which the participant was engaged, or in their absence the association/CMPW President, shall be the final authority on removal of a participant for a suspected head injury or concussion.

F. CMPW recommends that all decisions be made in the best interest of the children and that when any doubt exists as to the health of the participants, they sit out. Please check www.cdc.gov/concussion (Center for Disease Control - CDC) for their signs and symptoms chart for concussions