

# TEXAS INTERCITY FOOTBALL, INC.



## FOOTBALL, DRILL TEAM, CHEERLEADING & MINI CHEERLEADING RULES AND REGULATIONS

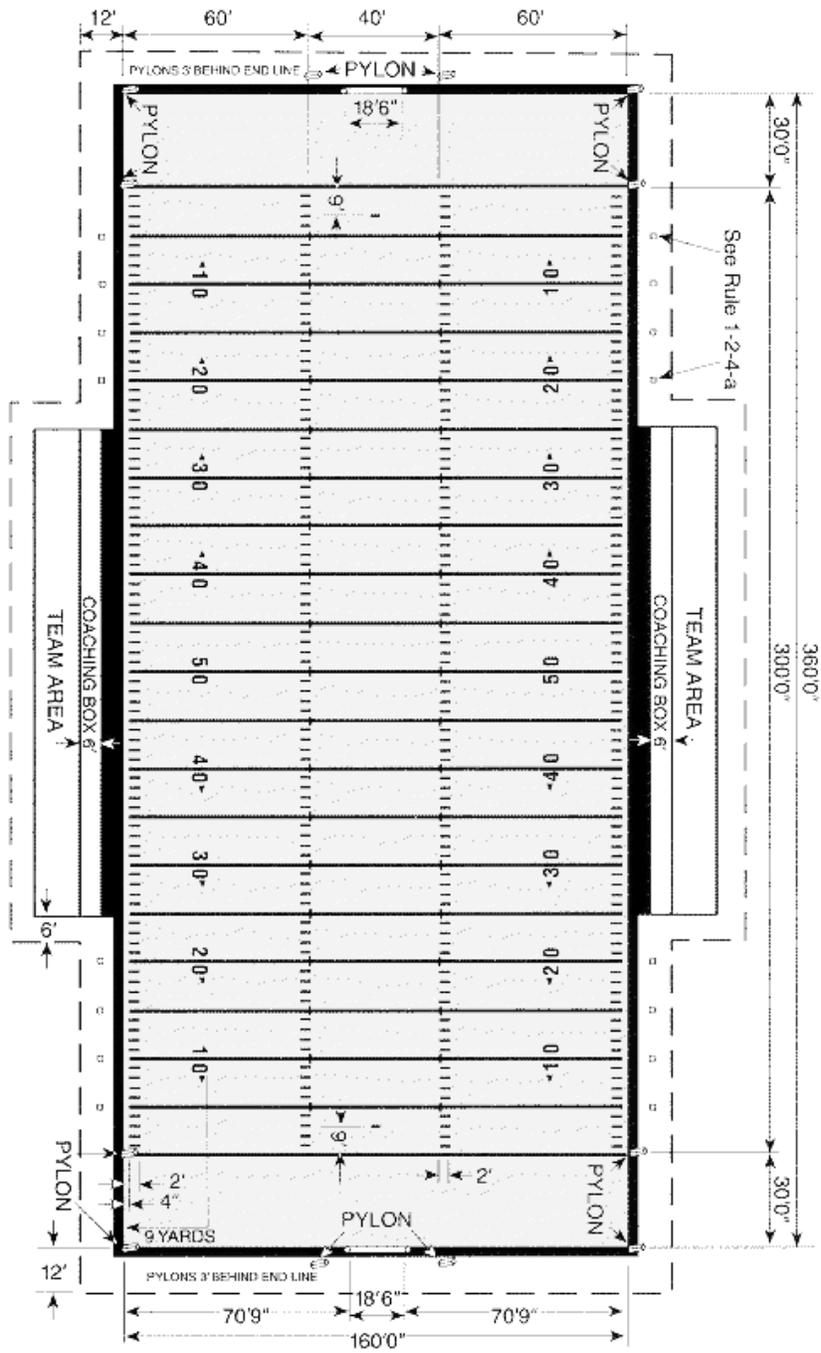
# TABLE OF CONTENTS

## ILLUSTRATIONS:

|                       |    |
|-----------------------|----|
| Field Diagram         | 3  |
| Approved Weight Chart | 60 |

| <u>SECTION</u> | <u>TITLE</u>  | <u>PAGE #</u> |
|----------------|---|---------------|
|                | Insurance   | 4             |
| Section 1      | Coaches and Game Staff  | 4             |
| Section 2      | Boundaries  | 6             |
| Section 3      | Player Eligibility and Player Suspension                              | 6             |
| Section 4      | Transfer Players  | 7             |
| Section 5      | Registration  | 9             |
| Section 6      | Team Structure/Assignment   | 12            |
| Section 7      | Equipment   | 15            |
| Section 8      | Practice and Scrimmage  | 17            |
| Section 9      | Game Day Weight Verification  | 19            |
| Section 10     | Minimum Play  | 21            |
| Section 11     | Season Play   | 22            |
| Section 12     | Post-Season Play  | 27            |
| Section 13     | Awards  | 29            |
| Section 14     | Coaches Conduct   | 30            |
| Section 15     | Department  | 30            |
| Section 16     | Penalties   | 32            |
| Section 17     | Rule Changes  | 33            |
| Section 18     | Legal Action  | 33            |
| Section 19     | Drill Team Objectives   | 34            |
| Section 20     | Conference Drill Director   | 34            |
| Section 21     | Drill Team, Cheerleading, Mini Cheer Qualifications                   | 34            |
| Section 22     | Drill Team and Mini Cheer Registration                                | 35            |
| Section 23     | Drill Team, Cheerleading, Mini Cheer Director & Coaching Requirements | 36            |
| Section 24     | Uniforms  | 36            |
| Section 25     | Camps, Clinics, & Tryouts   | 37            |
| Section 26     | Drill Team Practice   | 38            |
| Section 27     | Drill Team Performance  | 38            |
| Section 28     | Cheerleading Practice   | 39            |
| Section 29     | Cheerleading Performance  | 40            |
| Section 30     | Mini Cheer Practice   | 40            |
| Section 31     | Mini Cheer Performance  | 41            |
| Section 32     | Drill Team, Cheerleading, Mini Cheer Conduct                          | 42            |
| Section 33     | Mini Cheer Expo/Show Event  | 42            |
| Section 34     | Drill Team and Cheerleading Competitions                              | 43            |
| Section 35     | Competition Eligibility and Team Rosters                              | 43            |
| Section 36     | Drill Team and Cheerleading Competition Practice                      | 44            |
| Section 37     | Order of Appearance and Seating                                       | 44            |
| Section 38     | Drill Team Competition  | 45            |
| Section 39     | Cheerleading Competition  | 46            |
| Section 40     | Equipment and Materials   | 47            |
| Section 41     | Drill Team and Cheerleading Competition Judges                        | 48            |
| Section 42     | Scoring and Score Sheets  | 49            |
| Section 43     | Results and Awards  | 51            |
| Section 44     | Drill Team and Cheerleading Competition Penalties                     | 51            |
| Section 45     | Postponements, Delays, and Cancellations (Drill Team and Cheer Comps) | 52            |
| Section 46     | Cheer and Mini Cheer Certifications and Safety Guidelines             | 53            |
| Section 47     | Cheerleading Tumbling Safety Rules                                    | 54            |
| Section 48     | Partner Stunts, Stunt Groups, and Pyramid Safety Rules                | 55            |
| Section 49     | Dismount Safety Rules   | 56            |
| Section 50     | Moving Stunts Safety Rules  | 57            |
| Section 51     | Mini Cheer Stunt/Tumbling Rules                                       | 57            |
| Section 52     | General   | 59            |
| Section 53     | Department  | 59            |
|                | Glossary of Cheerleading Terminology                                  | 58            |

# DIAGRAM OF FIELD



# **TEXAS INTERCITY FOOTBALL, INC.**

## **Gulf Coast Conference**

### **OFFICIAL RULES and REGULATIONS**

For the purposes of this rule book and its supplements, the following definitions shall apply when referring to the word "season":

**Season:** Begins at equipment issue and ends after the last scheduled post-season game.

**Regular Season:** Begins at equipment issue and ends after the last game of the regular season (the game preceding the start of post-season).

**Post-Season:** Begins the day following the last regularly scheduled game and ends after the scheduled All-Star game. Post-season events include, but are not limited to: tie breaker games, quarter finals, semi-finals, Superbowl championships, Mini Cheer Expo, Drill Competition, Cheer Competition, and All-Star game.

**Pre-Season:** Begins the first day of registration and ends at equipment issue.

**Off-Season:** Begins immediately following post-season and ends at the start of pre-season.

#### **INSURANCE**

All members, directors, assistant directors and coaches will be Conference insured through their Booster Club.

- A) Effective equipment issue day each season, all changes to Booster Club participants (i.e., boys, girls, officers, coaches, etc.) must be immediately reported to the Conference Drill Director, Conference Athletic Director and the TIFI insurance coordinator (TIFI Vice-President). Submittal of insurance payments, as applicable, should also be made upon notification by the Conference Treasurer. A \$10.00 per day penalty for every day late will be assessed.
- B) A child may not practice until the day reported to TIFI's insurance representative for addition to the insurance rolls.

#### **1.00 COACHES AND GAME STAFF**

- 1.01 No Booster Club President may hold a coaching position.
- 1.02 No member may hold more than one coaching position except the Athletic Director who may be listed in one other coaching position.
- 1.03 The Athletic Director shall be the overall authority in all coaching matters and shall have full authority and responsibility to conduct the athletic program for all five (5) football teams.
- 1.04 The Athletic Director shall appoint a coach and coaching assistants for each team.
  - A) Each club will supply a minimum of two certified coaches or board members per team at each game, practice, performance, or Club-approved outside activity. If the Conference E-Board chooses a certification program for the current season, the following will apply:
    - 1) The AD, as well as the team head coach (Pee-Wee, Freshman, Sophomore, Junior, and Senior) shall be certified by a youth sports/sportsmanship coaches association or organization chosen by the TIFI Executive Board. Two coaches must be certified in the proper sport to supervise football.

- 2) The Drill Director and Cheer Director shall be certified by a youth sports/sportsmanship coaches association or organization chosen by the TIFI executive board. Two certified coaches must be certified in the proper sport to supervise drill activities. Cheer requires only one certified coach.
  - 3) The Club President shall be certified by a youth sports/sportsmanship coaches association or organization chosen by the TIFI executive board.
- B) Certified coaches and Club board members will be trained annually by a TIFI approved and recognized youth sports coaches association.

**PENALTIES:** Failure of a Club to have the certified coaches or board members present as specified above shall be assessed a monetary penalty:

- 1) \$50.00 for first infraction
- 2) \$100.00 for any subsequent infraction in the Club

- 1.05 All football, drill, cheer coaches, trainers and other positions listed in the lower section of TIFI applications must be individually approved by the Booster Club President, Booster Club Athletic Director, or Booster Club Drill Director, and appropriate Conference Director according to the type of application each year. All signatures indicated on the bottom of the form are required. All others associated with football, drill and cheer that come in direct contact with the children, including but not limited to: Presidents, board members, trainers, team parents, etc. must also be approved each year. Procedures as to whether new applications are due annually will be at the discretion of the Executive Board. Applications become effective immediately and are subject to TIFI rules and regulations pending approval and background checks. Returning coaches are subject to following TIFI rules and regulations year round.
- A) All applicants shall be subject to submit to a criminal background check every other year. Applicants will not be approved if he/she is found to have been convicted of a felony or misdemeanor involving moral turpitude within the last 5 years. Moral turpitude shall be defined by the Texas Criminal Code and the appellate decisions including but not limited to lying, cheating, stealing and illegal drugs. Deferred adjudication shall not be considered a final conviction. A rejected applicant shall have a right to appeal a rejection to the Executive Board and a final right to appeal to the full Conference. An appeal shall be decided by a majority of a quorum. Should any applicant be charged with a crime involving moral turpitude, they shall notify their club President who in turn shall notify the E-Board President within 72 hours of being made aware of such charges.
  - B) All applications must have one (1) color copy or clearly legible black & white copy of the applicant's driver's license. All coaches' applications must be turned in with a completed TIFI approved Rules of Conduct to the appropriate board member. Applications must be turned in by the approved deadline to be ready for the first game.
- 1.06 Coaching applications shall be submitted to the Conference Athletic Director or Drill Director. No coach's application, original or reassigned, will be accepted after the October Conference meeting.
- 1.07 Approved applicants shall sign and comply with Texas Intercity Football, Inc. Rules of Conduct (see section 14.00). Each parent/guardian will sign the sportsmanship code form supplied by the TIFI E-board. The form will state that the child can be dropped from the TIFI program if the parent/guardian violates the sportsmanship code.
- 1.08 The Conference Board of Representatives will review any complaints against any coach and will have the authority to remove any coach at any time by 2/3 vote of the Board.
- 1.09 There shall be a minimum of two (2) coaches on each team. However, there shall be a maximum of seven (7) approved coaches on the sideline during the game. The Athletic Director shall have the authority to be an 8<sup>th</sup> person on the sidelines if he is not listed as a coach on that team. These persons must wear a TIFI official sideline pass visible at all times while in the team area. A

TIFI-certified (proof of medical certification by the Texas Department of Health) trainer may be on the sideline as a 9th person. This 9th person shall not be involved in any coaching activities during games. Official trainers will be supplied a special armband by TIFI. They may sit directly outside the team area unless medically tending to a player.

**PENALTIES:** No coach will be allowed in the designated area of play without an approved pass, if a person is on the sideline, without a pass or with a wrong pass, that person shall be removed immediately from the game and the team head coach may be removed and may not return without appearance before the TIFI E-Board. The team area is an area designated and reserved for team use. The team area is defined as the area next to the sideline, bounded by each 25 yard line, and is a minimum 15 feet from the sideline.

- 1.10 Pee Wee teams may have two coaches on the field for each game. Coaches on the field are to assist in the organizing and huddling of players. Once the offensive line is set, the field coaches must move back a distance of 10 yards from the play and must not talk to the players until the play is in motion. Once the play is in motion, the coaches may talk and must make every attempt to get out of the way of the play. Coaches that talk (coach) once the offensive line is set will receive a warning for the first infraction. The team will be penalized 5 yards for the second infraction and 10 yards for the third infraction.

Freshman teams may have one coach on the field (in the huddle) for their first two scheduled games. The coach must not hinder or slow play in any manner but will assist the boys as they play their first two scheduled games.

**NOTE:** If a team has a bye the first or second week, they may have a coach on the field during their third week. If they do, their opponent may do so also if they wish.

- 1.11 The Conference Athletic Director will conduct coaches' workshops throughout the year. The Booster Club Athletic Director or a TIFI-certified football staff member must be in attendance at each scheduled workshop. A \$50.00 fine will be assessed to those Booster Clubs who do not have a representative in attendance at the workshop. It is the responsibility of the club Athletic Director to relay interpretations and procedures to their respective coaches.

## 2.00 BOUNDARIES

- 2.01 There shall be no geographic boundaries unless specified by the by-laws of TIFI.

## 3.00 PLAYER ELIGIBILITY AND PLAYER SUSPENSION

- 3.01 No participants may play or be enrolled in any other football program while be registered in Texas Intercity Football Inc. Camps or clinics open to the general public are not considered as enrollment into another football program.
- 3.02 All players must be in regular full-time school attendance.
- 3.03 TIFI' s official, legal age of a child shall be determined by and consistent with the date used by the Texas Department of Education (currently September 1st) of the current football season, i.e., the current calendar year. Football players must be between the ages of 5 and 12. A twelve (12) year old is eligible for football provided the date of birth would NOT make the player thirteen (13) years of age during the season (prior to December 31<sup>st</sup> of the current year). Players are placed within their level according to age pursuant to rule 6.03 (Pee Wee Freshman, Sophomore, Junior, and Senior).
- A) Players shall be in sixth (6<sup>th</sup>) grade or lower in school in the current season (as of October 1). Proof of grade is required for all 12 year-olds. Proof can be in the form of a TIFI-provided

- form to be certified by the school or a report card or official school class schedule. Proof shall be received by the TIFI Athletic Director by the first game.
- B) This rule applies only to the football teams. Rules 18.03 & 18.04 apply to the Drill Teams and their Cheerleading squads.
  - C) Any player eligible to participate at the public or private junior high level shall not be eligible to participate in TIFI football even if he/she meets the age and grade requirement
- 3.04 Player eligibility is also subject to the maximum weight limitations defined in Section 6.00, TEAM STRUCTURE.
- 3.05 Any player participating in TIFI football that is found to be ineligible due to being over the age limit or grade requirement, shall be suspended immediately and all games in which he has participated in shall be forfeited. (Example: A participant that was 13 years old on September 1<sup>st</sup>, a 7<sup>th</sup> grade participant, or a player that is eligible for junior high football).
- 3.06 Players guilty of persistent incorrigible misconduct may be suspended or discharged from participation upon action of the Booster Club Executive Committee. Notification of such action must be furnished to the Conference Athletic Director. Players also displaying persistent incorrigible misconduct risking the safety of teammates or opposing team's players may be suspended or discharged from participation upon action of the Conference Board of Representatives.
- 3.07 Booster Club rules for the current football season governing the suspension of participants on game day will be submitted to the Conference Athletic Director for approval prior to the first registration day. If the rules are contained in a Club's Bylaws then the Club will copy the rules onto a separate piece of paper, which will be submitted to the Conference Athletic Director. After registration day and during the playing season these rules may be changed by a two-thirds majority vote of the Booster Club (not just the Booster Club executive committee. Any such rule change must be submitted to the Conference Athletic Director before the rule change can be enforced.

**PENALTIES:**

- A) If a Club fails to submit their rules prior to the first registration date, the Club will be subject to \$25.00 fine. If the rules are not submitted prior to the start of season play, the Club will be subject to a \$100.00 fine.
- B) A Club violating rule 3.07 may be found in violation of rule 10.00 if they enforce a rule change not submitted to the Conference Athletic Director.

**4.00 TRANSFER PLAYERS**

- 4.01 Any player or Drill Team member who participated in a Booster Club of TIFI the previous season or is registered with a TIFI Club and assigned to a team for the current season is ineligible for participation in any other TIFI Club unless released from the previous Club in accordance with Rules 4.02 and 4.03. Participation is defined as having played or performed in one or more TIFI games the previous season.
- 4.02 Certain individuals who participated in a Booster Club of TIFI the previous season or are registered with a Club for the current season qualify for transfer to another Club. To qualify for a release (see Rule 4.03) from the previous Club for the purpose of transferring to another Club, one of the following conditions must be satisfied:
- A) Player relocation to a residence more convenient to another Club. Release will only be approved to a Club that practices greater than a five (5) mile radius from the practice site of the previous Club.
  - B) Transfer from an existing TIFI team to a newly formed Booster Club shall be limited to the biological children and/or step children and/or children under guardianship of preceding

- season TIFI Booster Club board members and coaches with an approved application on file who are in good standing with TIFI. This rule does not apply for new Clubs where there is already an existing TIFI Club.
- C) On the morning of Conference equipment issue day, the previous Club has no open position on the roster and the child cannot be placed.
  - D) Transfer requests that are submitted as the result of undue family hardship, may be approved by a two-thirds majority of the Conference Executive Board of Directors. If the Conference Executive Board rejects the request, it can be referred to the Conference Board of Directors for a simple majority vote for approval.
  - E) Waiting list players who play for another club may return to the original registered club with appropriate Intent to Return form (see 4.07).
- 4.03 The President of the previous Club shall provide a written release for any qualified child (see Rule 4.02) upon request by that family. This release shall show cause for release and will be attached to the registration form by the recipient Club. The Conference Athletic or Drill Director will keep the release on file.
- 4.04 Prior to the reserve registration deadline of 4:00 pm, on the designated Conference registration day, a player or Drill Team registrant released in accordance with Rules 4.02 and 4.03 may apply to the recipient Club for acceptance with reserved position status. This request must be accompanied by the written release. The recipient Club, after assessment of position availability, may accept or reject the application for a reserved position. If rejected due to non-availability of an open position, the individual released may elect to be placed on that waiting list or apply to any other Club.
- 4.05 An experienced player or drill member claiming eligibility for a transfer pursuant to Rule 4.02, but has not obtained the required release shall be tentatively registered and assigned upon request. The parent(s) shall be informed that he/she must request a release from the previous Club's President prior to the next scheduled Conference meeting where said release request shall be turned into the Conference Athletic Director. Failure to request a release shall be cause for automatic nullification of this registration, transfer and application.
- 4.06 A released child who applies to any Club after 4:00 pm of the designated Conference registration day shall be processed as a new, player or Drill Team member on a first come, first served basis. The release must accompany the application to be filed with the registration form.
- 4.07 Players on 'Club A's' waiting list that played for 'Club B' due to roster space availability, but wishes to return to the Club A the following year must inform Club B of his intent to return to Club A. Players and player's parent must fill out a TIFI-approved Intent to Return form no later than the first day of practice in order to have an automatic release for transfer the following year. This Intent to Return Form must be forwarded to Conference Athletic Director within forty-eight (48) hours. Players shall be informed in writing of this option at the time he registers with Club B. The Waiting List Transfer Form shall be considered notification.
- 4.08 Any child participating in violation of any part of this section shall be suspended immediately and all games in which the child has participated shall be forfeited. In the case of drill teams, section 16.00 applies.

## 5.00 REGISTRATION

- 5.01 It shall be the responsibility of the Booster Club President to hold registration in their area to enlist boys and girls for the football teams and Drill Teams. Registrants shall register at the location at which the Club they wish to play is hosting registration. Exceptions may occur at late/optional registrations as defined by the conference when the preferred club is not hosting a registration.
- 5.02 The registration dates established by the Conference Board shall be made public.
- A) Use of marquees & E-Board approved flyers is encouraged. Flyers shall include all Club football and Drill Team names prior to the initial registration. No flyer shall disparage any other Club.
  - B) Use of posters, newspapers, TV, radio, etc. is recommended and may be used on an individual Booster Club basis. Advertisement wording must be approved by the E-Board before use.
  - C) It is the Booster Club's responsibility to acquire any and all school permission before distributing any flyer and/or posting anything on school property.
- 5.03 No selective recruitment or subsidization to a child or family with gifts or money shall be permitted. (Waiver of registration donations is not considered a subsidy.)
- A) Selective recruitment is defined as early registration, preferential treatment of a potential participant, scheduled registration times, or any practice that gives one individual unfair advantage over another in registering.
  - B) One-on-one contact by and for any individual Booster Club prior to Conference registration day is encouraged and is not considered selective recruitment, unless the recruit is an experienced reserve in another TIFI Club.
- 5.04 Certain children have reserve status and have the right to reserved positions on teams. The following reserve status applies to:
- A) Boys/girls that are last year's returning participants (football, drill team, and mini cheer) have reserve status in their previous Booster Club.
  - B) Siblings of last year's football/drill/mini cheer (whether returning or not) have reserve status in the sibling's previous Booster Club.
  - C) Children and/or grandchildren of last year's coaching staff or Booster Club Executive Committee members have reserve status in their Booster Club.
  - D) Properly released transfer players (on conditions of position availability, see Section 4.00).
  - E) Children and/or grandchildren of last year's TIFI Conference Executive Board members have reserve status in any Booster Club of their choice until registered for the current season. Then reserve status applies to them as stated in 5.04A.
  - F) Siblings of released experienced participants have reserve status with the team of their choice.
- NOTE 1:** Children of current year (upcoming season) coaching staff do not have reserve status unless they fall into one of the categories listed above.
- NOTE 2:** Returning/experienced players are defined as players that participated in at least one TIFI game last season.

To exercise this reserved position privilege, participants must complete the registration form, weigh in (football only), show proof of age (if required), and be assigned to a team by the Conference monitor before 4:00 pm on the designated registration day. Should these reserves fail to exercise this option, the privilege is forfeited, and they are registered on a first come, first served basis along with new children on future registration dates. **NOTE:**

Extension of the "reserved position" privilege to those other than the above requires approval by a majority vote of the Conference Board of Representatives in quorum session.

- G) New Clubs in TIFI with same-city teams shall use their previous season's players as their reserve rosters. All above rules regarding reserve players apply for new Clubs based on their previous season.
  - H) Newly formed Clubs that were not an existing established Club in another organization the prior season shall be allowed to extend reserve status to the current season's approved board members and current season's approved coaches (with applications on file one week prior to the first registration), children and grandchildren. This list must be provided to the TIFI Conference Athletic Director and Drill Director before the first registration.
- 5.06 The official Conference registration will be conducted on the date or dates established by the Conference Board of Representatives. Official registration program and forms, supplied by the Conference designee will be used by all Clubs for each registrant. Registration of all participants, reserve and new, will be conducted from 9:00 am to 4:00 pm unless otherwise stated by the Conference Board of Representatives.
- 5.07 Registration will be monitored by a Conference representative from an opposing club as assigned by the Executive Board. Their title shall be "monitor" or "registrar." Monitors are expected to be available for the entire registration day. They shall ensure all entries in the registration record for each participant are complete and accurate.
- A) Any active or honorary Booster Club member may not monitor, register, or certify any participant in that same Club, but may witness.
  - B) Monitors shall be 18 years of age or older.
- 5.08 The official registration day procedure shall be as follows:
- A) It is the Booster Club's responsibility to provide the monitor assigned to them with a list of reserved participants.
  - B) The names of these reserved position players are tentatively placed on the appropriate team lists as prescribed under Section 6.00 - TEAM STRUCTURE.
  - C) Online registrations "hold" a place for the participants, but do not guarantee team placement. A participant is not officially on roster until birth certificate is verified and weight is witnessed by a monitor (Drill Team and Mini Cheer participants are not weighed). Official dates for monitoring weight and birth certificates shall be determined by the Conference and made available to all Clubs. Participants from the previous season do not need birth certificate verification. ALL new participants and reserve participants who did NOT participate the previous season (as defined in section 5.04) are required to present an original birth certificate for age verification. Reserve players who registered online but were not present on the day of the official weight check/birth certificate verification will lose reserve status and may be placed on a waiting list. It is the responsibility of the Booster Club to notify all registrants of the date, time, and location of the official weigh-in/birth certificate verification.
  - D) On the official weigh-in/birth certificate verification day, no Booster Club shall issue any numbering device to gain, hold, number and/or otherwise ensure positions in line for open, non-reserve registration. The approved lineup method is for the registrant (football and Drill Team) to take the next position in line and hold it by his/her presence. Booster Clubs are also not to move anyone in line to the front or rear as this is to be construed as selective recruiting.
  - F) The Conference monitor, after authenticating the accuracy of the scales, will weigh the players and record their weights in the registration program. Should any player exceed the maximum allowable weight, the registration form is voided and the player may not be placed on any waiting list. Should the applicant be a 'reserved position' player, this privilege is forfeited. Any player ineligible due to weight may reapply for registration at a later Booster Club registration (if held).
  - G) Registrants are assigned to teams as prescribed under Section 6.00 - TEAM STRUCTURE. Team rosters will be filled by first placing all qualified reserved applicants on appropriate

teams in registration order per 5.08C. New players will be kept on a team waiting list and will be placed in registration order on an appropriate team after all reserve positions have been properly filled for that team at 4:00 pm registration day until the maximum player limit per team is reached.

- H) A copy of the team rosters and waiting lists shall be furnished to the Conference Athletic Director, Conference Drill Director and TIFI insurance coordinator (TIFI Vice-President) by each Club President no later than eight (8) days after official registration. On subsequent weigh-in/birth certificate verification days, updated monitor sheets and rosters are due to the Conference Athletic Director, the Conference Drill Director, and the TIFI Insurance Coordinator within 48 hours. Any changes to team rosters (player movement, waiting lists changes, player losses, etc.) shall be forwarded to the Conference Athletic Director, Conference Drill Director and the TIFI insurance coordinator (TIFI Vice-President) by each Club President within 48 hours as well (see rules 5.11 through 5.14). Additional information regarding registration required by the Conference Athletic Director, Conference Drill Director and the TIFI insurance coordinator (TIFI Vice-President) will be furnished upon request. If participant was registered with a handwritten registration form, the information shall be entered into the TIFI-issued registration program.
  - I) A new player is considered a TIFI participant for rule purposes immediately following registration. A returning player is considered a TIFI participant for rule purposes from the first time they register until they have either aged out of the program or lost their reserve status and cannot be placed on a team.
- 5.09 Following the last official registration day, any applicant who wishes to register must, by prior appointment, present himself to the designated Conference E-Board designee for registration and weigh in. Proof of date of birth, original, must be supplied at that time. Updated monitor sheets and rosters must be submitted to the TIFI Conference Athletic Director, Conference Drill Director, and TIFI Insurance Coordinator within 48 hours. Failure to do so will constitute a \$10.00 per day late penalty (see rule 5.13). An official representative of the recipient Club should witness the registration, weigh in, etc., and assume responsibility for required forms.
- 5.10 Players registering under 5.11 are eligible for participation in the first scheduled game following his first five (5) attended practices. For Drill Team, see section 23.00.
- 5.11 Following the first regularly scheduled game, Conference President approval is required prior to the registration of any new player.
- 5.12 No child registered in TIFI may participate in any Club-sponsored activity, especially practice, until the legal guardian signature is obtained. Subsequent to Conference equipment issue day, every change to football and Drill Team rosters must also be reported to the Conference Athletic Director, Conference Drill Director and the TIFI insurance coordinator (TIFI Vice-President) the day of the change.
- 5.13 A penalty of \$10.00 per day for each day beyond the deadlines established in this section (\$100.00 maximum per incident), shall be levied against the offending Booster Club and under no circumstances shall a team be allowed to hold practices or play a game while in violation of any of the requirements of this section. If any team is found to have boys out of order according to the sequential numbering in registration order (e.g., number 48 is on the Sophomore waiting list with number 51 on the Sophomore team), or a team plays in a game in violation of these requirements to keep the Conference Athletic Director informed through the required documentation, then the games played by that team while in violation shall be forfeited and corrections made immediately.

## **6.00 TEAM STRUCTURE/ASSIGNMENT**

6.01 Each Booster Club will register and maintain a roster of five football teams (12 members per team minimum for Pee Wee and 15 members per team minimum for Freshman thru Senior, 22 members per team maximum for Pee Wee and 25 members per team maximum for Freshman thru Senior). The teams shall be Pee Wee, Freshman, Sophomore, Junior, and Senior. A team must have the minimum number of players dressed and prepared to compete at the start of any scheduled game or the game is forfeited.

6.02 A player's team eligibility and assignment shall be established at registration based on a single weigh-in, proof of age, and grade. A player's signature is also required to confirm accuracy. The requirements of 6.02 shall be witnessed by the designated representative (monitor or registrar) of the Conference. Booster Clubs shall keep a photo copy record (example: player badge or photo roster) of all players. The photo roster shall be present at the weigh-in described in Section 9.00 to verify the identity of the player being weighed.

6.03 Players shall be assigned to teams or its waiting list (if maximum player limit is reached) at time of registration according to the following formula (age is as of September 1<sup>st</sup>):

### **PEE WEE**

- All age-eligible five/six-year-olds weighing at least 40 pounds but not more than 125 pounds.

### **FRESHMAN**

- All seven/eight-year-olds weighing at least 50 pounds but not more than 135 pounds.

### **SOPHOMORES**

- All nine (9) year-olds weighing at least 50 pounds but not more than 145 pounds.

### **JUNIORS**

- All ten (10) year-olds weighing at least 50 pounds but not more than 155 pounds.

### **SENIORS**

- All eleven (11) year-olds weighing at least 50 pounds but not more than 170 pounds.
- All twelve (12) year-olds weighing at least 50 pounds but not more than 170 pounds.

**NOTE 1:** At weigh-in, any fraction of a pound is dropped. Weight is never rounded upward and estimates in weight are never allowed for any reason.

**NOTE 2:** The use of any material to "wrap" an applicant in an attempt to "sweat off" pounds is strictly prohibited. Any Club official or coach suggesting or condoning this practice shall be subject to Conference Board action. The Club will be assessed a \$100.00 monetary penalty, and the applicant shall be ineligible for registration for 14 calendar days subsequent to the incident.

**NOTE 3:** At weigh-in, the addition of any weight to an applicant's person other than appropriate clothing for the purpose of gaining a team assignment shall never, under any circumstances, be permitted.

6.04 Players may be reassigned as follows:

- A) New player – If, following registration, it is determined by the AD and head coach (after observation of a player under practice conditions) that a player should more appropriately compete on the next higher team, he may be reassigned with parents' permission. Should permission be withheld and further participation of the individual on a lower team is considered hazardous to the safety of his teammates, his dismissal from the program may be effected by action of the Booster Club Executive Committee. See rule 6.03 for limitations of

- player reassignments. Reassigned players are still subject to maximum weight limits for their age.
- B) Returning player – May be reassigned upward ONE level at any time following registration based on past performance. See rule 6.03 for limitations of player reassignments.
- NOTE 1:** A five/six-year-old (age as of September 1<sup>st</sup>) is not eligible to participate on any team except the Pee Wee team. He/she cannot be reassigned upwards during the season.
- 6.05 A reassignment made according to 6.04 is irrevocable. The player may not be returned to the lower team.
- 6.06 Reassignment of a player to a team more than one level higher or to any level lower than that to which he should be assigned under rule 6.03 shall require the approval of the Conference Athletic Director who shall appoint a committee to investigate the merits of any such proposed reassignment.
- 6.07 A player may not be assigned to a team lower than that on which he competed the previous year.
- 6.08 Should a vacancy on a team occur following registration, it is filled according to the following priorities:
- A) The first player on the waiting list for that team is placed on the team.
- B) If no waiting list for that team exists, a player on the next lower team, qualified by ability, may be reassigned to fill the vacancy. The vacancy resulting from this reassignment is filled using identical criteria.
- C) A player from a lower team waiting list may NOT be moved up to a higher team without first being activated on the 25 player roster of the team for which he was on the waiting list.
- D) After the first scheduled game, a vacancy is filled using the same criteria. However, the Conference President's approval is required prior to registering any new player to fill vacancy (see rule 5.11).
- 6.09 In the event a team is officially under the required player minimum for the second scheduled game, or anytime a team forfeits twice for failure to field an official team and the minimum cannot be achieved through application of rule 6.08, the Club shall make the following reassignments:
- A) Senior team: All Juniors, in 6th grade if any, or all Juniors beginning with the heaviest player, or beginning with the oldest according to the birth date, and continuing in the order of heaviest to the lightest until the minimum roster is obtained.
- B) Junior team: All Sophomores, in 5th grade if any, or all Sophomores beginning with the heaviest, or beginning with the oldest according to the birth date, and continuing in the order of heaviest to lightest until the minimum is met.
- C) Sophomore team: All Freshman beginning with the heaviest and continuing in the order of heaviest to lightest, or beginning with the oldest according to the birth date, until the minimum is met.
- D) Freshman team: All 7 year-old Pee Wee beginning the oldest according to birth date until the minimum is met.
- 6.10 Under no circumstances will a player be reassigned from one team to another team on game day during regular season play. All player reassignments must be completed and reported to the Conference Athletic Director on or before the Friday prior to Saturday's play.
- NOTE 1:** Does not apply to the rules governing player reassignment during post-season play. Does not apply to the special circumstances which may surround forfeited games which require TIFI Athletic Director approval.
- 6.11 A protest must be filed by the protesting Club and received by the Conference Athletic Director within 3 days of the protested game.

**NOTE 1:** A protest is defined as a formal statement against the outcome of a game issued in writing against a team, Club, or group of individuals (such as coaches, fans, or parents), for the violation of a specific TIFI rule. If substantiated, the statement of protest can result in penalties or fines as determined by the nature of the rule violation. If a game has been protested, the outcome of that game may result in a forfeit. Evidence to substantiate a protest can be submitted in the form of eyewitness accounts, video format, or any other proof. All protest will be reviewed and decisions will be made by the Conference Athletic Director. Assistance may be gained to make the decision from a committee.

- 6.12 Game participation eligibility of certain players may be challenged. Challenges of player eligibility may be made by an opposing club prior to the game or following a game. If it is made prior to a game involving the protesting club and the club that is being protested, it must be received in writing by the Conference Athletic Director by the Wednesday preceding the game. If it is made following a game involving the two clubs, it must be received in writing by the Conference Athletic Director within 3 days following the game. Challenges involving player eligibility can only be made regarding a player's age eligibility, grade eligibility, or placement at registration due to reserve status. A player cannot be challenged due to weight. The \$25 per challenge fee must be attached to the formal written challenge when it is submitted.

**PENALTIES:** Any player failing a challenge due to age, grade, or reserve status shall be reassigned immediately to the team for which they qualify and shall be eligible to play in that team's next scheduled game. The maximum of a 25 player roster does not apply in this case. If the player participated in a game against the protesting club, that game (and only the one game) shall be forfeited. The "challenge" fee shall be returned if the player is found to be in violation of the challenged parameter. The team with the ineligible player shall pay a \$50 monetary fine in addition to the forfeit.

- 6.13 A player's eligibility may also be challenged by photo during, and only during, a game in progress through submittal of an official TIFI PHOTO ONLY challenge. Challenging a player by photo is defined as challenging the fact that the player on the field on game day is not the same player that registered and weighed in on official weigh in day. An official challenge must be presented to the opponent's play monitor at the opponent's bench. Two (no more, no fewer) players must be challenged by jersey numbers on a single form. However, as many forms as necessary may be submitted. The two play monitors, working together with the Athletic Directors, notify the appropriate coach and without game interference, review the photo roster to verify the player identity. The players are to sign the form, both printed and cursive, before the team leaves the team area (field) at the end of the half in progress. The challenging Club forwards the original to the TIFI Athletic Director. The challenge is notated on the original monitor sheet. After disposition, this record becomes part of TIFI's permanent file. A filing fee of \$25.00 for each photo challenge form submitted will be billed to the Club. Should either of the two on any form be judged ineligible, the fee will be returned to the challenging Club by the challenged Club.

**PENALTIES:**

- 1) Any player failing the photo challenge shall be permanently ineligible for participation in TIFI in any capacity. In the event a challenged player disappears before complying with all photo challenge requirements, he (she) automatically fails the challenge and becomes permanently ineligible for participation in TIFI in any capacity. The one (1) game (only one game) that was officially challenged is forfeited.
  - 2) The offending Club shall be automatically assessed a \$50.00 monetary penalty for each failure to comply with this rule.
  - 3) If the challenged club fails to produce a photo roster upon the challenge, the player(s) being challenged are ineligible to participate in the day's games.
- 6.14 It shall be the Club's responsibility to ensure compliance with all assignment and eligibility criteria. The TIFI Athletic Director will assist with verification of compliance and will provide a registration discrepancy list to help ensure compliance. However, each Club is responsible for

total compliance. Original registration forms provide official information but other TIFI records also apply. All challenges and protests must be made on or before Wednesday prior to the final regular season game day.

- 6.15 Players that register with a booster club, practice with a booster club, and quit prior to the first game do not have reserve status to that club the following year. They also cannot register with another Booster Club for the current season. Hardship cases and extenuating circumstances shall approved by the Executive Board.

## 7.00 EQUIPMENT

- 7.01 Player safety shall not be compromised in the purchase of equipment.
- 7.02 The players shall be provided with high quality equipment from a reliable athletic goods supplier.
- 7.03 The players' uniforms shall conform to the following:
- A) Helmet shall be secured by a two or four point chinstrap and shall include a facemask or double bar type guard. Face masks must be made of non-breakable, molded plastic with rounded edges or of rubber covered wire. Single bar, tubular face guards and transparent plastic eye/face shields are prohibited. Transparent plastic eye/face shields may be used only if a physician requires it in writing and must be approved by TIFI.

|  |
|--|
| <b>**CAUTION**</b> Before altering any helmet shell in any way, <b>**CAUTION**</b> |
| <b>**CAUTION**</b> discuss your plans with the helmet supplier. <b>**CAUTION**</b> |

- B) Padding - The uniform shall include soft knee pads at least 1/4 inch thick worn over the knees and covered by pants, approved shoulder pads, hip pads with tailbone protector, and thigh guards.
- C) Jersey - No conference booster club (exception La Marque Tigers) is allowed to have a jersey primary color in conflict with conference-supplied "TIFI" yellow jersey. Arabic, block, or modern Gothic numbers shall be in sharp contrast with that of the jersey (a contrasting outline of not more than 1/4" is allowed) and be four (4) inches to eight (8) inches in height for front and back. The number width shall be approximately one (1) inch. NCAA Rule 1-4-3.a requiring visitors to wear white jerseys does not apply. (See 7.03.H. below for TIFI numbering requirements). NCAA jersey length rule does apply: Jerseys must be full length, and must be tucked into the pants. Per NCAA, this is a safety rule that will ensure that all equipment will be covered and held in place. In the event of jersey color conflict, conference-supplied "TIFI" yellow jerseys will be issued to clubs designated as "Visitor." The "Visitor" booster club is responsible to return the jerseys clean and dry. The "Visitor" booster club is responsible for the cost of jersey cleaning.
- D) Footwear - Rubber molded cleats may be worn. Screw type, iron, and metal cleats are prohibited. All players must wear soccer or canvas type shoe at all times while on the playing field.
- E) Specialty kicking shoes, which meet NCAA standards, may be approved on an individual basis by the Conference Board. Said approval must be obtained each football season prior to use.
- F) Mouthpieces will be worn at all times during practice and games.
- G) Neither sponsorship advertising nor sponsor names will be permitted on players' game uniforms. However, team/Club sponsorship and other sensible advertising is permitted off the field of play.
- H) The NCAA's recommended player numbering system does not apply to TIFI. (a) Jersey numbers "0" through "00" are permitted; (b) two or more players in one game may not wear the same number; and, (c) jersey numbers worn must be same as that on the coaches' pre-game exchange roster per TIFI rule 11.05 (see 7.03J regarding armbands below).
- I) The use of any tacky substance on fingers, hands, or clothing to improve ball handling capabilities is prohibited.

- J) According to the NCAA rules, only eligible pass receivers may be more than three (3) yards beyond the line of scrimmage when a forward pass beyond the neutral zone is thrown. To be an eligible pass receiver a player must be wearing a number other than 50-79, on the end of the line of scrimmage or legally in the back field. For TIFI purposes, the TIFI-approved armbands replace the NCAA numbering requirements to indicate players with numbers other than 50-79. The armband is a TIFI-approved, yellow armband and worn on either arm, clearly visible between the hand and elbow. To be a TIFI-eligible pass receiver, the players must be wearing TIFI-approved armband, and be on the ends of the line of scrimmage or legally in the back field at the snap. Any offensive player who is three (3) yards beyond the line of scrimmage when a legal forward pass is thrown beyond the line of scrimmage, or touches a forward pass, and he/she is not wearing a TIFI armband is considered to be an ineligible receiver, and the ineligible receiver rule will apply. At the snap, there must at least five (5) offensive linemen without TIFI armbands. The offensive line is not required to have seven (7) linemen on the line of scrimmage, but they cannot have more than four (4) players in the backfield (ILLEGAL FORMATION). By definition, only a maximum of six (6) offensive players are eligible pass receivers at the snap. An offensive player does not have to be wearing a TIFI approved armband to be a ball carrier on any play if possession of the ball is gaining legally by rule.
- K) Tees - Kicking tees that elevate the ball not more than one (1) inch are permitted for place kicks. The tee used for field goal place kicks requires ball control by a team mate.
- L) Splints are prohibited by TIFI in practice or games. Padding of any type, material and thickness protecting, covering or camouflaging any cast or splint is strictly prohibited. Hard, abrasive or unyielding substances on the hand, wrist, forearm or elbow are likewise prohibited regardless of padding. A soft cast may be used with a dr.'s statement that it is not dangerous to other players and the TIFI AD. **NOTE:** The doctor cannot be a parent of the player.
- M) Sweatshirts - The use of hooded and/or neck drawstring type sweatshirts is prohibited in order to prevent injury to the spine or airway.
- N) TIFI Executive Board has the right to waive NCAA television rules.
- O) TIFI will allow the use of forearm and/or hand pads for players as an exception to the NCAA rules. The pads must be soft, no casts allowed. During game play, opposing coaches may request that referees inspect a player's padding and ensure that the player and/or opposition's safety will not be compromised by use of the player's equipment. If the referee deems the equipment unsafe for the player and/or the opposition, the player must miss the next play and the equipment must be removed immediately.

7.04 A Wilson full-grain leather TIFI football shall be used in all Conference games. A model K2 size shall be used for Pee Wee, Freshman and Sophomore games. A model TDJ size shall be used for Junior and Senior games.

7.05 Standard yard markers for games are furnished by host Club. If only one set is used, they will be placed opposite the fan seating. Markers must not compromise safety and therefore, will not be constructed of any solid, hard material such as plywood. Drill Teams may place/remove markers for performance(s).

7.06 It shall be the responsibility of each Booster Club to ensure that each of their teams (football and drill/cheerleading teams) are supplied an ample amount of liquid refreshment in the team area at all games and practices. Liquid refreshment includes, but is not limited to, water and/or ice. On game day, liquid refreshment for each football team must be present in team bench area for the players and in the Drill Team seating area for the Drill Team at all times. In other words, water is to be readily available for all of our participating players from the start to the end of game day. Home teams shall supply a water source, but ice is optional. **NOTE:** Squeeze bottles or similar equipment are deemed insufficient water available for a team. It is recommended that at least a filled 5-gallon water container or a 20-pound ice chest is available.

**ENFORCEMENT:** Only the TIFI Executive Board members may enforce this rule. It is NOT the responsibility of the opposing Booster Clubs on game days to enforce and/or report violations.

**PENALTIES:**

- 1) For the first infraction of this rule, the Booster Club will be assessed a \$25.00 fine for each team that is without liquid refreshment. **EXAMPLE:**
  - A) Junior team is without water but the Senior team has water. The fine is \$25.00.
  - B) Junior team is without water and the Senior team is without water. The fine would be \$50.00 (\$25.00 for each team).
- 2) After the team is assessed one (1) \$25.00 fine, each further violation of this rule becomes a \$50.00 fine for that team for the remainder of the season. **EXAMPLE:**
  - A) The Junior team has been assessed a \$25.00 fine for violating this rule at a previous game and at this game has not provided water for the participants, and the Senior team is also without water, then the fine would be \$75.00 (\$50.00 for the Junior team and \$25.00 for the Senior team).
- 3) If a team has run out of water and is in the process of getting more and can prove it, that Club/team will not be penalized.

**8.00 PRACTICE AND SCRIMMAGE**

- 8.01 A practice session is defined as any occasion when any participant (players) and one or more coaches assemble for scrimmage, practice, game/performance film or video tape review, instructions, and/or lectures (excluding purely social activities as approved by the Conference President). It is also practice anytime the team(s) assemble early or remain later at a practice site any other Club/team designated place to conduct any football related team activity including organized, systematic physical conditioning regardless of direct supervision, coaching, etc. The Conference Board may assess penalties to the Club and/or staff members for organizing or condoning any such activity judged by the Conference Board of Directors as an attempt to skirt TIFI Rules and Regulations, thus gaining a competitive edge while teaching our youth conduct unbecoming anyone. If the conference finds that an infraction of this rule has occurred, the club cannot appeal it unless there is additional evidence to support that the infraction did not occur.
- 8.02 Before the first scheduled game and after the Monday following equipment issue, a team may practice every day except Sunday. Teams or individuals with coaches as defined in 8.01 may not practice before the date approved and stated as such by the conference on the TIFI calendar. No practices may be held outside the approved dates.
- 8.03 No practice session is to exceed 1½ hours on any given day with the exception of an approved scrimmage which shall not exceed 2 hours (see rule 25.01 exception for cheerleading practice). Practice sessions start and end as defined in rule 8.02. The 2-hour maximum for scrimmages shall consist of a 30-minute warm-up and 1½ hours of practice time. There shall be no minimum time requirements. The decision to suspend or cancel any practice due to hazardous weather, field or other conditions is a Club responsibility. Lightning in vicinity must be considered hazardous. Any practice shortened through any such decision is an official, complete practice.
- 8.04 No TIFI team may engage in a scrimmage or game with any other team without prior approval of the appropriate Conference President(s).
- 8.05 After the first scheduled game, practice sessions will be limited to three (3) per week (not Sunday), with the exception that a team may hold one additional practice session on their open date, or any other open day that week except Sunday. Open date is defined as having a bye on game day.
- 8.06 An additional "kicking game only" practice of one-half (½) hour duration per week is allotted to each Club beginning after the first game. All four teams shall have same practice day and place. This optional Club practice must be contiguous with the scheduled practice time. Conference must be kept informed of these practices with scheduled times for each team. Canceled "kicking game practices" are simply lost and cannot be made up unless the entire Booster Club practice is

'washed out' and this revised schedule for this practice day is approved in advance by the TIFI Athletic Director.

- 8.07 Participants on the waiting lists as well as uninsured participants (not properly registered) shall not participate in practice sessions.
- 8.08 No player may participate while in a cast or known to have a serious injury and may not return to physical practices or a game without a doctor's written release (see rule 7.03L).
- 8.09 Players registering under 5.11 are eligible for participation in the first scheduled game following his first five (5) attended practices (see rule 23.03 for Drill Team).
- 8.10 Post-season practice rules for teams in TIFI's play-offs, if held, shall be identical to the regular season with the following exceptions:
- A) Tie-breaker games required by rule are not considered practice.
  - B) Practice is permitted ONLY on Monday and Tuesday of Thanksgiving Day week.
  - C) For any post-TIFI Superbowl games with any event sanctioned by TIFI, practice may be conducted daily except Sunday as deemed necessary by the Club(s) or TIFI designated coordinator of the event.
  - D) Volunteers may be recruited from other teams within the same Booster Club to lengthen practice rosters for post-season game preparations. Names of these volunteers must be forwarded to the TIFI insurance coordinator for insurance purposes.
- 8.11 Teams practicing in excess of this section shall be assessed the following penalties:
- A) If a practice as defined in 8.01 is held outside the approved season, the offending coach(es) and Club shall be assessed the following penalties effective on date(s) of infraction.
    - 1) A new, first-year coach forfeits one (1) full year TIFI season coaching eligibility.
    - 2) Any returning TIFI member forfeits all TIFI coaching eligibility for one full year.
    - 3) The Club shall be assessed a monetary penalty of \$100 per practice day.
    - 4) The Club forfeits all rights to football championships and awards if said practice is held in Club/team football uniform/equipment excluding retired game jerseys.
  - B) In case of violation of the rules in Section 8.00, the offending team must forfeit at least one full practice session for each violation and even greater penalties may be assessed by the Conference Board depending upon their judgment of the severity of the offense (exception: violation of 8.03 – see 8.11C).
  - C) In case of violation of rule 8.03:
    - 1) If the violation is less than 15 minutes, the violation shall be reported to the Conference President and the offending team warned if it is a first offense.
    - 2) If the violation is more than 15 minutes, the offense shall be reported to the Conference President and the offending team must forfeit double the time of offense of the next practice.
    - 3) Upon any second offense, at least one full practice must be forfeited and even greater penalties may be assessed by the Conference Board depending upon their judgment of the severity of the offense.
- 8.12 After the first open registration until equipment issue day, all Clubs have the option of hosting and/or participating in non-contact conditioning and football training camps. No helmets or shoulder pads will be worn at such conditioning/training camps. After the last post-season football event until the first open registration for the following season, players and coaches have the option to participate in tournaments.

## 9.00 GAME DAY WEIGHT VERIFICATION

- 9.01. Players that are within 25 pounds of reaching the maximum allowable weight at registration shall be subject to a weigh-in at the first game. Players that are within 10 pounds of reaching the maximum allowable weight at the first game shall be weighed in at the fifth (5<sup>th</sup>) regular season game and prior to play-offs. The Conference Athletic Director will assist in maintaining a list of such players. However, it is the Club Athletic Director's responsibility to ensure that the list is complete and accurate. This monitored weight shall be the player's official weight until the next mandatory weigh-in. The first weigh-in will take place at the first game weekend of the regular season which will include only players within 25 pounds of the maximum allowable weight at registration. The second weigh-in will take place at the fifth (5<sup>th</sup>) game weekend of the regular season and will include only players that are within 10 pounds of the maximum at the first weigh-in. These players will also be weighed before the first play-off game. Weigh-in for Pee Wee teams will begin 45 minutes prior to kick off. Subsequent team weigh-ins will begin at halftime of the preceding game. (Example: Freshman weigh-in will start at half time of the Pee Wee game, Sophomore weigh-in will start at half time of the Freshman game, Junior weigh-in will start at half time of the Sophomore game, etc.). Challenging a player's weight will not be allowed. Weigh-in procedures shall be as follows:

ALL OTHER WEIGH-IN RULES, PROCEDURES, AND PENALTIES PERTAIN TO PLAYERS THAT REACH THESE CRITERIA. WHEN THE RULE REFERENCES "ALL PLAYERS," IT IS REFERRING TO PLAYERS THAT WERE WITHIN 15 POUNDS OF REACHING THE MAXIMUM ALLOWABLE WEIGHT WHEN THEY REGISTERED.

- A) The weigh-in shall be conducted by a representative from both teams (preferably the President, Athletic Director or head coach).
- B) Both teams shall supply a weigh-in roster and a photo roster (per rule 6.02), which shall include each player's jersey number (numerical order), player's first and last name, date of birth, weight at registration, player's grade, player's age as of September 1<sup>st</sup> of current year, a space to write the current weight, and a space for a representative's signature. This form template shall be provided by TIFI. Players cannot be weighed without the photo roster.
- C) All players (both teams) shall be weighed one time only with the same designated TIFI scales on a hard level surface (Parking lot, sidewalk) in the same location in public (weather permitting) and not in a restroom or private area. No player shall be weighed-in wearing underwear only. Players shall wear shorts appropriate for public wear at minimum. The home team TIFI-issued scales shall be used. All partial weights shall be rounded down. If there is a discrepancy with the scales, the visiting team has the right to use their TIFI-issued scale. The lower of the two weights shall be recorded. If one team's scales are not available, the team who scales are present shall be used. If neither team's scales are available, both teams shall be fined \$100 and a \$25 fine per player will be assessed to have a TIFI official weigh-in the players during the following week's practice.
- D) The opposing team's representative shall record the weight on the weigh-in sheet. They shall bring any overweight player to the attention of the team's representative present. However, it is not the opposing team's responsibility to ensure that the team does not allow the overweight player to play in the game. Team representatives are responsible for checking their weigh-in sheets for accuracy and for ineligible players prior to game time. Failure to do so shall invoke rule 9.03. Ineligible players on game day shall be notated as such on the monitor sheet. If the player's club fails to notate ineligible players, the club will be assessed a \$50 fine per infraction and the head coach or game day's designee shall be suspended for the next conference game.
- E) Absent Players: Each absent player shall be weighed-in prior to playing in subsequent games. Absent players will be weighed-in by the opposing team at the following week's game.
- F) Tardy Players: No player shall play until weight is verified by the designated opposing team on weigh-in days. Any player who arrives after the start of the game, but before halftime

shall be weighed-in no later than halftime. A player arriving during third or fourth quarter play may be weighed at anytime after arrival, but cannot play until weight is verified by both teams. It is the responsibility of the "late" player's team to coordinate his weigh-in after the official weigh-in has occurred. This rule does not supersede any rule forbidding a coach to leave the sideline of a game. This rule does not supersede minimum play rules.

- G) Teams that have a bye in the regular season schedule for the weigh-in weekend, shall be weighed at the following week's game by the opposing team.

9.02 It is the team's responsibility to make sure that players found to be over the weight limit do not play and follow these procedures.

- A) Should any player be one complete pound over his maximum allowable weight, that player without question shall turn his jersey inside out, and sit the bench for that game. The maximum allowable weight is defined in 6.03. The player shall be suspended immediately from playing (see rule 9.02B). This player cannot participate in another game until his weight is brought down to appropriate levels and verified by a designated TIFI official. There shall be a \$25 administrative fee, per player, payable to TIFI for an official to re-weigh overweight players.

**PENALTIES:** If a player plays in a game after being found to be over the maximum weight limits or prior to being weighed-in, the game shall be ruled a forfeit. The head coach or responsible designee is suspended for the next scheduled game. The club also receives a \$50 fine.

- B) Any player who has broken weight twice and/or exceeds the maximum allowable weight by 5 lbs. with parental permission and in the spirit of safety, stay on the roster and participate in practice. However, he shall not play in a game until proper weight is verified by a TIFI official.
- C) If said player exceeds the maximum allowable weight by 10 lbs., he shall not participate in contact during practice.
- D) Players that are found in excess of weight limits may return to the playing field when he/she is at or below their maximum eligible playing weight. The Booster Club President must submit in writing to have the player reweighed. The reweigh (weight validation) shall be conducted by the TIFI AD or designated representative and witnessed by one representative from the Booster Club. A \$25 fee shall be paid to the conference by the Booster Club requesting the re-weigh.

9.03 There shall be no negotiating, concessions, or forgiving of weights.

**PENALTIES:**

- A) Any representative found cheating and/or requesting to and/or consenting to allow an overweight player to play shall be subject to a \$100 fine and both teams shall forfeit the game if an overweight player plays.
- B) If it is found that a team has had a player weigh-in, in place of another player, the Booster Club shall be fined \$100, the Head coach or responsible party shall be suspended for the remainder of the year and must appear before the TIFI E-board. The game where such cheating occurred shall be forfeited. Should a team who has forfeited due to any part of the aforementioned rule later be tied with a team that has no forfeit, then the team with the forfeit shall concede to the team without a forfeit, without regard to head-to-head play.
- C) A \$25.00 fee shall also be paid to the Conference by the requesting Booster Club for, and at the time of, challenging a player's age, or grade in school.

9.04 A photocopy of the current team's weigh-in verification sheet shall become the team's exchange roster (see 11.05) until the next official weigh in.

## 10.00 MINIMUM PLAY

- 10.01 All participants whether Pee Wee, Freshman, Sophomores, Juniors, or Seniors, shall participate in a minimum number of plays (offensive and/or defensive) in each and every game for which they are eligible. Pee Wee minimum is 8 plays per game. Freshman, Sophomore, Junior and Senior minimum is 15 plays per game.

**NOTE:** A live ball is a ball in play. A dead ball is a ball not in play. A legal snap or kick produces a live ball and constitutes a play. A dead ball foul does not constitute a play. An illegal snap does not produce a live ball and is not a play. Example: If game officials stop a play in progress from being executed then there was not a play.

- 10.02 The "minimum play" privilege shall not be abridged except for the following reasons, which shall be explained on the play monitor sheets by the team's head coach and/or the Club's Athletic Director. Any player not playing for whatever reason must be reported to the monitor and noted on the play monitor sheet.

- A) The player is absent on game day.
- B) The player is tardy to the game. He shall be allowed to play four plays for each full quarter remaining at the time of his arrival for Freshman, Sophomore, Junior, and Senior or 2 plays for each full quarter remaining at the time of his arrival for Pee Wee.
- C) The player is injured, ill, or in a cast. The player may sit on the bench with jersey turned inside out and without shoulder pads.
- D) During the week preceding the game, if the player missed two of the three practices, he/she shall not play in Saturday's game. Exceptions would only be excused absences as defined in the Club's discipline rules submitted to the Conference Athletic Director prior to registration.
- E) A player is suspended for discipline. In this case, a signed note from the AD and the parent must accompany the monitor sheet to explain the reason for the discipline. Discipline must be in accordance with Club football rules that were turned into the Conference AD and must result in benching of the entire game. Discipline must be assessed to every player guilty of the same offense. If the player is suspended for discipline, he is benched. Players either play the minimum plays or they are benched. A player cannot be docked a "few" plays for discipline.
- F) The player is ejected from the game. Rule 15.04 also applies.

- 10.03 Each Booster Club will assign at least one monitor to assist the coach of each team in abiding by the minimum play rule. Each Booster Club will assign a monitor to their own sidelines as well as to the opposing team's sidelines. Their own monitor will inform the coach of any player who has not participated in the minimum number of plays at halftime and at the end of the third quarter, or more often if necessary. The monitor on the opposing sidelines will assist the opposing monitor in recording the number of plays for each player. Monitors are required to remain on or behind the bench until all players have fulfilled the minimum play requirements. Reason for any exception to the minimum number of plays must be noted on the monitor sheet and attested to by both monitors through signatures on the play monitor sheet. Monitor play sheets shall remain on the bench at halftime. The last play for each player at the end of the first half shall be circled on the monitor sheet before they are placed on the bench.

- 10.04 The folding aluminum TIFI monitor board is recommended for monitoring plays. It is the team's head coach and/or the Club's Athletic Director's responsibility to ensure that the play monitor sheet is in jersey number order.

- 10.05 Immediately (within 48 hours of each game), each Club must mail (72 hours to cover a holiday) or deliver to the Conference E-Board designee completed, signed original copies of its play monitor sheets. Failure to deliver monitor sheets on time will constitute a \$10.00 per day per page late penalty (maximum \$100). Failure to deliver monitor sheets at all will automatically invoke rule 10.06.

10.06 Violations of the "minimum play" rule shall cause automatic forfeiture of the game and:

- A) Play requirements for subject player(s) shall be adjusted upward to provide twice that number of missed plays in addition to the minimum prescribed in this section in the next scheduled Conference/League game (see NOTE below) in which rule 10.02A does not apply. **NOTE:** The Conference/League game is the next game in which the most possible number of championship points is awarded. In a two League Conference this is the next scheduled game with an opponent within that same League. In a one League Conference it is the next scheduled League game.
- B) The offending Club shall be automatically assessed a \$100.00 per player monetary penalty for each failure to comply with this minimum play rule. Said assessments are due immediately following subject game and are payable before that team is allowed to play another TIFI sanctioned game.
- C) If the last game of the season, that team also forfeits all Booster Club championship points earned during that season as well as all post-season play eligibility. The team head coach may be ineligible for any TIFI coaching position the following season.
- D) The Conference approved head coach shall immediately be suspended from their next game. He shall be suspended one (1) additional game (his team) for each and every player not receiving the required minimum number of plays. He is required to serve as the announcer's spotter at each and every game his team plays while he is on suspension, including post-season. In the event this team's head coach is not present on the sidelines, the coach responsible for the team that day shall be held accountable. Participation in the team's practices during the week is permitted but he may not, subject to additional penalties, join his team on game day for any reason before the final whistle. The suspension period will be extended by one (1) game for every game he fails to fulfill his press box duties for the duration of his team's season. The Club will also be assessed, at a minimum, a monetary penalty of \$100.00 for every game his coach fails to fulfill his suspension obligations during the season.
- E) If the monitor sheets reflect that a player did not receive their minimum plays, but a Club can produce a tape to prove that a player did receive the minimum plays, it shall be reviewed by the Conference Athletic Director or their designee. If the tape is submitted by Friday following the game in question, the Club will still be assessed a \$50 fine, but the remainder of the penalty shall be placed on hold. If the tape is valid and accurately proves innocence, the rest of the penalty listed in 10.06 will be waived. If the tape is reviewed and cannot prove the infraction did not occur, the entire penalty will be enforced the following game, the Club fee will be raised to \$150, and the head coach will be suspended for 2 games. The purpose is to help the innocent coach from a clerical error, but to also keep a guilty coach from taking advantage of the suspension portion of the penalty by turning in an invalid tape to keep from getting suspended for the next conference game.

10.07 Flagrant or repeated violations of this section by a coach or Club shall be cause for review by the Conference Board of Representatives who may assess an appropriate penalty.

## 11.00 SEASON PLAY

11.01 Clubs shall be realigned every other year (odd number years) to evenly distribute teams. The realignment shall be done based on combined winning percentages of the Freshman, Sophomore, and Junior teams for the previous two years. The Clubs shall be listed according to the winning percentage with the Club with the highest winning percentage being at the top, and the Club with the lowest winning percentage at the bottom. Any new Club shall be placed at the bottom of the list following the lowest winning percentage team. The Club with the highest winning percentage club shall be placed in the NFC, the second highest in the AFC, the third in the NFC, and the fourth in the AFC. If there are Clubs that are tied in winning percentage, an effort will be made to separate same-city Clubs. While placing teams, if it appears that two same-city Clubs will be in the same League, the lowest ranked one will be placed in the next

available slot in the opposite conference. For example, DP A are ranked 3<sup>rd</sup> and DP B are ranked 5<sup>th</sup>. Then DP A will be in the NFC while DP B will be placed in the 6<sup>th</sup> ranked spot in AFC. The team that would have been in the 6<sup>th</sup> spot is moved to the 5<sup>th</sup> spot in NFC. The procedure continues until all Clubs are placed. In an 18-Club season, the alignment would look as follows:

| <u>NFC</u>       | <u>AFC</u>       |
|------------------|------------------|
| 1 <sup>st</sup>  | 2 <sup>nd</sup>  |
| 3 <sup>rd</sup>  | 4 <sup>th</sup>  |
| 5 <sup>th</sup>  | 6 <sup>th</sup>  |
| 7 <sup>th</sup>  | 8 <sup>th</sup>  |
| 9 <sup>th</sup>  | 10 <sup>th</sup> |
| 11 <sup>th</sup> | 12 <sup>th</sup> |
| 13 <sup>th</sup> | 14 <sup>th</sup> |
| 15 <sup>th</sup> | 16 <sup>th</sup> |
| 17 <sup>th</sup> | 18 <sup>th</sup> |

Even number of years when realignment is not done, the schedule from the previous year will be used. However, if a team was home for the game last season, they will be away for the game this season and vice versa.

- 11.02 Scheduling of regular season play shall be the responsibility of the Conference Board.
- A) Regular season playing schedules are adopted annually.
  - B) No team may play games on Sunday without prior Conference Athletic Director approval.
  - C) All Booster Clubs must have a drill and cheer team prior to equipment issue day to be eligible for the football teams to compete during the current season.
- 11.03 No agreements shall be made between opposing Booster Club Presidents, Athletic Directors, coaches, or other officials that conflict with TIFI Official Rules and Regulations.
- 11.04 Visiting team shall have the same vantage point as the host Club for filming purposes. No filming shall take place from the team area or the end zone. This does not apply to scouting (see rule 11.23).
- 11.05 Each Club shall provide an exchange roster (updated and current) to each of the other Booster Clubs at the conference meeting prior to the first game. Each team's head coach shall also exchange one (1) copy of its official (updated and current) team roster prior to kick-off of each game. Team captains shall exchange, at a minimum, these current team rosters during pre-game coin toss activities in the center of the field as conducted by TASO game officials. Said officials are in no way officially involved with this exchange. These exchange rosters identify all team members in jersey number order and provide the players first and last name, age, grade, date of birth, weight at registration, and current official weight (see section 9.00). Should a team fail to provide said roster prior to kick-off, all players of said team shall be subject to verification by photo roster. The Club will also be assessed a \$50 fine. If no photo roster can be provided, the team will forfeit the game and a controlled scrimmage will be played. Monitoring of the minimum play rule shall be in effect. The results of the photo roster shall be listed on the monitor sheet.
- 11.06 The decision to suspend or cancel scheduled games due to hazardous weather, field, or other conditions on game day is made mutually by the opposing team's Booster Club Presidents or their designees. Lightning in vicinity must be considered hazardous. TASO game officials' opinions must be taken into consideration.
- 11.07 Preceding the first game, the American flag will be presented and the national anthem played. Pre-game ceremonies should be complete and field clear, ready for 8:30 AM kickoff.
- 11.08 The players may or may not be announced prior to each game at the option of each Booster Club.

- 11.09 The home Booster Club is responsible for providing adults to work as press box announcer, down marker, and chainmen. The visiting team is responsible for providing one worker to work the chains as well. The home team will also provide benches for both teams during the game. Both Booster Clubs will assign a responsible spotter to assist the press box announcer.
- 11.10 Each Booster Club may supply up to two (2) water boys in the team area during a game in progress. Water boys must be under the age of 16 years and may not assist in coaching during the game.
- 11.11 The starting (kick-off) time for the Pee Wee game, the first game of the day, shall be 8:30 AM. The Freshman game shall begin promptly following the completion of the Pee Wee game, but not before 9:30 AM. The Sophomore game shall begin promptly following the completion of the Freshman game, but not before 11:00 AM. The Junior game shall begin promptly following the Sophomore game, but not before 12:30 PM. The Senior game shall begin promptly following the Junior game, but not before 2:00 PM. Exceptions to be approved by the Executive Board.

**NOTE:** There will be no kick-offs in Pee Wee games. The offensive team will take possession of the ball on their own 30 yard line at the beginning of each half and after a score. Pee Wee teams may declare a punt on the 4<sup>th</sup> down. The ball will be moved a maximum of 20 yards but not beyond the 30 yard line. The opposing team will take over possession where the ball is dead, 20 yards placement for the punt, or the 30 yard line, depending on the decision of the team losing possession.

- 11.12 Automatic forfeiture is assessed to a team that fails to take the field within 15 minutes following its appointed time or following completion of the preceding game, whichever comes later.
- A) A team is defined as 12 players for Pee Wee and 15 players for Freshman, Sophomore, Junior, and Senior, dressed and prepared to play.
  - B) A team that forfeits for failure to field an official team should participate in a "controlled game" through mutual agreement of both clubs. TASO/UIIL officials on hand will be informed of circumstances and concern for well-being of short team. Game officials may call or permit extra or lengthy time-outs for the well-being of the players. Game officials may also run a fast clock to speed up the game. Plays shall be monitored as in a regulation game. However, the minimum plays shall be 4 plays per player for Pee Wee and 8 plays per player for Freshman through Senior. All penalties under 10.06 will apply if a player does not receive minimum plays.
  - C) No coaching staff or Club will knowingly insert an ill or injured player into a game for a minimal number of plays to avoid forfeiture for failure to field an official team as defined in 11.12A. Said game shall be automatically forfeited and section 16.00 applies when an official protest to the Conference is confirmed by subject player or the player's parent.
- 11.13 Games shall be played under the supervision of TASO/UIIL officials. No official may officiate any Conference game in which their own child is a participant within that Booster Club.
- 11.14 The playing rules for Texas Intercity Football, Inc. shall be those promulgated by the National Collegiate Athletic Association (NCAA) as issued by that body annually and modified as deemed necessary by the Conference Board of Representatives. The most current version of the NCAA Football Rule Book, rule 3 shall be used for game and play timing. Kicking game will be conducted as follows:
- A) Offensive Team: For kicking game, (punting, field goals, and point after touchdown) if a team elects to punt, kick a field goal, or kick an extra point, they can declare the play. This section is supplemental to NCAA rules.
  - B) If the team declares, they must line up in scrimmage kick formation, and once the ball is snapped, the kicker has seven (7) seconds to kick. If the kick is not made in seven (7) seconds, the ball will be declared dead and placed at the original line of scrimmage with loss of down.
  - C) The kicking team cannot leave the line of scrimmage until the ball is kicked.
  - D) "Fake" punts are not allowed.

- E) Illegal man down field has a 5-yard penalty.
  - F) Defensive Team: The defensive team cannot rush against offensive kicking team. Defensive team can stand up to attempt to block the kick as long as the players do not cross the line of scrimmage.
  - G) The penalty for offsides will be 5 yards.
- 11.15 All participants and teams in Texas Intercity Football, Inc. will be governed by the rules adopted and approved by the Conference Board of Representatives. Unless otherwise specified, all rules shall apply to all classifications.
- 11.16 The total playing time in a game shall be as follows: Pee Wee: 40 minutes divided into two periods of 20 minutes each. The officials will run a constant clock during the period with the exception of stopping after a PAT attempt or injury, and three (3) time-outs per half per team. Freshman thru Senior: 32 minutes divided into four (4) periods of eight (8) minutes each, with a one-minute intermission following the first and third periods. Halftime shall be 15 minutes after the second period for all games except Pee Wee, which will be ten (10) minutes.
- 11.17 The playing field shall be reserved for Drill Team performances during the 15-minute halftime intermission (see rule 26.00).
- 11.18 The point-after-touchdown awards shall be one (1) point for a running play & two (2) points for a forward pass or place-kick successfully accomplished.
- 11.19 The "TIFI modified" NCAA tiebreaker system will be used when a game is tied after four periods. There shall be one coin toss held in the same manner as pre-game toss. There shall be one timeout per team per period. Exception to NCAA Rule: After the second overtime period, 2-point conversions are not mandatory. The ball will be placed on the 20 yard line for the first overtime period, the 15 yard line for the second overtime period if needed, the 10 yard line for the beginning of the third overtime period if needed, and the 5 yard line any overtime needed after that.
- 11.20 Playing records will be maintained through the current playing season by the Booster Club President or designee. Drill Team performance records will be maintained for the current season for Drill Team members by the Conference Drill Director or designee.
- 11.21 Incomplete or un-played games, suspended or canceled due to hazardous weather conditions or other causes, shall be rescheduled by the Conference Athletic Director.
- A) COMPLETE GAME DAY CONFLICTS: In case of a complete game day conflicts with all games postponed (all games called before the start of the day's schedule); the games will be rescheduled by the Conference Athletic Director.  
**NOTE:** In the event of cancellations, the home Booster Club will be responsible for scheduling field usage from the appropriate entity.
  - B) PARTIAL GAME DAY CONFLICTS: In the event less than five (5) full games are completed due to inclement weather, the un-played games shall be automatically rescheduled for the following day, Sunday at the same site. If not available, an alternate site will be agreed upon by the two (2) Presidents or designees involved. Time(s) will also be agreed upon and the TASO officials will be informed.
    - 1) The game shall be restarted from the time and circumstances of suspension, (i.e., score, time, quarter, possession, goal and down, except a game of LESS THAN one quarter remaining). Games called with more than three quarters played shall be ruled complete and the score at that time final if both Presidents or Presidents' designees agree. Minimum play rule still applies unless the game is called in the third quarter of the game.
    - 2) The Conference Athletic Director must be notified no later than 6:00 pm that day of any such actions and decisions by the home team President in order to ensure completion of the schedule.

- 11.22 Club Presidents or their designees, both "Home" and "Visitor," shall report game scores to the Conference Athletic Director or designee immediately following completion of the day's games.
- 11.23 All scouts must have an approved coach's application for scouting on file. Scouting of opponents' practices or games:
- A) Scouting of any practice is prohibited except with prior written permission of the scouted team's Club President and head coach/Athletic Director.
  - B) Scouting of any game is allowed and use of note pads, video equipment, and recording equipment is permitted. Visiting scouts are required to introduce themselves to the host Club's President, officer on duty, or announcer in press box. Scouts not checking in shall be reported to the TIFI Athletic Director. The offending Club will be fined \$25. Repeated violations may result in the revoking of scouting opportunities. Visiting scouts are required to wear team colors. Scouts are to be treated as any other visiting spectator and as such, are expected to remain in the spectators' area. Roaming throughout the facility to gain scouting type information and from any more advantageous position is never permitted.
  - C) Clubs are required to investigate any potential violation at the time and prior to submittal of any formal written protest to the Conference.
- 11.24 Sideline Department:
- A) Cell phones and pagers may be on the sidelines provided they are in the silent/vibrate mode of operation. If the cell phone is answered, the coach shall immediately leave the team area and may not return until the game is over.
  - B) Cellular devices attaching to the ear are prohibited.
  - C) Any person officially recognized as a coach during a game (rule 1.09) automatically forfeits that title and all its privileges including eligibility for the remainder of that day upon leaving the team area to observe, gather, and in any way communicate game information back to the team area.
  - D) Other volunteers who follow the ball/line of scrimmage such as statisticians, photographers, water boys, parents, ball boys, team dads, team chaplains, game officials (chain gang), any person in the press box, etc., are also not permitted to communicate game information to their respective team area or team. Any person following the ball for any reason may not communicate game information to the team and is not allowed to don an arm band seeking access to the team area.
  - E) The Conference board may assess penalties of any nature to the Club and may assess disciplinary action to any coach who is non-compliant.
- 11.25 Once the team trainer examines a player and removes him from the game or determines he is unable to play because of injury or illness, no one with the Booster Club may override his decision. Similarly, if any TIFI Executive board member determines a player should be removed from the game due to injury or illness (consistent with NYSCA guidelines), no one with the Booster Club may override this decision.
- 11.26 Crowd control in and around both team areas shall be maintained by each Club. In the event the host Club does not provide crowd control for the team area on the primary spectator side of the field (stands, concessions, etc.), the visiting team will automatically use the far side from area for the remainder of the day unless the two Club Presidents/designees agree to alternate action. The host Club shall provide an additional 10-foot perimeter crowd control outside the visiting team area. In the event the host Club cannot provide this additional crowd control, the visiting team shall have their choice of team area. Spectators are not allowed inside the safety zone, inside the team area, or inside the additional 10-foot perimeter.

**NOTE:** Crowd control in the team area is defined as a physical crowd restraint not hazardous to the players or the game.

- 11.27 Soliciting, peddling, distribution of handbills, posting of signs or printed material, canvassing, etc. by any team, Booster Club, Club member, or any other individual or commercial, political or religious entity is prohibited on the premises without prior written consent of the Conference Executive Board unless specified in the facility use agreement. This applies to ALL Conference sponsored Football, Drill Team and Cheerleading events, outside the normal season football schedule.
- 11.28 The use of any loud instruments for the "fan support" at any game is prohibited. Examples include air horns, trumpets, milk jugs filled with drink tabs, etc.
- 11.29 Pets (dogs, cats, or other large or small animals) are not allowed within 100 yards of the field with the exception that police and the physically handicapped are allowed to have working animals (not pets) and provided these working animals are under direct control by their owner.

**12.00 POST-SEASON PLAY**

- 12.01 Post-season events will be in the form of football play-offs, Drill Team competitions, or Cheerleading competitions, as well as other TIFI functions approved by the Conference and listed on the approved calendar for the current season.
- 12.02 The following rules are written for 2 leagues within the Conference and where each team plays every team within their league. League champions shall be determined by best win/loss/tie record for games played within the league. In the case of a tie for first place, they shall be declared co-champions. Tie-breaker rules shall apply for play-off seeding purposes.
  - A) The five teams with the best win/loss/tie record for league regular season games shall advance to the playoffs. In the case of ties, they shall be broken using the tie-breaker rules:

**TIE BREAKER RULES:**

To break a tie the following formula shall be used for teams with the same win/loss record or winning percentage to determine seeding or league placement:

- 1) Two-way tie for seeding or placement into the play-off or seeding purposes.
  - a. Head-to-head
  - b. Coin flip (conducted by Conference AD)
- 2) Three-way tie for seeding or placement into the play-offs.
  - a. Head-to-head (one team beat the other two in regular season play)
  - b. In the event that one team did not beat the other two in regular season play, head-to-head cannot be used. If all three teams will advance to the play-offs and the tie must be broken for seeding purposes, a coin toss shall be used. Odd man out shall be the highest seed. A second coin toss shall then be conducted. Winner shall be high seed between the two remaining while loser of the coin toss shall be the lowest seed.
  - c. If all three teams will not advance to the play-offs after breaking the tie, tie-breaker games shall be played at a neutral site Tuesday and Thursday following the season's last scheduled games with times set by the TIFI Athletic Director. Odd man in a Conference-conducted coin toss receives a Tuesday bye and shall play the Tuesday winner on Thursday. The Thursday winner is placed at the highest seeding, followed by the Thursday loser, and then the Tuesday loser.



## 13.00 AWARDS

- 13.01 Appropriate awards may be given to the participants by their Booster Club. Duplications and/or facsimiles of official TIFI awards is strictly prohibited. Any violation of this rule will automatically result in forfeiture of all TIFI standings for the offending Booster Club for the current season and said Booster Club will be prohibited from participating in any post-season play the following season (example: TIFI Conference patches or TIFI-issued medals or trophies).
- 13.02 Team traveling awards (trophies, banners, flags, plaques, etc.), patches and any play-off trophies will be supplied by the Conference. In the case of co-champions dual awards will be made.
- A) Football team traveling trophies will be retired and presented to the Club when a team has won three (3) consecutive championships (e.g., three straight Freshman titles, etc.).
  - B) Conference will provide a special award for team members when a group of players are champions (co-champions) for four (4) consecutive years. This group of players must win at each level of play starting with the Freshman level and continuing up to and including the Senior level. If they fail at any level they do not qualify for this award. **NOTE:** If the Freshman team is champion, the following year the Sophomore team must be champion, and so on, for this rule to apply. This award may only be presented to all players (not the coaches) on the Senior team no matter how long they participated in the program.
- 13.03 A Conference Booster Club traveling award will be awarded by Conference for best overall record in championship play. In the case of co-championships, the award shall be shared on a time basis.
- A) When the schedule does not allow for the playing of each Booster Club in the Conference during the season, Booster Club champion points will only be awarded when playing opponents within your League; otherwise, Booster Club champion points will be based on all games played during the season.
    - 1) First games played of any home/home series shall not be used in the point system unless each team plays a home/home schedule throughout the season.
  - B) A point system will be used to determine each League's Booster Club champion. For each classification within a Club, one (1) point is awarded for each win, one-half (1/2) point for each tie and zero (0) points for a loss.
  - C) The Club with the most total points in each league will be declared champion.
- 13.04 Awards (both team and individual) are selected and budgeted by the Conference Board of Directors. Time, place and procedures for presenting TIFI Conference awards are also Board approved.
- A) Conference approved coaching staff, as they appear in the official program, will receive awards at the event identical to the players. Awards for team coaching staff are limited to five (5), but additional awards for those remaining TIFI-approved team coaches, the Club Head Coach/Athletic Director, President, plus any advance requests will be available and ready to present at post-game ceremonies. These awards will be based on official staff rosters used for the event's program with the cost for awards exceeding five (5) billed to the Club.
  - B) In the event a team does not participate for any reason, or a coach, Drill Director or the Club refuses to let the team members participate in an official award ceremony, a monetary penalty of \$50.00 shall be assessed to the Club in addition to the cost of the awards refused. Team members shall also receive subject awards at or before the Club's post-season season closing ceremonies or these same monetary penalties will be automatically assessed a second time.

## 14.00 COACHES CONDUCT

- 14.01 Coaches must display good conduct at all times in front of the players. They must never argue between themselves or with other officials in front of any player or parent.
- 14.02 No coach shall ever, unless teaching a football fundamental stance or play, grab, punch, or hit any player under his supervision in an abusive manner outside the realm of teaching football fundamentals.
- 14.03 No coach shall use any derogatory remarks toward any player under his supervision or to any player of an opposing team. The use of profanity is strictly forbidden at all times.
- 14.04 No coach shall badger, ridicule, or harass any official, nor shall he allow a team member to do so during a game.
- 14.05 No coach shall accost any official assigned to his game, during or following such game, or use derogatory or abusive language. The head coach may, at any time during or after play, request information relative to some infraction.
- 14.06 No coach shall purposely teach any player under his care any unethical practice.
- 14.07 No coach may reward or offer incentives to players in any way for an act injurious to another player.
- 14.08 No coach may punish a player in any way for inadvertently incurring a penalty.
- 14.09 Every coach must instill the spirit to win, but above all, teach good sportsmanship whether they win or lose.
- 14.10 No Booster Club official or coach shall remove a team from a game for any reason other than those stated in rule 11.06. Violation of this rule shall be considered unsportsmanlike. Penalties will be assessed per rules 15.02, 15.03, and 15.08.
- 14.11 Every club shall direct each and every one of their football coaches to be familiar with and abide by the TIFI Coaches Code of Ethics.
- 14.12 No Booster Club coach/staff should be in contact with any TIFI football player, Drill Team, or cheer member if that coach/staff member has consumed any alcoholic beverage within 8 hours before contact.

**PENALTIES:** Reported incidents involving violations of any rule 14.01 through 14.09, 14.11 and 14.12: First reported Club incident is \$25.00 coach's fine plus warning to specific coach, head coach, Club AD and Club President. Second and subsequent reported Club incidents are \$50.00 Club fine plus 1-year probation for the specific coach. Second reported incident on specific coach for the current season (or first incident for a coach on probation) will automatically make the coach's current application null and void. Reinstatement can only be approved by the Conference Board of Representatives.

## 15.00 DEPARTMENT

- 15.01 A coach who is guilty of improper field decorum to the extent that his team is penalized for his actions or is "flagged" by an official on the field must be reported to the Conference Athletic Director or President by his Booster Club President.
  - A) In these cases, game officials notify both benches of the infraction and reason. Teams on the field will not be penalized but, if conditions warrant, the coach(es) may be ejected. The

- responsible Club is fined \$25.00 for the first such incident and \$50.00 per each additional incident within that Club during the playing season.
- B) Coach(es)' unsportsmanlike conduct flags must be reported on the play monitor sheet by answering the questions provided. Failure to comply with at least one of these reporting avenues will result in doubling of the defined monetary penalty for each flag.
  - C) Sideline warnings where a flag is thrown will be enforced per NCAA rules.
  - D) If an official runs into a coach who is outside the coaching box, the team will be penalized 15 yards due the safety issues that could arise. See the field diagram in the front of the rule book for clarification of the coaching box.
- 15.02 Any coach ejected from a game during a physical confrontation is suspended from TIFI immediately and shall not be allowed to participate in any TIFI sanctioned coaching position or activity. He must immediately depart the game site. Failure to cooperate will result in \$100.00 Club fine and automatically make the coach's current application null and void. Eligibility may be restored only by application through his personal appearance before the Conference Board of Directors meeting in quorum session and subsequent majority approval. The coach is assessed a monetary fine of \$100 for the confrontation.
- A) A physical confrontation is defined as any incident occurring at a game site where any individual touches another individual in an aggressive manner that results in an ejection from the site.
  - B) The Conference Head Official shall solicit a written statement (report) from TASO game official(s) on the incident to be read at said meeting. However, this statement shall not be a requirement for any Board action or decision.
  - C) Subject Club shall be responsible for all planning, coordination, and notifications for any called meeting approved by the Conference President for this purpose. The subject Club shall be responsible for required facility arrangements.
    - 1) If disposition is at a regular scheduled Conference meeting, it shall be the last item after any/all new or unscheduled business on the agenda.
    - 2) In any event, this personal and Conference business will be conducted in closed session with attendance limited by the Conference President.
  - D) A coach's eligibility cannot be restored if ejected a second time because of a physical confrontation.
  - E) Any confrontation with a game official will not be tolerated. Any act of violence against a game official will result in criminal charges being brought against said person(s). These charges will be initiated by the home team Club or the TIFI Conference. One hundred dollars (\$100.00) will be divided between both Clubs involved if the solution is not resolved. Officials may request an escort from either club if they wish at the first sign of trouble.
- 15.03 Any coach ejected for any other reason than a physical confrontation is suspended from his position. He shall remove himself immediately from the game site for the remainder of that game and shall not return to the team until completion of the game in progress. Failure to cooperate will result in \$100.00 Club fine and automatically make the coach's current application null and void. Reinstatement can only be approved by the Conference Board of Representatives. His penalty for being ejected from the game is a \$50 fine and he shall be suspended for the next conference game.
- 15.04 Game officials have the right to eject a player from the game for persistent unsportsmanlike conduct. Such ejection must be similarly reported to Conference Athletic Director. If a player is ejected from a game more than once during the season, rule 3.06 may apply.
- 15.05 Booster Club officials are responsible for the deportment of their own supporters. Alcoholic beverages and profane or abusive language in the stands or parking lot must not be tolerated.
- 15.06 There shall be no smoking on the playing field or in the bench area. Tobacco use policies of the State of Texas and local school districts shall be strictly enforced as well as any city and county tobacco use policies. Individual Clubs will, should they see fit, be responsible for establishing and

enforcing a tobacco policy for their Club for games and practices. Every TIFI Club will be responsible for compliance with our hosts' established facility tobacco use policies.

- 15.07 The Booster Club President is responsible for all actions of Booster Club personnel, participants, and their spectators both on and off the field.
- 15.08 TIFI offensive & defensive coaches from both Clubs shall ethically do all within their power in a sportsmanlike manner to prevent winning margins of 40 points or more. The offensive & defensive coaches and the Club's head coach/Athletic Director from both Clubs shall together explain to the Conference Board of Directors the circumstances that led to this excessive winning margin. They will present their views in person and answer questions from the Conference Board at the next regularly scheduled or called TIFI Conference meeting. The Club with the winning margin of more than 40 points will automatically be assessed a \$100 fine and the coach will be suspended for the next conference game. Further penalties may be assessed per rules 15.01, 15.03, and 15.08A.

**PENALTIES:**

- A) The first failure to appear at subject meeting shall be cause for an automatic monetary fine for the Club of \$50.00. This assessment shall be \$100.00 per coach for each subsequent failure to appear within that same Club for that same reason.
- B) For each point over a 40-point differential the offending Club will lose one Booster Club point towards the Booster Club championship.

**EXAMPLES:**

- A) If the score was 46 to 6 (40-point differential) the Club with 46 points will not lose any Booster Club Championship points. A 40-point difference does not relieve the offending Club from the other sections of this rule. It merely means that the offending Club does not lose any Booster Club Championship points.
  - B) If the score was 47 to 6 (41-point differential), one Booster Club championship point will be taken away from the violating Club, or if the score was 48 to 6 (42-point differential) the offending Club will lose two Booster Club championship points.
  - C) Additional penalties may be assessed by the Conference Board for flagrant displays of unsportsmanlike conduct before, during, or after the subject game consistent with rules 15.01, 15.03, 15.08A, and 16.03.
- 15.09 Only persons associated with the operation of the TIFI football game, Drill Team, or cheerleading are permitted on the field. The field is as defined in the NCAA rule book, rule 1, section 2. Spectators are to be in the designated spectator area. The person(s) who violate this rule will be asked to leave the premises and a monetary penalty of one hundred dollars (\$100.00) will be levied to the TIFI Club. If the person(s) refuse to leave the appropriate law enforcement authorities may be called.
    - A) This rule may be waived for a special Conference approved occasion such as "Parent's Day."
    - B) This rule allows the team tunnel in the end zone made up of other than persons associated with the operation of the game which includes the Drill Team and cheerleaders. This tunnel is used to bring the team onto the field before a game.

|                        |
|------------------------|
| <b>16.00 PENALTIES</b> |
|------------------------|

- 16.01 All violations must be reported in writing to the Conference President or Conference Athletic Director or Conference Drill Director as appropriate for investigation and action.
- 16.02 Recommendations for disciplinary measures resulting from the investigation shall be presented to the Conference Board of Representatives.

- 16.03 The Conference Board of Representatives may assess penalties of any nature for violation of any rule or regulation.
- 16.04 Forfeited game – The score of a forfeited game, or a suspended game that later results in a forfeit, shall be: Offended Team – 1, Opponent – 0. If the offended team is ahead at the time of forfeit, the score stands.
- 16.05 Penalties shall be assessed as written in the rule book. They cannot be waived or amended unless it is proven that the infraction of the rule enforced did not actually occur. Appeals to the conference regarding infractions will only be allowed to prove innocence, not intent. Appeals will only be allowed if there is new or additional evidence to prove innocence. If the rule is broken, penalty is assessed as written regardless of the reason the infraction occurred. Motions for appeal will be voted on using secret ballot.

## **17.00 RULE CHANGES**

- 17.01 All football game related rule changes must be passed no later than the July Conference meeting in order to take effect in that season. Any game related rules submitted subsequent to the July Conference meeting will not take effect until the following calendar year. Any TIFI programmatic, Drill Team, Cheerleading, or Mini Cheer rule change proposals must be submitted by the April Conference meeting to become effective in that calendar year. Any rule changes submitted subsequent to the April Conference meeting may become effective immediately only with a waiver that has been approved by a two-thirds (2/3) majority vote of the full Conference Board. For example: If the Conference Board has 17 members, it will take 12 affirmative votes to waive the rule making it effective for the current year, not just two-thirds (2/3) of those present and voting.
- 17.02 All proposed rule changes have to be brought up for a vote within three (3) months even if referred to committee and may not be tabled for a period longer than four (4) months from the date submitted.
- 17.03 A motion may be passed to waive the 20 day waiting period to vote on a rule change only after the rule change has been distributed in writing by the hand of the TIFI Secretary to all conference board members 7 days prior to the meeting and with a two thirds (2/3) majority vote by the conference board members present at a regular meeting in quorum session. The rule change can be distributed via hand out, email, or mail. If the rule change is not distributed 7 days prior to the meeting to all conference board members, the waiting period cannot be waived or the motion must be passed by 2/3 vote of the entire conference board, not just those present.
- 17.04 A motion cannot be made to waive the same portion of a rule for two years consecutively.

## **18.00 LEGAL ACTION**

- 18.01 All coaches, volunteers, parents, players, and individual booster clubs may exercise their rights as a United States citizen and utilize the court system for their complaints after they have exhausted their appeal processes laid out by TIFI. However, if they chose to do so, they must relinquish their membership and coaching opportunities until the case is complete. Membership and coaching applications can only be reinstated by a 4/5 vote of the entire conference, not just those present.

## **19.00 DRILL TEAM OBJECTIVES**

- 19.01 It shall be the objective of every Drill Team to:
- A) Develop poise, coordination, and above all, self-confidence in young girls.
  - B) Show loyalty to the Conference and the football teams respectively.
  - C) Encourage good sportsmanship and to develop leadership and responsibility.
  - D) Assist in the building of general community pride in our youth.

## **20.00 CONFERENCE DRILL DIRECTOR**

- 20.01 There will be a Conference Drill Director appointed by the Conference President and ratified by Conference Board.
- 20.02 The Conference Drill Director will have a vote at Conference level.
- 20.03 The Conference Drill Director is responsible that all rules approved by the TIFI Board of Directors are made known to the Drill Director of each Club.
- 20.04 All disputes between two or more Drill Teams will be reported to the Conference Drill Director for settling disputes. Any decision of the Conference Director that is unacceptable to either party can be appealed at a meeting of all Booster Club Drill Directors. The decision of the majority will be binding to all.
- 20.05 At no time will the Conference Drill Director serve as a Booster Club coach/staff member in any Booster Club.
- 20.06 The Conference Drill Director will conduct Drill Director Workshops throughout the year. The Drill Director or a TIFI-certified Drill Team staff member must be in attendance at each scheduled workshop. A \$50.00 fine will be assessed to those teams who do not have a representative in attendance.

## **21.00 DRILL TEAM, CHEERLEADING, AND MINI CHEER QUALIFICATIONS**

- 21.01 All Booster Clubs shall have a Drill Team, Cheerleading team, and Mini Cheer team prior to equipment issue day to be eligible for the football teams to compete during the current season.
- 21.02 Drill Teams consist of members to perform at halftime. Cheerleaders are Drill Team members and cheer at football games as outlined in rule 29.01. Mini Cheerleaders cheer at Pee-Wee football games only, and perform as outlined in rule 31.04.
- 21.03 Members who are between the ages of eight (8) as of December 31<sup>st</sup> through thirteen (13) as of September 1<sup>st</sup> of the current year are eligible for drill team. Members who are five (5) years of age as of October 1<sup>st</sup> of the current year through seven (7) as of December 31 of the current year are eligible for Mini Cheer.
- 21.04 Grade does not apply to Drill Teams or Mini Cheer teams.
- 21.05 Participant may play or be enrolled in any athletics, drill, or cheer program. TIFI rules and regulations and Club discipline rules and policies will take precedence during any conflict between TIFI and any other program in which the participant is enrolled.

- 21.06 Booster Club rules for the current season that govern the suspension of participants of Drill Team, Cheerleading, and Mini Cheer, or limit the participation of those members on performance (game) day will be submitted to the Conference Drill Director prior to the first official registration day. If the rules are contained in a Club's bylaws, the Club will copy the rules onto a separate piece of paper which will be submitted to the Conference Drill Director. After registration day and during the playing season, these rules may be changed by a two-thirds majority vote of the Booster Club membership (not just the Booster Club Executive Committee). Any such rule change must be submitted to the Conference Drill Director before the rule change can be enforced.

## **22.00 DRILL TEAM AND MINI CHEER REGISTRATION**

- 22.01 The Conference and Booster Clubs are responsible to make Drill Team and Mini Cheer registration information available to the public. Registration fees for Mini Cheer will be determined by the TIFI Executive Board.
- 22.02 Each Drill Team is limited to 100 members. Any number less than 100 that the Drill Director feels she can responsibly handle shall be the team's actual maximum. This limit shall be approved by the Club Board of Directors in quorum session.
- A) Each Mini Cheer team is permitted a maximum of thirty (30) participants, or the number of participants the Mini Cheer Director feels he/she can responsibly handle. This limit shall be approved by the Club Board of Directors.
- 22.03 The Drill Teams and Mini Cheer should hold birth certificate verification at the same time and place as the football teams.
- 22.04 Drill Team and Mini Cheer participants that register at any other time during the season may have up to three full weeks of practice before performing during games at the Drill Director/Mini Cheer Director's discretion.
- 22.05 Reserve status will be given to returning Drill Team members and Mini Cheer members on the same basis as reserve status for football players defined in rule 5.04.
- 22.06 Any Drill Team or Mini Cheer member who participated in a TIFI Booster Club the previous season or is registered with a TIFI Club and assigned to their team for the current season is ineligible for participation in any other TIFI Club unless released from the previous Club in accordance with the transfer rules for players in Section 4.00.
- 22.07 Each participant, except those returning, will present a certified copy of their birth certificate for verification before participation in any TIFI activities. A Conference Executive Board member or designated representative must certify date of birth for all new participants.
- 22.08 Each Drill Team and Mini Cheer participant will establish membership in her Drill Team's Booster Club prior to any team activity directly related to the team's performance.
- 22.09 Changes to Drill Team and Mini Cheer rosters must be reported to the Conference Drill Director within 48 hours. A \$10.00 per day penalty for each day late will be assessed (see rule 5.13).

## 23.00 DRILL, CHEER, AND MINI CHEER DIRECTOR AND COACHING STAFF REQUIREMENTS

- 23.01 The Drill Director will be a voting member of their Booster Club.
- 23.02 There will be one Drill Director and he or she may appoint as many assistant directors and coaches as she/he deems necessary, including a Cheer Director and Mini Cheer Director. The Drill Director shall be the overall authority in all coaching matters and shall have full authority and responsibility to conduct the program for the team. This authority must not conflict with the President's responsibilities and authority as defined in rules 1.05 and 15.07.
- A) The Mini Cheer Director shall report directly to the Club Cheer Director. The Drill Director shall be the overall authority in all coaching matters and shall have full authority and responsibility to conduct the program for the team. This authority must not conflict with the President's responsibilities and authority as defined in Rules 1.05 and 15.07.
- 23.03 All directors (Drill, Cheer, and Mini Cheer) must be at least eighteen (18) years of age.
- 23.04 Staff members under the age of eighteen (18) years of age will be called "junior coach." Eighteen (18) years or older staff shall be called "coach." At no time will junior coaches be allowed to be solely responsible for a team. All staff members have to be 14 years of age or older to coach.
- 23.05 At no time is anyone in charge of a Drill Team, cheer squad, or Mini Cheer squad other than a Conference insured adult.
- 23.06 All staff members will submit coaches' applications. Staff appointments and applications are ratified by the Club President and submitted to the Conference Drill Director.
- A) All coaches' applications must have a photocopy of the applicant's current driver's license, turned in with a completed application and a completed Coaches Code of Conduct form (if a returning member, with ID number) to the appropriate board member.
- **NOTE 1:** Care must be taken when making photocopies of a driver's license to ensure that the photo and residential information are legible.
  - **NOTE 2:** Clubs will be billed for all costs.
- 23.07 Optimally, one or more persons on the coaching staff will serve as drill and/or cheerleading/Mini Cheer choreographer. In the event a Drill, Cheer and/or Mini Cheer Director do not have a person on staff to fill this function, it is permitted to compensate for choreographers, if necessary. A paid choreographer is permitted to choreograph drill team and/or cheerleading/Mini Cheer routines and provide this instruction to the directors/coaches.
- 23.08 The Club's Drill Director, Cheer Director, and Mini Cheer Director are expected to secure the proper conduct of the Drill Team members primarily through the application of strong leadership and personal example. All directors and coaches shall refrain from public displays of affection or other inappropriate behavior with spouses/significant others while assembled with the drill/cheer/mini cheer teams at all practices, games, and any TIFI-sanctioned event.

## 24.00 UNIFORMS

- 24.01 The uniforms will be selected by the Club Drill Director and approved by the Booster Club Executive Committee.
- 24.02 No undergarments will be allowed to show. Exceptions: Briefs worn under uniforms that are designed to cover undergarments could be seen during the course of performances (i.e., jumps

or tumbling in cheerleading, splits, etc.). Sports bras worn under tank tops or t-shirts that match the color of the tank/shirt are permitted.

- 24.03 The Booster Club Board of Directors must review and approve all direct costs to Drill Team members/families. This approval shall include cost of uniform materials, hats, boots and any other uniform decorations deemed necessary or desirable. Props and any other individual requirements that result in additional family cost for improved team appearance and/or individual's safety requires like Executive Committee review/approval.
- 24.04 If a Drill Team wishes to have more than one uniform it must be paid for by a sponsor with proof of the sponsorship submitted to Conference. This is subject to the Booster Club's Executive Committee review and approval. A Club is subject to a fine of \$100.00 for imposing any such requirements.

## 25.00 CAMPS, CLINICS, & TRYOUTS

- 25.01 Participation in non-TIFI sponsored activities will be governed as follows:
- A) Attendance to drill or cheerleading schools, camps, clinics, etc., must be approved by the Conference Drill/Cheer Director. A Club is subject to a \$100.00 fine for imposing mandatory or compulsory requirements.
  - B) Any Drill Team attending a non-TIFI sponsored camp, clinic or cheerleading school with approval from the Conference Drill/Cheer Director(s) shall not require a special uniform. If there is a majority approval in writing by the parents of the girls attending to have a uniform it must consist of shorts, skirt, skort, and shirt or blouse.
  - C) All TIFI drill and/or cheer teams cannot attend such schools, camps, clinics, etc. as any TIFI Club mascot, nor can they assemble TIFI-registered drill and/or cheer teams under a different name with the intent of attending as a team to gain an unfair advantage over other TIFI teams.
  - D) No Drill Team and/or cheerleading team may participate in any activity outside Texas Intercity Football, Inc. jurisdiction. TIFI jurisdiction is a 50-mile radius of the closest TIFI Club's home field.

Any Drill/Cheer Director found in violation of this rule is subject to suspension for up to one (1) year, with Conference approval, and a penalty of a forfeited days practice per day of event during the first scheduled week of drill/cheer practice will be assessed. **EXAMPLE:** 2 day clinic = 2 days of forfeited practice will be assessed and a Club fine in an amount determined by the Gulf Coast Conference.

- 25.02 Drill Teams will be allowed to have cheerleader and officer tryouts for registered participants only, during a 2-week period to be determined annually by the Conference Drill Director. There are two options for the tryout period:
- A) Three practice days per week for two weeks (not to exceed six practices in two weeks) for a maximum of 2 hours per practice day (not Sunday), and one additional day for cheerleader and officer tryouts.
  - B) Five practice days for one week for a maximum of 2 hours per practice day (not Sunday), and one additional day (not Sunday) for cheerleader and officer tryouts.

If 15 or more participants tryout for cheerleading, the Club must take at least 15 competing cheerleaders. The number of alternate cheerleaders placed on the cheer squad (if any) is at the discretion of the Club Drill/Cheer Director.

## 26.00 DRILL TEAM PRACTICE

- 26.01 A team practice session is defined as any occasion when three or more Drill Team members or cheerleaders and one or more instructors (director, assistant or coach) assemble for practice, instruction and/or lectures. Social activities and guest appearances outside TIFI are not to be considered a practice. Penalties will be assessed by the TIFI Drill/Cheer Director at the discretion of the Gulf Coast Conference Executive Board.
- A) A Drill Team may accept guest appearances outside TIFI not to exceed three (3) per year, including school performances. These performances must receive prior approval from the Conference Drill Director or President.
  - B) For post-season guest appearances, three (3) practice sessions are permitted (not Sunday) during the seven (7) days preceding the scheduled appearance, 1½ hours (90 minutes) maximum per session.
- 26.02 Practice will begin the same day as football.
- 26.03 Before the first game, practice is allowed for 1½ hours daily except Sunday (see Section 28.00 for cheerleading practice).
- 26.04 After the first game, practice is limited to three (3) per week (not Sunday), 1½ hours per practice per day, not to exceed 4½ hours per week. See Section 28.00 for cheerleading practice limitations.
- 26.05 Any girl who attends two (2) full practices a week, including the last practice of the week is eligible to perform that Saturday if she is in good standing. If absenteeism prevents the drill team member from performing, she shall sit out the first half time performance. She must still attend the game, or an additional absence will be counted. Club discipline rules define eligibility due to absences.
- 26.06 Only mitigating circumstances, stated in each Booster Club Discipline Rules, or at the discretion of the Club Drill Director, will allow a girl to perform if she misses the last practice of the week.
- 26.07 Yearbook, program, and/or team picture taking, excluding collage pictures, shall not be considered practice.
- A) A child may not practice until the day reported to TIFI's insurance representative for addition to the insurance rolls.

## 27.00 DRILL TEAM PERFORMANCE

- 27.01 The playing field is reserved for Drill Team performance during half-time intermission as follows:
- A) The "home" Drill Team will perform during half-time of the first and second games.
  - B) The "visitor" Drill Team will perform during half-time of the third and fourth games.
  - C) Parts 27.01 A. & B. will be reversed on the Saturday before Drill Competition allowing the "visitor" Drill Team to perform at the first and second games to allow them to return home for an additional practice before competition day. This may be changed by prior agreement between the two concerned Drill Directors provided the Conference Drill Director concurs. This does not apply if the game the day before Drill Competition is a play-off game.
- NOTE:** Performance times can be reversed during any regularly scheduled game provided the Conference Drill Director approves and both Club Drill Directors are in agreement.
- 27.02 No Drill Team member or cheerleader will be allowed on the field of play, in the end zone, on any field boundary line, or inside the opposing Club's official team area during a game other than official halftime as signaled by game officials. Exceptions require mutual agreement of both Club Presidents. Under no circumstances will cheerleaders be allowed to perform in an opponent's

team area during a game in progress. The option to allow cheerleading in the Club's own team area is an individual Club's decision.

- 27.03 Maximum length of performance should not exceed 15 minutes.
- 27.04 Drill instructors will be allowed on the field for the first two (2) scheduled performances.
- 27.05 The Club's Drill Director is responsible for its members when they are assembled.
- A) The Club Drill Director will be responsible for making the decision whether weather conditions permit a performance. The team may be dismissed if they cannot perform. This decision must be confirmed with the Conference Drill Director.
  - B) The Drill Director may dismiss the girls only to parents or responsible adults.
- 27.06 A warm-up not to exceed 30 minutes will not be counted against practice time. This time shall be used for stretching, kicking warm-up (if performed in half time routine(s), and shall serve as a refresher of material that has already been taught. This is not a time for teaching new material for the drill team. This warm-up shall be done prior to the beginning of the first of the two games for which the drill team will be performing (i.e., Freshmen game if home, Junior game if away). Exception: If the drill teams will switch performance times in accordance with rule 27.01(C), then the first performing game will be Freshmen if away, Junior if home). This warm-up time does not include cheer stretching/warm-up for cheerleaders, which should be done separately from drill team.
- 27.07 Lifts during drill team performances are only permitted when executed as described below. Any other lift(s) for drill team performance is not permitted. Lifts must be demonstrated to a qualified TIFI representative for approval prior to performance at a game and/or competition.
- A. Split Lifts – Split lifts are defined as when a 'flyer' demonstrates a split position where each leg is on the shoulder of a base support. At shoulder level, a minimum of three bases is required; two bases to support legs and one base to support at the waist/chest. At extended level, a minimum of four bases is required; two bases to support legs and two bases to support each 'side' of the flyer so that all sides have base support (front, back, left, and right).
  - B. T Lifts – T lifts are defined as when a 'flyer' holds the arms tight in a "T" motion and is lifted under the arms. A minimum of two bases is required, one base for each arm.
  - C. Teddy Bear – A teddy bear lift is defined as when a 'flyer' demonstrates a straddle position supported by bases (i.e., a 'teddy bear' sit). At shoulder level, a minimum of three bases is required. At extended level, a minimum of four bases is required.
  - D. Flat Back Lift – A flat back lift is defined as when a 'flyer' assumes the position of the T Lift, supported by a base on each side, and then the legs are lifted by separate base(s) so that the flyer demonstrates a T position parallel to the ground. At shoulder level, a minimum of three bases are required; one for each arm and one for the legs. At extended level, a minimum of four bases is required; one of each arm, one for the legs, and one for the hip/waist support.

## **28.00 CHEERLEADING PRACTICE**

- 28.01 Cheerleaders may practice an additional 50 minutes per day (not Sunday) prior to the first regularly schedule game, not to exceed 5 hours per week. After the first regularly scheduled conference game, cheerleaders may practice a maximum of 2 hours and 45 minutes per week. Under no circumstances will the combined practice time for the Drill Team and cheerleaders exceed 2½ hours (150 minutes) per day. The maximum time allotted includes stretching, any and all breaks, and transition from drill team to cheerleading practice.
- 28.02 One pep rally per week may be conducted by the Club to promote team spirit. It will be led by the cheerleaders. All members of the Drill Team, football teams, coaching staff, and all Club parents are to be invited to participate. Incentive awards may be given to encourage active

participation. None of this time shall be devoted to any type coaching or practice. This will not be a time for the Drill Team to perform competition routines. If the Drill Team does perform competition routines, it must be included in one of their allotted practices. Chants, cheers, and spirit dances will be allowed by cheerleaders and/or Drill Team members. Pep rallies will not be considered practice time unless the Drill Team is performing drill competition routines. Pep rallies are not considered a public performance.

28.03 Optional extra practice time for spirit dances for Cheer Competition will be permitted. The Club Drill Director and/or Cheer Director may choose to use this extra practice time for the spirit dance instruction, OR she/he may utilize regularly scheduled practice time for spirit dance instruction. Extra practice time for spirit dances will be regulated as follows:

- A) Practice before or after a regularly scheduled football game is permitted. It is at the discretion of the Club Drill Director and/or the Club Cheer Director to determine the day and time. Notification of the day, time, and location must be sent to the Conference Drill Director, the Conference Cheer Director, and the Conference Vice-President in charge of insurance in writing at least 24 hours in advance.
- B) There will be a maximum of three hours of practice time to be used after the first regularly scheduled football game and prior to Cheerleading Competition. Practice for spirit dances cannot exceed 90 minutes in a single week, but can be split (i.e., two 30-minute practice sessions in one week).
- C) Drill, cheer, and spirit dance practice cannot exceed 2½ hours in one day in any combination or practice time, and cannot be on Sunday. The location (regular practice location or alternative location) must be determined and sent in writing by equipment issue date to the Conference Drill Director, the Conference Cheer Director, and the Conference Vice-President for insurance notifications. A change in location must be reported to the Conference Vice-President in charge of insurance at least 48 hours in advance.
- D) Spirit dance practice will only be used as such, and any practice during this time focused on cheerleading, including cheers (game cheers or competition cheers), jumps (exception: if jumps and cheer arm motions are in dance they are permitted, but can only be practiced as part of the dance), stunts, tumbling, motions, etc., is strictly forbidden. Spirit dances are NOT to include stunts or tumbling.
- E) Videos or DVDs demonstrating instructions for the spirit dance are permitted provided each cheerleader, including alternate cheerleaders, is given a copy to take home, and any time spent working with the video as a cheer squad at practice is counted as practice time.  
**NOTE:** Any Club found in violation of this rule is subject to a 5% score penalty at Cheerleading Competition.
- F) Coaches are permitted to conduct practice in "competition settings" as follows:
  - Cheerleading squads shall conduct practice at normal practice field locations. Cheer squads may only conduct practice on flooring used at cheerleading competitions a maximum of three (3) times during the normal practice season. Notification of these practices must be sent in writing at least 48 hours in advance to the TIFI Conference Drill/Cheer Director.
- G) Any Club found in violation of these rules is subject to suspension of the coaches involved and the team in question is disqualified from competing. The Club is also subject to a \$500 fine as per rule 34.01G.

## 29.00 CHEERLEADING PERFORMANCE

- 29.01 The cheerleaders shall perform in front of the primary seating area as long as there is a minimum 10-foot depth behind the official team area. In the event a host club cannot provide a cheer area (minimum 10 foot depth) behind the official team area and in front of the primary seating side of the field then the following will apply:
- The teams identified in 27.01A and 27.01B shall move to the primary seating side of the field so that cheerleaders from both clubs have equal opportunity to perform in their own club's team area. Cheerleaders from both clubs are always allowed to perform between the end line and 25 yard line.

- 29.02 All cheerleaders, including alternates, may perform at one time during all regular season games. A maximum of fifteen (15) cheerleaders may perform at one time during Cheer Competition.
- 29.03 Any chants, cheers or remarks that degrade, defame, or belittle any team or individual shall not be tolerated. Any violation must be reported to the Conference Drill Director within 24 hours, and is subject to penalty by the Gulf Coast Conference Executive Board.

### 30.00 MINI CHEER PRACTICE

- 30.01 A team practice session is defined as any occasion when three or more cheerleaders and one or more instructors (director, assistant, or coach) assemble for practice, instruction and/or lectures. Social activities and guest appearances outside TIFI are not to be considered a practice. Penalties will be assessed by the TIFI Drill/Cheer Director at the discretion of the Gulf Coast Conference Executive Board.
- A) A team may accept guest appearances outside TIFI not to exceed three (3) per year, including school performances. These performances must receive prior approval from the Conference Drill Director or President.
- B) For post-season guest appearances, two (2) practice sessions are permitted (not Sunday) during the seven (7) days preceding the scheduled appearance, 45 minutes maximum per session.
- 30.02 Practice will begin the same day as football.
- 30.03 Practice is allowed for up to 45 minutes up to three times per week except Sunday.
- 30.04 Any girl who attends two (2) full practices a week is eligible to perform that Saturday if she is in good standing.
- 30.05 Members guilty of persistent incorrigible misconduct, while participating with a TIFI recognized Mini Cheer team may be suspended or discharged from participation upon action of the Booster Club Executive Committee. Notification in writing of such action must be furnished to the Conference Drill Director and/or Conference President.  
**NOTE:** Misconduct, as defined by the "Webster's New World Dictionary Second College Edition" means "behavior which does not conform with the required standards of decorum" (TIFI Rules and/or Club Rules).
- 30.06 Drill team/cheerleading age eligible girls are not permitted to serve as demos for the Mini Cheer teams. Mini Cheer teams and drill team/cheerleading age eligible girls may not practice at the same practice session. Same locations are permitted, but each team must practice separately from each other.

### 31.00 MINI CHEER PERFORMANCE

- 31.01 No Mini Pom member will be allowed on the "field of play," in the end zone, on any field boundary line, or inside the opposing club's official team area during a game. Under no circumstances will Mini Poms be allowed to perform in an opponent's team area during a game in progress.
- 31.02 Mini Pom cheerleaders are permitted to perform cheers and chants at the TIFI scheduled Pee Wee football games for two (2) twenty-minute halves with the clock continuously running. There will be a 10-minute half time at which time the Mini Pom cheerleaders may perform a short dance (90 second maximum) on the "front" side of the field of the main seating area from the hash mark to the sidelines. The maximum time on the field shall be 7 minutes, which

includes stepping onto the field for line up AND exiting the field after the performance. The Mini Poms may also perform a dance on the sidelines or track area. Both teams may perform together. If the performance is separate, the visiting team shall perform first with a maximum of 3½ minutes (whether on the field or sidelines/track area), which includes lining up for the performance and exiting the field or sidelines/track area. Coaches are permitted on the field to direct the Mini Poms how to line up and to help them exit the field. Regardless of the amount of time elapsed at the half time, when officials return to the field to commence the second half of the Pee Wee game, the music (if any) must stop and all Mini Poms must immediately exit the field.

- 31.03 The Club's Mini Pom Director is responsible for its members when they are assembled.
- A) The Club Drill Director will be responsible for making the decision whether weather conditions permit a performance. The team may be dismissed if they cannot perform. This decision must be confirmed with the Conference Drill Director.
  - B) The Club Mini Cheer Director may dismiss the girls only to parents or responsible adults.
- 31.04 Mini Pom cheerleaders are required to perform at home pee-wee football games. Immediately following the Pee Wee football game, all Mini Pom cheerleaders will be released to their parents/guardians. Cheering at other regularly scheduled Freshmen, Sophomore, Junior, and Senior games is not permitted.
- A) Mini Pom cheerleaders are required at all post-season pee-wee football play-off games for their own Club, if they have a pee-wee football team competing in the play-offs, including final championships.

### **32.00 DRILL TEAM, CHEERLEADING, AND MINI CHEER CONDUCT**

- 32.01 The Club's Drill Director, Cheer Director, and Mini Cheer Director are responsible for assuring that the conduct of the Drill Team members in her charge reflect favorably on TIFI and the Club.
- 32.02 The Club's Drill Director, Cheer Director, and Mini Cheer Director are expected to secure the proper conduct of the Drill Team members primarily through the application of strong leadership and personal example.
- 32.03 Drill Team and Mini Cheer members guilty of persistent incorrigible misconduct, while participating with a TIFI-recognized Drill Team may be suspended or discharged from participation upon action of the Booster Club Executive Committee. Notification in writing of such action must be furnished to the Conference Drill Director and/or Conference President.
- NOTE:** Misconduct, as defined by the Webster's New World Dictionary Second College Edition means, "Behavior which does not conform to the required standards of decorum." (TIFI Rules and/or Club Rules).

### **33.00 MINI CHEER EXPO/SHOW EVENT**

- 33.01 The Conference shall conduct an annual "Show Event" for its Mini Cheer teams.
- A) One Mini Cheer team per Club must perform.
  - B) This event is not competitive and is a "show event" only. The event will include each Club's Mini Cheer team performing an introductory cheer or chant, a cheer dance, and a cheer. The maximum time limit for each team shall be 5 minutes.

- C) The optimal time for this event is at least two (2) weeks prior to TIFI's annual Cheer Competition. The date will be set by the TIFI Conference Drill/Cheer Director. This event shall not conflict with the Conference football schedule, but may be held on Sunday.
- D) The optimal location will be indoors, preferably a gym. Site selection and arrangements shall be the responsibility of the Conference Drill/Cheer Director and President or their designee(s). Availability, seating capacity, restrooms and parking facilities are prime considerations in selection of a suitable site(s).
- E) The actual starting time for the Mini Cheer Show Event shall be determined by the Conference Drill/Cheer Director.
- F) A fine of \$500 dollars will be levied if a Booster Club does not attend and perform per event by the TIFI Executive Board Members.
- G) Admission fees may be charged.
- H) Participation ribbons will be given to each participant.

### **34.00 DRILL TEAM & CHEERLEADING COMPETITIONS**

- 34.01 The Conference shall conduct an annual competition day for its Drill Teams and their cheerleading teams.
- A) One drill team per Club must compete.
  - B) One cheerleading team per Club must compete, fifteen (15) members maximum on the competition floor.
  - C) Scheduled within the last 10 days of regularly scheduled game day of the season. Competition shall not conflict with the Conference football schedule, but may be held on Sunday. **NOTE:** Cheer Competition will preferably be scheduled before Drill Competition.
  - D) The alternate make-up date for Drill Team Competition will be seven (7) days subsequent at same place and time unless otherwise specified in advance. The Cheerleading Competition make-up date may be any day after Drill Competition, except on TIFI's football playoff days or Thanksgiving break. It may also be scheduled day or night as circumstances dictate. Direct schedule conflict with Texas High School UIL football play-off dates (Friday nights & Saturdays) should be avoided if at all possible.
  - E) The actual starting time for Drill Competition shall be determined by the Conference Drill Director.
  - F) The start time for Cheerleading Competition, if held on a separate day, shall be determined by the Conference Drill/Cheer Director.
  - G) A fine of \$500 dollars will be levied if a Booster Club does not attend and perform per event by the TIFI Executive Board Members.
  - H) Admission fees may be charged.
  - I) Site selection and arrangements shall be the responsibility of the Conference Drill Director and President or their designee(s). Availability, seating capacity, rest rooms and parking facilities are prime considerations in selection of a suitable site(s).

### **35.00 COMPETITION ELIGIBILITY AND TEAM ROSTERS**

- 35.01 In order to be eligible for competition each member must have participated in at least 75% of the team's actual performances as scheduled by the Conference. An individual's competition eligibility shall never be established, either directly or indirectly by anyone's evaluation of ability, poise, coordination, knowledge of the routine, appearance or through tryouts, etc. All Drill Team members shall perform at Drill Competition in all routines in a manner that is relevant to the routine. The girls shall not be separated from the routine for lack of ability. This rule does not apply to spotlighting certain areas of a routine (officers, etc.). Knowledge of the routine cannot be based on ability to perform the routine. An example of not having knowledge of the routine would include more than 25% absence from practice. The Conference Drill Director must have explanation of the member not eligible to perform 72 hours prior to the start of competition. Any Club found in violation of this rule will be assessed a 5% penalty.

- A) The Conference Drill Director will be notified in writing by the Booster Club Drill Director of any member who will not compete at competition because of participation in less than 75% of the scheduled performances. A signature of the team member's parent or guardian will be attached if available or an explanation by the Booster Club Drill Director will be given in writing. This notification must be made 48 hours PRIOR to competition, and the Booster Club President must be informed.
- B) The Conference Drill Director must be informed in advance of any special Club/team competition eligibility rules involving practice or performance requirements imposed during the period immediately preceding competition.
- C) For cheerleading competition eligibility, cheerleaders must attend 75% of scheduled practices and 75% of team performances as scheduled by the Conference.
- D) Official alphabetical team rosters for drill and cheer shall be submitted to the Conference Drill Director prior to competitive events, with positions noted. These rosters will be printed in the event programs and will be utilized to determine the official awards requirements for each team.
- E) Rosters will denote officers by title. Also denoted are cheerleaders with any special titles.
- F) Rosters must include the Conference approved Drill Director, Cheer Director, Mini Cheer Director, assistant directors, coaches, choreographer(s), Club President, and Athletic Director.
- G) Competition day absenteeism based on official rosters must be explained in writing to the Conference Drill Director at the beginning of the event or as soon as possible on the day of the event.
- H) The judges will be informed prior to each team's performance of any missing team members. No other facts or figures concerning teams will be announced. The number of members on the respective teams will be ascertained using Drill Team attendance and performance sheets on file. The teams' directors/appointees are responsible for reporting to the Conference Drill Director the number of members performing or absent prior to the start of the team's performance. This reporting requirement applies to both drill team and cheerleading.

### **36.00 DRILL TEAM AND CHEERLEADING COMPETITION PRACTICE**

- 36.01 Extra practice prior to drill/cheer competitions shall be determined by the Conference Drill/Cheer Director and announced prior to competition weeks, and will be the same for all teams. If competitions are on a Sunday following a game date, a practice is permitted on that game day even if it is the fourth practice of the week, provided:
- A) All other aspects of Rules 26.01, and 28.01 are strictly adhered to, and,
  - B) It is not conducted in lieu of game performances.
  - C) Rule 27.01 can apply.
- 36.02 In the event of postponement, practice is allowed (not Sunday) between the scheduled date and the makeup date with the following limitations:
- A) If drill team event only is postponed, practice as prescribed in Rule 26.04 is allowed.
  - B) If both events are postponed, Rules 26.04 and 28.01 apply.
  - C) If only the cheerleading event is postponed, as many as three practice sessions (not to exceed 2 hours and 30 minutes per week, not Sunday), are permitted.
  - D) Drill team and cheerleading activity is strictly limited to Monday and Tuesday of Thanksgiving week, except for approved TIFI post-season functions.

### **37.00 ORDER OF APPEARANCE & SEATING**

- 37.01 The order of performance for Drill Team Competition shall be determined by chance in a lottery to be conducted at a Conference-scheduled October Drill Workshop or meeting. Each competing team is expected to be present. However, the ranking Conference Executive Board member in

attendance will draw for any and all absentees at the appropriate time. The drawing will occur in the following order:

- A) For Cheerleading Competition, the previous season's first cheer performer of the day draws first with the first position removed. If the cheer teams are split by size, the previous season's first cheer performance will not perform first in their respective size division.
- B) After the first position is placed back into the drawing, the previous season's last position performer draws with the last position removed. The last position is placed back into the "hat" and the remaining teams draw in the order of performance from the previous season, starting with second and continuing until all have drawn. New teams in TIFI draw last according to their respective TIFI-assigned team number.
- C) For Drill Team Competition, the previous season's first drill performer of the day will draw (unless they are not a current year smallest division team), and then the current season's first cheer performer of the day will draw (unless they are not a current year smallest division team). Both drawings will be done with the first position removed.
- D) After the first position is placed in the "hat," the remaining teams draw in the order of performance from the previous season, starting with second and continuing until all have drawn. New teams in TIFI draw last according to their respective TIFI-assigned team number.

37.02 Drill Team and Cheerleading competition seating arrangements shall be determined by the Conference Drill/Cheer Director.

37.03 Each team shall begin proceeding to enter the field within five (5) minutes of official notification. Any team failing to start within five minutes of notification shall be assessed a penalty of ten percent (10%) of final score.

### **38.00 DRILL TEAM COMPETITION**

38.01 Drill Competition

- A) Date and time will be issued by the Conference Drill Director.
- B) Site will be issued as soon as contract is signed.
- C) Programs will be available at the gate for agreed upon price. Packaged programs will be provided to the teams. Programs will include an alphabetical team roster, officers (denoted with titles) and drill staff members with titles. All team information is due to the Conference Drill Director on a date to be set by the Conference Drill Director.

38.02 Maximum length of drill team performance shall be fifteen (15) minutes.

- A) Time starts with first drill team member's foot on the field of play and ends with last drill team member's foot off the field or when official times rule that the team's performance started earlier or ended later.
- B) Any team that does not meet the 10-minute minimum performance or exceeds the 15-minute maximum performance shall be assessed penalty points equal to ten (10%) of its accumulated score. Penalty points shall be deducted from the judges' scores to determine the official, final score.
- C) The official timers shall record the elapsed performance time for each team. Elapsed time shall be recorded on or attached to at least one (1) official score sheet and/or the competition recap sheets.
- D) There shall be at least two (2) official timers. Official time will be the average of the recorded times.

38.03 The field of play is defined as that area between but excluding the side boundary lines and the area between but excluding the goal lines.

- 38.04 Performances are confined to the field of play. Once a drill team member has entered the field of play, they shall not exit the field of play until the end of the performance. A 5% penalty will be assessed if this occurs. Exceptions are due to illness or injury.
- 38.05 Drill teams shall not leave seats to take the field until official notification is given. Any team doing so will be directed to return to their seats. Failure to comply will constitute a penalty of 5% of total score.
- 38.06 All members of a team using props shall carry like props and use them in a like manner during their performance. Drill team members must carry any props onto the field of play, and team members must remove any and all props upon the completion of the performance during their exit. No other person may place props on the field or sidelines for drill competition.
- A) Persons not performing in this competition are not permitted in the restricted area designated by the Conference during the overall conduct of the day's competition.
  - B) Once a team begins to enter the playing field area, all non-participating members must remain in or behind the stadium seating area. Any Club in violation shall be assessed an automatic 10% penalty of their final score.
  - C) Conference officials may be on the field when, and only when, deemed necessary for the conduct of official event business but not for Club/team business.
- 38.07 Drill team members may not step out of field of play to get the props. When not in use, the location of all props shall not interfere with the conduct or general overall appearance of competition.
- 38.08 Introductions of drill team members during the official competition performance time are not permitted.
- 38.09 Previous drill team champions shall not receive credit in the program or on the P.A. system since such credits may lead to prejudgment based on past achievements.

### **39.00 CHEERLEADING COMPETITION**

The date and time for Cheer Competition will be issued by the Conference Cheer Director, and the location will be issued as soon as a contract is signed securing the venue. Programs will be available at the gate for agreed upon cost. Packaged programs will be provided to the teams. Programs will include cheerleaders' names (denoted with titles) and cheer staff members with titles. Alternates will not be specified as alternates. All team information is due to the Conference Drill Director on a date to be determined by the Conference Drill Director.

- 39.01 An official warm-up is allowed on Cheer Competition day prior to the start of activities with the following limitations:
- A) Cheerleading official preliminary warm up is conducted on the "field."
  - B) Fifteen (15) minute time limit for cheer teams. It is preferred to allow stunt/tumbling warm-up prior to the official 15-minute floor time.
  - C) Practice session may be forfeited if the cheer squad is not present at their assigned time slot
- 39.02 Performances are confined to the field of play. All cheerleaders must remain on the confines of the cheer mats (or within the designated performance area if not on cheer mats) for the duration of the competition routines. A 5% penalty will be assessed if this occurs. Exceptions are due to illness or injury.
- 39.03 Cheerleaders must carry any props onto the competition floor area, and team members must remove any and all props upon the completion of the performance during their exit. No other

person may place props on the field, sidelines, or cheer floor area for drill and cheer competitions.

- A) Persons not performing in this competition are not permitted in the restricted area designated by the Conference during the overall conduct of the day's competition.
- B) Once a team begins to enter the competition floor area, all non-participating members must remain in or behind the seating area. Any Club in violation shall be assessed an automatic 10% penalty of their final score.
- C) Conference officials may be on the competition floor area when, and only when, deemed necessary for the conduct of official event business but not for Club/team business.

39.04 Cheerleaders shall perform on a designated competition area. The competition performance area will be determined by the Conference Drill/Cheer Director(s).

39.05 The material for Cheer Competition will be performed as follows:

- A) An entrance starting point(s) for all squads shall be set by the Conference Drill/Cheer Director(s). An entrance chant can be performed (not scored). If it is performed, the time limit is 45 seconds, no minimum time length (penalty for exceeding this is 5% of total score). The TIFI Conference Drill/Cheer Director will have the discretion to decide whether an entrance chant will be performed.
- B) The maximum number of cheers performed in competition shall be three (3), one of which may be a cheer dance. The exact number shall be mutually agreed upon by directors.
- C) The first competition routine shall be performed without stunts and/or tumbling. All subsequent competition routines may include stunts and tumbling. All competition routines may include props.
- D) Brief set-up movements or transitions between competition routines are permitted. The Judging Coordinator (if used) will signal the squad when to begin the next competition routine to allow time for the judges to record scores for the preceding routine.
- E) Chants are not permitted between cheers. Choreographed moves/clapping are permitted between cheers, and the only words permitted to stop moves/clapping are "LAST TIME."
- F) Cheer dances may be performed as part of the cheer competition material. Cheer dances will have a minimum time of one (1) minute and a maximum time limit of 1½ minutes (90 seconds). The cheer dance can include stunts, tumbling, jumps, and props. Music and lyrics used for cheer dances must have approval by the TIFI Conference Drill/Cheer Director. Inappropriate motions and/or gestures are not permitted (i.e., suggestive motions, inappropriate facial expressions, hand movements/gestures, etc.). All cheer rules regarding legal/illegal stunting and tumbling in the TIFI Rules & Regulations shall apply. Time limit violations will result in a 5% penalty of competition scores (fewer than 60 seconds or over 90 seconds).
- G) Teams may spirit immediately following the entrance and each of the cheers. Teams cannot exit with a chant. Teams may spirit off at the very end.
- H) Each team will perform a "spirit dance" after all teams have completed competition performances for a maximum of 90 seconds. Props are permitted. The spirit dance is not scored. Neither stunts nor tumbling are permitted in the spirit dance. Participation is limited to cheerleaders only and must include alternates. Violation of this rule will incur a \$250 fine that shall be paid prior to the subsequent Drill Team Competition.

39.06 Megaphones are not permitted in the performance area for use or decoration.

- A) The use of powered megaphones or P.A. systems is strictly limited to use by the Conference in the conduct of the day's activity.

39.07 Teams are introduced at Cheer Competition by a single team representative.

39.08 Previous cheerleading champions shall not receive credit in the program or on the P.A. system since such credits may lead to prejudgment based on past achievements.

## **40.00 EQUIPMENT AND MATERIALS**

- 40.01 Each drill team is responsible for providing its own equipment for backup.
- A) Portable sound equipment with new batteries is strongly recommended.
  - B) Duplicate music formats must be available.
  - C) Conference Officials shall assist the director/designee in the announcer's booth and shall control P. A. system audio levels.
  - D) A portable, standby P. A. system shall be available at the site for use in the event of failure of the stadium's system. Arrangements shall be a Conference responsibility.
- 40.02 Determined by availability, yard markers shall be in place in the normal game positions on both sides of the field; i.e., in line with respective yard lines.
- 40.03 Signs, placards, decorations and other paraphernalia displaying team spirit may be permitted in certain pre-designated areas by the Conference Drill Director. Mutual agreement of all drill directors is also required. The team is fully responsible for these items including placement and complete removal/disposal. CONFETTI IS PROHIBITED. If balloons, placards, etc. are used to promote team spirit or a festive atmosphere, they shall be placed at the extreme rear of the seating area so as not to obstruct the view of the judges, other team members or spectators.
- A) Any such article placed without permission or outside the designated area(s) shall be removed immediately and disposed of by Conference Officials.
  - B) Conference approved decorations for the teams' areas shall NOT be rope or chain- like obstructions that could impede team movements to/from their seats.
  - C) Banners, posters, and signs are prohibited at Cheer Competition.
- 40.04 The use of any surface other than natural grass or artificial turf, (i.e., gym floor, concrete, cinder track, etc.) is forbidden for Cheerleading Competition without the use of pads or mats at least one inch (1") thick and approved for this use by TIFI's Executive Board.
- 40.17 In the event of failure of any sound equipment (including tapes/CDs) during a performance, the drill director/designee in the booth shall be consulted on the contingency plan to be followed. With Conference Drill Director concurrence, the team may:
- A) Continue through to finish without music or until repairs are made; or,
  - B) Pause, waiting for repairs and restoration of music; or,
  - C) Stop and start over (time to be restarted); or,
  - D) Return to seats and be rescheduled last in cases of unavoidable, repeated interruptions or unusually long delays.

## **41.00 DRILL TEAM AND CHEERLEADING COMPETITION JUDGES**

- 41.01 Judges shall be positioned directly in front of the teams' performing area during their performance.
- 41.02 Judges need to be at least 18 years of age with appropriate qualifications for judging cheer competition. Judges may not judge both drill and cheer the same year. In an emergency (judges not showing up the day of the competition) judges can be from TIFI. If there are 7 or more judges or if judges are from TIFI, the high and low score will be discarded.
- 41.03 Judges shall be impartial, competent, qualified and dependable.
- 41.04 The nominal number of judges shall be no less than four (4).

- 41.05 Coordination and recruiting of judges is the responsibility of the Conference Drill/Cheer Director. It is preferable that judges for Cheer competition are professionals.
- 41.06 Judges should be familiar with the capabilities of girls of this age group performing as a team so that they can grade each and every team based on personal knowledge rather than through team-to-team comparisons.
- 41.07 A judge must score all teams in an event or class or those scores recorded by this judge shall be discarded.
- 41.08 Every effort should be made to properly prepare and assist the judges. At least two (2) weeks in advance, each judge should be provided by the Conference Drill Director and/or the Conference Cheer Director the following:
- A) Copies of score sheets with detailed definitions and descriptive information explaining the judging categories and scoring methods to be followed.
  - B) The day's schedule and a map indicating the site.
  - C) Desired reporting times and places with names of contacts.
  - D) Names and phone numbers of the Conference Drill Director, the Conference Cheer Director, and the Conference President.
- 41.09 Judges may be reimbursed a reasonable amount to cover the day's expenses provided the amount is approved at the Executive Board meeting prior to making any financial agreements.
- 41.10 During competition, judges shall not confer with one another relative to team scores or scoring. TIFI officials shall provide any assistance required by judges relative to scoring.
- 41.11 Judges need to be at least 18 years of age with appropriate qualifications for judging drill competition. Judges may not judge both drill and cheer the same year. In an emergency (judges not showing up the same day of the competition) judges can be from TIFI. If there are 7 or more judges or if judges are from TIFI, the high and low score will be discarded.

## **42.00 SCORING AND SCORE SHEETS**

- 42.01 Team score totals on all score sheets shall be used to determine each team's divisional rating unless otherwise specified in advance. Every judge scores every team in the event or class or all scores recorded by this judge shall be discarded.
- 42.02 Team scores for drill standings and awards are calculated as follows:
- A) If drill and/or cheer teams are divided by size, the size split will be determined by the Conference Drill/Cheer Director(s). Large drill teams will be placed in the "Sapphire" division, medium drill teams will be placed in the "Diamond" division, and small drill teams will be placed in the "Ruby" division. Each size division will compete for division awards separately from any other size division(s).
  - B) Find the subtotal of all the scores recorded on each and every judge's score sheet. Record judge totals on a work sheet for each class for this event. If high and low scores are to be dropped, find the high and low for each team and discard.
  - C) For Drill Team Competition: Prepare a custom matrix, but use the actual number of judges. Insert the highest team's total score in the 100% position on the table. Now find 90% of the high score and insert that figure in the 90% position to establish the range for Division I. Now, find 70% of the high score and place that in the low score for Division II. Our custom Divisional scale for this event is ready to use: Scores 0 to 69.99% = Division III; 70 to 89.99% = Division II and, 90 to 100% = Division I.
  - D) For Cheer Competition: Prepare a custom matrix, but use the actual number of judges. Insert the highest team's total score in the 100% position on the table. Now find 85% of the high

score and insert that figure in the 85% position to establish the range for Division 1. Now, find 66.99% of the high score and place that in the low score for Division II. Our custom Divisional scale for this event is ready to use: Scores 0 to 64.99% = Division III, 65 to 84.99% = Division II, and 85 to 100% = Division I.

Division 3 Waiver: If more than 5 teams end up in Division 3 in Cheer Competition with the current rule then percent split moves to:

- Division 1: 83-100
- Division 2: 60-82.99
- Division 3: 59.99 and below

If still more than 5 teams end up in Division 3 in Cheer Competition after adjusting to #1 above then percent split moves to:

- Division 1: 81-100
- Division 2: 55-80.99
- Division 3: 54.99 and below

If still more than 5 teams end up in Division 3 in Cheer Competition after adjusting to #2 above then percent split moves to:

- Division 1: 79-100
- Division 2: 50-78.99
- Division 3: 49.99 and below

42.03 TIFI's total event scores with their point distribution and DIVISIONAL placements.

A) Division rating scale by League:

- 1 DIVISION 1 SUPERIOR TOP 10% ACCUMULATED SCORES
- 2 DIVISION 2 EXCELLENT NEXT 20% ACCUMULATED SCORES
- 3 DIVISION 3 OUTSTANDING REMAINING ACCUMULATED SCORES

42.04 Official score sheets are the responsibility of the Conference Drill Director and Conference Cheer Director.

- A) Score sheets should be finalized and presented to the Club Directors as early as possible to assist the teams in planning and preparations for competitions.
- B) Separate score sheets will be used: one for drill teams and one for cheerleading.
- C) For ease and accuracy in scoring, score sheets shall be simple, clear, legible, and concise on a single sheet for each event.
- D) Titles of all judging categories shall be complimentary in nature.
- E) The point system (range/value) shall be identical for each graded category to minimize confusion and recording errors.
- F) Scoring fractions will not be used.
- G) Comments by the judges are encouraged and provisions made on score sheets for same.
- H) Judges shall be identified on score sheets by number only, not name.
- I) Carbon copies for the Conference record are mandatory and shall be retained by the Conference Drill Director.
- J) Clipboards or equivalent and pens or pencils shall be made available by the Conference for use by the judges.

42.05 Score sheets are TIFI customized.

42.06 Score sheet information from each Club Drill Director is due to the Conference Drill Director at the September Drill Workshop (or otherwise designated due date) to customize score sheets as follows:

- A) For Drill Team competition: Team colors, song titles, and props (part of what, when changed/scored) for each routine.
- B) For Cheer competition: Team colors and the titles of all routines.

- 42.07 Completed score sheets shall be made available to respective team directors at the conclusion of the day's activity.
- 42.08 Scores and decisions of the judges are final.

|                                 |
|---------------------------------|
| <b>43.00 RESULTS AND AWARDS</b> |
|---------------------------------|

- 43.01 Awards are a Conference responsibility. A sufficient quantity of Executive Board members shall be available to cover the day's activities and results.
- 43.02 TIFI's awards ceremonies will be identical for both Drill Team and Cheerleading Competition. They will be conducted on the field, conditions permitting, immediately following the last team's return to their seats after completion of their performance.
- 43.03 Teams will go to the field of play before award ceremony.
- 43.04 Divisional ratings are announced as awards are presented in the order of appearance in this event without regard for league assignments.
- 43.05 All participants will receive an award at the awards ceremony. Drill Team coaches will receive a maximum of 10, and Cheer coaches will receive a maximum of 3 (identical to the participants' awards). Additional medals may be purchased at an additional cost to be billed to the requesting Booster Club.
- 43.06 Ratings and awards will be as follows:

| Division Score  | Rating             | Drill Team                               | Cheer                                       |
|-----------------|--------------------|--|---|
| <b>Div. I</b>   | <b>Superior</b>    | <b>Solid blue ribbon with medallion</b>  | <b>Red/white/blue ribbon with medallion</b> |
| <b>Div. II</b>  | <b>Excellent</b>   | <b>Solid red ribbon with medallion</b>   | <b>Blue/white ribbon with medallion</b>     |
| <b>Div. III</b> | <b>Outstanding</b> | <b>Solid white ribbon with medallion</b> | <b>Red/white ribbon with medallion</b>      |

- 43.07 Final scores for all teams shall be summarized by order of appearance and supplied to each Drill Director at a post-Competition Day meeting for Drill Directors. This is strictly private information intended for use by the directors and their coaches only, and the scores and team order of finish must not be made public. Division awards may be posted on the TIFI website and/or the Club websites.

#### **44.00 DRILL TEAM AND CHEERLEADING COMPETITION PENALTIES**

- 44.01 Sideline coaching during Drill Team and Cheerleading Competitions is not permitted by coaching staff, nor are any Directors, coaching staff, and/or other persons affiliated with the team performing permitted to coach from the bleachers or be physically present at the field level. Sideline coaching can be defined as prompting members what movement comes next, gesturing to one's face to indicate smiling, where to stand in a formation, or counting for a team. Posters and signs are not permitted by directors, coaches, junior coaches, and spectators. Teams found in violation of this rule, will be assessed a 10% penalty.
- 44.02 Any team found to be in violation of age eligibility rule 21.03 during competition shall be disqualified and all team honors shall be forfeited. The Conference reserves the right to recertify the age of any participant.
- 44.03 Any team found to be in violation of practice rules 26.01, 28.01, 28.03, 36.01, or 36.02 shall be assessed a 25% penalty on the scores for which the practice violated. Example: If the violation was for cheer practice, the penalty will be assessed for the cheerleading competition.
- 44.04 Any protest must use the official protest form and must follow all form requirements including reference(s) to the violated rule(s) on the protest form.
- A) Any intent to protest must be submitted to the Conference Drill Director or President in writing within forty-five (45) minutes of the possible offense to receive any formal consideration. Any protest must be based on infractions of rules and regulations, safety rules or clearly obvious errors. Any written protest, signed, dated and timed by the Drill/Cheer Director of a Booster Club will receive formal consideration on Competition Day only if received within the 45-minute time frame of the infraction. The Booster Club that receives a protest against them will be provided a copy of the original "Protest Notification Form." All Drill and/or Cheer (if a Cheer Competition event) Directors will be informed of the outcome and the reason for the final decision made prior to the end of that day's event in a meeting with the TIFI Conference Drill/Cheer Director.
- 44.05 For Cheerleading Competition only, a penalty monitor will be designated. This Penalty Monitor will monitor each team's performance solely for adherence to the approved safety rules and guidelines. Safety violations will be assessed a 10% penalty per violation. The monitor may be reimbursed a reasonable amount to cover the day's expenses provided the amount is approved at the Conference meeting prior to making any financial agreements.

#### **45.00 POSTPONEMENTS, DELAYS, AND CANCELLATIONS (DRILL AND CHEER COMPS)**

- 45.01 Pre-competition postponement decisions prior to 9:00 A.M. on "Competition Day" or four (4) hours prior to a night event(s) due to weather or field conditions shall be the responsibility of the Conference President and Conference Drill Director or their designee(s). Each Club's drill director or President shall be notified immediately of such a decision. An appropriate sign(s) shall be posted at the site as necessary. The Conference Drill Director/ designee shall notify judges.
- 45.02 "Competition Day" postponement decisions shall be the responsibility of the Conference Executive Board members in attendance. They may effect a postponement at any time before the last team completes its performance in the final event, and also a delay in activities under unique situations where continuance through to completion remains a possibility.

- A) Safety and health of all drill team members shall be the primary determining factor. Electrical storms/lighting shall be considered hazardous.
- B) Condition of the field shall be the secondary consideration.
- C) Cancellation of any further activity rather than postponement may be declared if all competitive events are complete and if weather or field conditions warrant. Any incomplete, noncompetitive activity deemed necessary shall be conducted immediately following cancellation with all drill directors and Conference Officials in attendance at a suitable location.

45.03 In the event of a postponement prior to completion of a competitive event, the following shall apply:

- A) Score sheets for a completed performance shall be assembled into a package immediately and all scoring information kept in strict secrecy until final tabulation and official announcements. The Conference Drill Director shall be responsible for these sheets and their contents.
- B) Score sheets for an incomplete performance shall be collected and destroyed immediately by the Conference Drill/Cheer Director with no knowledge of any entry on any sheet. Absolutely no scoring information shall be disseminated.
- C) Any incomplete competitive event or class shall be rescheduled in its entirety in addition to any other activity deemed necessary or appropriate. Any teams having completed their competition performance shall be in attendance of the rescheduled event/class.
- D) In the event no competitive event is completed, "Competition Day" shall be held in its entirety on the scheduled alternate date.

#### 46.00 CHEER/MINI CHEER CERTIFICATION AND SAFETY GUIDELINES

It is critical for the safety of everyone involved in TIFI cheerleading that all Cheer Directors, Mini Cheer Directors, and coaches make extra efforts to put the safety of their team first and to carefully evaluate the ability of their individual squad before deciding to have them do any stunt or dismount.

**NOTE: Where noted, Cheer Directors and Mini Cheer Directors must attend a special Cheer Coaches Certification Clinic in order to perform certain stunts and skills. All such stunts/skills are under a single section labeled "Cheer/Mini Cheer Director Certification Required." If the Cheer/Mini Cheer Directors do not attend the certification clinic, then those stunts/skills requiring certification are not legal for that Cheer/Mini Cheer Director's cheer squad at games and/or cheer competition (and Mini Cheer Expo for Mini Cheerleaders). Cheer Directors and Mini Cheer Directors must attend the certification clinic three consecutive years, and a refresher certification every three years following for as long as s/he holds the Cheer Director/Mini Cheer Director position.**

46.01 Teams should be placed under the direction of a knowledgeable advisor or coach.

- A) Cheer advisor or coach should be in attendance at all practices, functions, and games.
- B) Teams that are coached by a junior high or high school age instructor should practice and perform only when a TIFI approved coach is present.
- C) Advisors and coaches should not assist or spot tumbling skills without proper gymnastics spotting knowledge.

46.02 All cheerleaders should receive proper training before attempting any cheerleading skills such as jumps, partner stunts, pyramids, or tumbling.

46.03 Training of proper spotting techniques should be taught to all squad members before attempting any skill or stunt. Extra spotters should be used when learning any new skills or stunts.

- 46.04 All practice sessions should be held in a location suitable and safe for cheerleading activities.
- A) The cheering surface should be taken into consideration before engaging in any technical skill. Stunts or tumbling should be limited or modified according to the performance surface, area, or situation.
  - B) The performing area should be reasonably free of obstructions. Look for holes in the ground, ant mounds, etc.
  - C) Coaches should try to avoid or at minimum use extra precautions when performing technical skills on concrete, asphalt, wet surfaces, uneven surfaces, or surfaces with obstructions.
- 46.05 Squad members' appearance and apparel should be conducive to safe practices and performances.
- A) Jewelry of any kind, including earrings, bracelets, necklaces, rings, belly button rings, etc. should not be worn during any cheerleading function. Placing a band-aid over a new piercing does not prevent injuries.
  - B) Medical alert necklaces may be worn but should be secured to the body with tape underneath clothing. Medical alert bracelets are not recommended.
  - C) Fingernails should be trimmed and filed down to a length that will avoid causing scratches.
  - D) Hair should be pulled up and secured away from the face.
  - E) Soft soled tennis shoes should be worn when performing or practicing cheerleading skills.
- 46.06 Warm-up and stretching should precede all practice sessions, pep rallies, games, competitions, performances, and other physical activities.
- 46.07 Advisors and coaches must recognize the entire squad's particular level and limit the squad's activities accordingly.
- 46.08 Coaches and advisors should be aware of any physical limitations of all squad members before any physical activity.
- 46.09 Use of mini tramps, spring boards, or any apparatus used to propel a participant is not permitted.
- 46.10 Knee drops, seat drops, and split drops from a jump or airborne position TO THE GROUND are prohibited. A "drop" is defined as a fall to the ground in which the hands do not touch the floor first.

|   |
|---|
| <b>47.00 CHEERLEADING TUMBLING SAFETY RULES</b> |
|---|

- 47.01 Tumbling skills are defined as gymnastic technical skills such as forward rolls, cartwheels, aerials, round-offs, front and back walkovers, front and back handsprings, front flips, back tucks, layouts, fulls, whipped back handsprings, and arabians. Tumbling skills can be performed from a standing or running position and can include a combination of several skills in one pass.
- 47.02 Tumbling skills that exceed one flipping rotation and/or one twisting rotation are prohibited. No double backs or double full twists.
- 47.03 Tumbling over, under, or through a stunt, individual, or prop is prohibited.
- 47.04 Tumbling with props is prohibited. For example, a back handspring is not allowed to be performed holding props of any kind (poms, signs, placards, etc).
- 47.05 Tumbling skills must originate from the ground level. For example, a back/front flip off of a stunt or into a stunt in which the person does not start from the cheering surface is prohibited. (EXCEPTION: See Stunt Rule 10).

- 47.06 A rebound from a back handspring into a cradle position is allowed.
- 47.07 Spotted or assisted tumbling is prohibited. This includes toe pitches.
- 47.08 Tumbling skills performed with two or more members holding onto each other are prohibited.

|   |
|---|
| <b>48.00 PARTNER STUNT, STUNT GROUP, AND PYRAMID SAFETY RULES</b> |
|---|

- 48.01 All partner stunts and pyramids are limited to two persons high. Flyers must receive primary support from a base or bases that are in direct contact with the cheering surface.
- 48.02 A flyer may not throw her head back or arch during any type of cradle dismount.
- 48.03 Shoulder sits are permitted and do not require a spotter.
- 48.04 Single based stunts are permitted and the following shall apply:
  - A) Shoulder level single based extension prep stunts and shoulder stands are permitted provided the stunt has a back spotter.
  - B) Shoulder level single based free standing stunts are prohibited.
  - C) Extended single based stunts are prohibited.
- 48.05 Shoulder level (extension prep) stunts are permitted (CHEER DIRECTOR CERTIFICATION REQUIRED) and the following shall apply:
  - A) "Retakes" and "show and go" stunts are permitted from shoulder level and below.
  - B) Flyers may dismount directly to the cheering surface from a shoulder level stunt provided the flyer is supported by either the bases or an additional spotter before touching the ground.
- 48.06 Extended level stunts are permitted (CHEER DIRECTOR CERTIFICATION REQUIRED) and the following shall apply:
  - A) Extended double based stunts are permitted provided the stunt has two bases and a front and back spotter.
  - B) Extended stunts that brace other extended stunts are prohibited. Braced is defined as flyers touching in the executed, extended stunt.
  - C) An extended double based stunt may retake to a crunch position, but the flyer may not retake directly to the cheering surface.
  - D) A flyer may not dismount directly to the cheering surface from any extended stunt or toss.
  - E) A flyer may not be thrown, dismounted or tossed to a new set of bases from an extended level stunt.
- 48.07 Shoulder level and below stunts/skills are permitted (CHEER DIRECTOR CERTIFICATION REQUIRED) and the following shall apply:
  - A) "Tick Tock" stunts from the shoulder level are permitted as long as the flyer is braced by another stunt or the back spot is in constant contact with the flyer. Back spots are required. Below shoulder level is permitted provided the back spot is in constant contact with the flyer. Back spots for shoulder level Tick Tocks should hold the flyer at the ankles, waist level and below should hold the flyer at the waist. Extended level Tick Tocks are prohibited.
  - B) Single-based free-standing stunts below the shoulder are permitted with or without a back spotter.
  - C) All shoulder level double based stunts and shoulder level free standing stunts are permitted provided the stunt has at least two bases and a back spotter. Torch, liberty, and hitch positions are the only free-standing positions permitted without a front spot. Other liberty variations are permitted provided the stunt has two bases and a front AND back spotter.

- D) Shoulder level "pendulum" stunts (teeter totters) are permitted provided the stunt has two primary bases and at least 3 spotters (catchers) in the direction that the stunt falls; two spotters for each side of the flyer and one spotter to catch the chest, neck, and head of the flyer. The primary bases must be in constant contact with the flyers feet. If the flyer is thrown over the head of the primary bases by the spotters she must be caught on the opposite side by a different set of three spotters. This stunt requires a minimum of 9 participants.
- E) A flyer may be thrown, dismounted, or tossed to a new set of bases from a shoulder level single or double based stunt.
- F) A flyer may be dismounted or cradled to a new set of bases from a shoulder level single or double based stunt provided that at least one of the original bases stays in constant contact with the flyer's feet. The flyer must be caught by at least two new bases and a different back spot. This stunt requires at least 6 participants. The flyer may execute a half, three quarter, or full twist when dismounted to new bases. The flyer may not execute any other skill when dismounting or cradling to a new set of bases.
- G) "Cradle" dismounts from shoulder level stunts are permitted provided the stunt has at least two primary catchers (bases), and a back spotter.
- H) A flyer may execute a half twist or full twist out of a cradle from a shoulder level stunt provided the stunt has two primary catchers (bases) and a front and back spotter. All other skills executed by a flyer on this type of dismount are prohibited.
- I) Reverse load/half-ups are permitted provided the flyer has two bases and a front and back spotter.
- J) Swing load-ins are permitted provided the flyer's head/neck/chest is not inverted.

48.08 Extended stunts/skills are permitted (CHEER DIRECTOR CERTIFICATION REQUIRED) and the following shall apply:

- A) ALL extended stunts require two bases and a front AND back spotter. "Retake" stunts are permitted from extension and below provided the flyer has two bases and a front AND back spotter for extensions. Show & go stunts do not require a front spot provided the stunt is a 'true' show & go that hits the extended position and immediately comes back to the shoulder or crunch position. At no time whether shoulder level or extended, will the flyer go directly to the cheering surface.
- B) Extended free standing torches, liberties, and hitches are permitted provided the stunt has two bases and a front and back spotter. All other liberty variations are prohibited.
- C) Free standing extended stunts must cradle dismount to at least two catchers (bases) and a front and back spotter. Free standing extended stunts may not retake or dismount directly to the cheering surface. Flyers may not execute any skill during a cradle dismount.
- D) "Cradle" dismounts from double based extended stunts are permitted provided the stunt has at least two primary catchers (bases) and a front and back spotter. The flyer may execute a torch or liberty body position out of a cradle from an extended level double based stunt provided the stunt has two primary catchers and a front and back spotter. All other skills executed by a flyer on this type of dismount are prohibited.

48.09 Basket tosses are prohibited. Sponge tosses are permitted provided the stunt has two primary bases and a front and back spotter (CHEER DIRECTOR CERTIFICATION REQUIRED). Only a straight cradle is permitted; no other skills may be executed from a sponge toss stunt.

48.10 A flyer may not hold or pass through and inverted position during a partner stunt or dismount. Baja dismounts and load-ins are permitted provided the back spot has constant hand-to-hand contact with the flyer, shoulder level only, a cradle position only, and the flyer does not go directly to the cheering surface (CHEER DIRECTOR CERTIFICATION REQUIRED).

## **49.00 DISMOUNT SAFETY RULES**

- 49.01 Double based suspended forward or backward roll dismounts from the shoulder level or below are permitted provided the stunt has two primary bases in constant hand-to-hand contact with the flyer and a front and back spotter (CHEER DIRECTOR CERTIFICATION REQUIRED).
- 49.02 Flyers may fall forward and be caught by the bases and a front spotter provided the back spotter has constant contact with the flyer's feet, and the flyer is caught in such a position that the head/neck/chest areas are not inverted (perpendicular to the floor). A barrel roll, retake to prep position, and crunch position are permitted from this position (CHEER DIRECTOR CERTIFICATION REQUIRED).

## **50.00 MOVING STUNTS SAFETY RULES**

- 50.01 Moving partner stunts and pyramids are permitted provided the stunts have the required amount of bases (CHEER DIRECTOR CERTIFICATION REQUIRED).
- 50.02 Extended free standing stunts may not walk, turn, or move.
- A) If an extended free standing stunt is falling, the bases and spotters may move/walk the stunt in order to stabilize it or catch the flyer.
- 50.03 No partner stunt, pyramid, individual, or prop may move through or under a partner stunt or pyramid. For example, a stunt or person cannot walk underneath extension preps. A back spot may walk under a shoulder level stunt provided they are in constant hand-to-hand contact with the flyer PRIOR TO moving underneath for pyramid building purposes (CHEER DIRECTOR CERTIFICATION REQUIRED).
- 50.04 Moving show & go stunts are permitted provided the stunt has two bases and a front and back spotter (CHEER DIRECTOR CERTIFICATION REQUIRED).

## **51.00 MINI CHEER STUNT/TUMBLING RULES**

- 51.01 Mini Cheer teams are permitted stunting/tumbling. MINI CHEER DIRECTOR CERTIFICATION IS REQUIRED for ALL of the below in order for the Mini Cheer team to execute any stunt at practice, games, or the Mini Cheer Expo. Mini Cheer teams are limited to the following strict limitations:
- A) Gymnastics/tumbling skills will be limited to handstands, cartwheels, round-offs, and forward rolls only. All tumbling skills must originate and end with both feet on the cheering surface. Each Mini Cheer Director is responsible for ensure the Mini Cheerleaders only perform these tumbling skills in a safe environment to avoid injuries.
- B) No waist level, shoulder level, or extended stunts are permitted.
- C) Thigh stands are permitted with a minimum of 4 participants: Two bases, one flyer, and one back spot. Front spotters are permitted, but cannot replace the back spotter. No free-standing/single leg positions are permitted by the flyer in the thigh stand stunt position.
- D) Spirit bug stunts are permitted with a minimum of 3 participants: One base, one flyer, and one back spot. Spirit bug is defined as a base that has both knees touching the cheering surface and the upper body is tucked down in such a manner that the base's lower back serves as the surface upon which a flyer may only execute a liberty or a liberty hitch position.
- E) Double and single-based knee level stunts are permitted provided the double-based stunt has a minimum of 4 participants (2 bases, flyer, and back spot) and the single-based stunt has a

minimum of 3 participants (one base, one flyer, and one back spot). Knee level is defined as when the base(s) have one knee touching the cheer surface and the flyer is not higher than the knee level of the base(s) while executing the stunt. One or both flyer's feet must be standing on the legs of the base(s) while the base(s) are in the bent knee position.

- F) Only a liberty, liberty hitch, or two-legged stunt position (flyer has both feet on bases) is permitted by the flyer.

## Glossary of Cheerleading Terms

**Note:** Words placed in quotations are actual names of partner stunts or tumbling skills.

1. Aerials – Cartwheel without hands touching the floor.
2. Arabian – Usually performed from a rebound position in which the person executes a half turn followed by a complete front flip and steps out to the floor.
3. Awesome (Trophy) - An "extension" with the flyers feet pulled completely together.
4. Back Handspring (flip flop) – Jumping backwards to a handstand position continuing with feet landing on the floor.
5. Back Tuck – Jumping backwards with body in a tucked position, without placing hands on the ground, and landing with feet on the floor. (Double back tuck requires two flipping rotations before the feet touch the floor).
6. Baja Flip – A dismount where a flyer has constant hand-to-hand contact with the back spot and is flipped up and forward by the side bases and caught by the same side bases prior to returning to the cheer surface.
7. Base - The person on the bottom of partner stunt or pyramid in direct contact with the cheering surface and bears partial or full weight of the flyer (partner). Bases are directly underneath the flyer and should always keep eye contact on the flyer.
8. Basket Toss – Two bases interlock hands at the wrists. A flyer steps or jumps into the basket and is thrown up straight into the air landing in a cradle position.
9. Cradle Dismount – Bases throw the flyer (partner) straight up into the air and catch in a cradle position.
10. Cradle Position – Flyer is "cradled" into the arms of two bases. The flyers bottom is facing the floor and her body is in a pike position.
11. Dismount – Any way in which the flyer comes out or off of a partner stunt or pyramid.
12. Extension – An extension prep (elevator) that is extended and held above the bases' shoulders.
13. Extension Prep (Elevator) – A flyer stands on two bases with one foot on each base. The bases are facing each other while holding the flyers feet at shoulder level.
14. Extended Stunt – Any stunt in which the bases' arms extend and hold a flyer above shoulder level.
15. Free Standing – Any stunt in which the flyer stands on one leg. Free standing stunts have variations such as a liberty, leg hitch liberty, liberty heel stretch, front stretch, arabesque, scale, scorpion, side scorpion, needle, star, fountain and "K."
16. Front spot – The person in front of a partner stunt in direct contact with the cheering surface and bears partial weight of the flyer. This spotter can hold any spot on the flyer's leg or foot that is available to hold and help lift some of the weight off the bases. Sometimes a front spot will hold the main bases' wrists to provide extra support. The front spot shall have constant contact with a flyer while extended in a stunt.
17. Flyer (partner) – The person on top of a partner stunt or pyramid.
18. Full Twists (Fulls) – Usually performed from a rebound position in which the person executes a layout completing a full twisting rotation and landing with feet on the ground. (Double full twists require two twisting rotations before the feet touch the floor.)
19. Leg Hitch – A free standing stunt in which the flyer places all of her weight on one leg and extends the other leg forward or sideways in a bent position (90 degree angle).
20. Liberty - A free standing stunt in which the flyer places all of her weight on one leg and bends the other leg upward. The bent leg stays in constant contact with the straight leg.
21. Layout – Usually performed from a rebound position in which the person flips backward keeping the body straight and landing with feet on the ground.
22. Partner Stunt – A cheerleading skill in which a flyer stands, sits, or climbs on a base or bases.
23. Pendulum (Teeter Totter) – A partner stunt in which a flyer falls forward to a set of catchers and is thrown over the primary base or bases to another set of catchers resembling a pendulum.
24. Props – Any apparatus or equipment used in a cheerleading performance such as; pompoms, megaphones, signs, flags, banners, etc.
25. Pyramid – Partner stunts that are connected by the flyers. Flyers may be connected using their arms and feet.
26. Retake – Any partner stunt in which the flyer stops at the top of the stunt, "hits" the stunt, and is brought back down to a crunch position or the cheering surface. Usually a retake stunt continues onto another stunt.

27. Shoulder Level Stunts – Any stunt that is kept at the level of the bases shoulders (a non-extended stunt).
28. Shoulder Sits – A single based partner stunt in which the flyer is sitting on the bases shoulders.
29. Shoulder Stands – A single based partner stunt in which the flyer is standing on the base’s shoulders.
30. Show-And-Go – Any partner stunt in which the flyer pushes up into the air and comes straight back down without stopping at the top. The bases never release contact with the flyer. Examples: Show-and-go extensions and liberty variations. Show-and-go stunts can be executed to the shoulder or extended level.
31. Spotter – A person on the bottom of a partner stunt or pyramid placed behind, in front, or on the side of the base or bases with constant eye contact on the flyer. A spotter does not bear weight of the flyer.
32. Straddle Lift – A partner stunt in which the flyer is seated in a straddle position extended by three bases. The bases hold the flyers legs and bottom with their arms straight above their body.
33. Split Press – A partner stunt in which the flyer executes a split (any side) position extended by four bases. Three of the bases hold the flyers legs with their arms straight above their body. The fourth base holds hands with the flyer in front of the stunt.
34. Teddy Bear – A stunt position where a flyer is held by bases and a back spot in a sitting position with legs apart (i.e., “seated” like a teddy bear).
35. Tick Tock – A free standing partner stunt in which the flyer begins using one leg and switches to stand on the other leg. A tick tock can be performed on the way up to a stunt or from a stunt position.

|                      |
|----------------------|
| <b>52.00 GENERAL</b> |
|----------------------|

- 52.01 Concessions, if permitted by the stadium use agreements, are the responsibility of the Conference. Booster Clubs are drawn by lottery at the October Conference meeting.
  - A) Under no circumstances will raffles or drawings by a booster Club be permitted on Competition Day except as conducted by the Conference with any/all proceeds deposited in the Conference General Account.
- 52.02 Walkie-talkies or similar equipment should be used by the Conference for Press Box-to-Field-to-Stands communications. It should be used for controlling audio (music) levels and other communications required to assist and ease overall conduct of the day's activities.
- 52.03 POST-COMPETITION CLEAN UP OF THE STADIUM IS A MUST! Each team shall leave its seating area as clean as they found it. Volunteer clean up help for the remainder of the stadium and parking area is encouraged to relieve the workload on the few who accept this responsibility. Each Club is responsible for cleanup of their area. If this is not done, the Club in violation shall be assessed a monetary penalty by the Executive Board.

|                         |
|-------------------------|
| <b>53.00 DEPARTMENT</b> |
|-------------------------|

- 53.01 Department of a Club's attendees is the responsibility of that Club's President or designee. At all TIFI events, the following shall apply:
  - A) Sportsmanship shall be expected.
  - B) Profane and loud, abusive language shall not be tolerated.
  - C) T. V. sets are not allowed in the stadium.
  - D) Alcoholic beverages are prohibited in the stadium and in the parking area.
  - E) The railing/walk area between the team seating area and the field must be kept free of spectators.
  - F) Spectators must be removed from pre-designated off-limits areas.
  - G) Smoking is only permitted in designated areas.
  - H) Ramps and aisles to and from the team seating areas must be free of spectators thus permitting easy team flow to/from the field.
  - I) Glass containers are prohibited.