

COOLIDGE BEARS YOUTH FOOTBALL & CHEER OFFICIAL RULE BOOK

AUTHORITY OF CBYFC

The Executive Board of Directors and the coaches of the Coolidge Bears Youth Football & Cheer shall be governed by the League President. Coolidge Bears Youth Football & Cheer will be referred to as CBYFC from this point on.

PHILOSOPHY & GOALS OF THE FEDERATION

In the CBYFC, we strive to provide a nurturing and supportive environment in which children can improve their football and cheerleading skills and participate with other teams. The primary goal of this program is our commitment to benefiting the majority of young people rather than producing an atmosphere of excellence for a talented few. To win at all cost may be the proper attitude for the skilled professional: it is contrary in the basic philosophy of the CBYFC. We believe that teaching values, ethics, sportsmanship and skills to be the main focus of our program.

ARTICLE 1: REGISTRATION

A person cannot practice with a team or squad until he/she has officially registered with the League and paid in full the registration fee. To participate, a person must fill out the necessary forms to include: parental consent and proof of medical insurance. The registration fee will be collected at this time as well and is expected in full.

PARENTAL CONSENT

A signed statement provided by CBYFC from the parents or legal guardian, stating that the child has their permission to play or cheer is required.

MEDICAL EXAMINATION

The insurance that the League uses does not require the participants to obtain a medical physical.

ARTICLE 2: FORMATION OF THE TEAMS AND SQUADS

No tryouts of any kind are permitted, and there are no cuts. Voluntary cuts are considered when a participant simply does not show up for practice.

ARTICLE 3: CERTIFICATION

IT IS MANDATORY THAT EACH PLAYER CERTIFIES AT ASSIGNED TIME.

The CBYFC will delegate one day to weigh and certify all registered players. All registration fees must be paid in full prior to certification. On the certification day, each team will line up all football players in the order of the roster provided to the league by the Head Coach. Each player will be weighed on a CBYFC scale, have his/her registration form verified and provide an original or "a certified copy" of the Child's birth certificate. The CBYFC will only weigh its teams once per season. All players making weight will be placed on the original certified roster.

If a player does not make weight on certification day, he/she will be allowed to play as a striper. This means the player will have a single piece of white tape placed on the back of their helmet for identification. The player will be allowed to play from the tackles in on both the offensive or defensive line. They will not be allowed to handle the ball and they will not be allowed on kick-off or kick-off return. If they recover a fumble or intercept the ball, the whistle will be blown and the play is then over with the turnover accounted for by the officials.

You always have the option to move your player up to the next division.

Prior to the start of the each game each team shall meet approximately 30 minutes before the game for inspection of required equipment and certified roster. If the coach does not have the certified roster, the other team has the option to not play the game and that will be a forfeit for the team without the roster. (Option to play will still result in a forfeit). If a

player does not have the required equipment he/she will not play in that game. NO participant can be added to the certified roster without CBYFC authorization.

Once certified for an age and weight division, a participant shall not be permitted to re-certify to a lower division or transfer to another team within the same division of play during the current season.

ARTICLE 4: COACHING REQUIREMENTS

Coaches do not make the policies of the CBYFC but are there to carry them out. However,

1. Head Coaches are responsible for the entire team.
 - a. The team shall have one (1) head coach and not more than four (4) staff members excluding cheer staff to fulfill the positions of team adult staff. *Only coaches, ball boys and water girl/boy are allowed on sidelines. Team Moms and parents are to be in the stands.
 - b. Head Coaches will be held accountable for the behavior of all team staff, parents, and participants.
2. Head Coaches are responsible to develop "team rules". The team rules must reinforce the rules as outlined and must include the discipline policy for the team. A copy of the team rules must be turned into the CBYFC prior to the first practice.
3. Head Coaches are responsible to organize the practices during the season. The first three (3) weeks of the season are considered preconditioning. After the first three weeks of conditioning there are to be no more than three practices per week with a game once a week. In the event that a coach cannot attend a practice it is their responsibility to make arrangements with the assistant coaches to carry out practice and to contact the League to make them aware of the arrangement.
4. Head Coaches are responsible to create and maintain their official certification book. This book will include per player; a completed team roster, a completed certification form w/the players picture, a signed Consent and Release form for every player and volunteer, a copy of each players physical. It must also include a copy of the CBYFC rules, Team rules, certified roster, and a game schedule.
5. Head coaches are responsible to provide the League with an official roster two weeks prior to the first game.
6. Coaches are responsible for game day. Fields are to be set up by the home team and taken down by the last home team on the field for that day. Coaches are also required to participate in the Field monitoring and helping with the Concession. (League will provide a schedule). Coaches are to notify players and parents well in advance of game times, and let your parents know game field locations can change due to field conditions.
7. Coaches are responsible for the safety and actions of ALL players. Injuries are a part of sports, but many injuries can be avoided when players are well organized. During the games, coaches must make players stay out of unauthorized areas in the game field. Also, players must be controlled on and off the sidelines.
8. Coaching Demeanor
 - a. All coaches need to remember that they are representatives of CBYFC and that their actions directly affect the creditability of the League.
 - b. Coaches should be as positive as possible. Personalities are generally not like magnets: opposites do not attract.
 - c. Verbal abuse of players or referees is NOT acceptable for any reason. If a coach must reprimand a player a parent should be present, if possible, in a more private situation.
 - d. League coaches are to avoid foul play at all cost.
 - e. During hitting drills safety precautions shall be enforced, i.e., correct form, head up, and space between players participating in drills.
 - f. **The League President shall exceed head coaches authority on practice fields.**
 - g. Any coach that is in violation of game rules or shows disrespect for the authority of the League and/or referees, will be reprimanded as set forth below.

9. Failure to perform in the above listed responsibilities can and will result in the head coach being disciplined in the following manner:

- a. 1st offense - written warning.
- b. 2'd offense - 2 practices and one game suspension.
- c. 3'd offense -- removal for the rest of the season.

ARTICLE 5: MEDICAL

A qualified EMT or a certified Red Cross Community First Aid and Safety cardholder will provide medical coverage at each game or competition. All teams are required to have the entire team's medical release forms and emergency numbers for all participants.

ARTICLE 6: PLAYER DISCIPLINES

Coaches are urged to be FAIR and CONSISTENT with their discipline. Participants should be informed from the beginning as to what is expected of them. Disciplining a participant should not be used as an easy excuse to withhold a player from game competition. **Be sure there is ample reason when "benching" a player due to "disciplinary" reasons.** Keep in mind this is a recreational program designed for the enjoyment of all participants. Removal from the game for first offense of **fighting, intimidation, or disrespect for authority is mandatory.** One week suspension from the team in the case of a second offense.

ARTICLE 7: PRACTICES

Practice for tackle football and cheerleading are not to start any earlier than 6:00pm and end no later than 8:30pm. Pre-conditioning start date will be set by the Board of Directors and will be Monday through Friday. Preconditioning will be a minimum of two weeks and maximum of three weeks. At the completion of pre-conditioning, practices for all participants will be a maximum of three times per week. Coaches will be responsible to maintain practice fields that were allocated to them and advising their teams of their times of practice.

The following are minimum requirements for preconditioning which will be strictly enforced.

1. A minimum of six hours of conditioning prior to wearing shoulder pads.
2. A minimum of ten hours of conditioning in shoulder pads prior to hitting tackling dummies.
3. After a total of fourteen hours of conditioning will be required before players may move into full contact (player to player contact). At this time a team is allowed to participate in inner squad scrimmages.
4. After a total of eighteen hours of preconditioning a team may participate in scrimmage games against other teams. All planned scrimmages must first have approval from CBYFC.

ARTICLE 8: GRIEVANCE/ PROTESTS

Teams have the responsibility to communicate protests as soon as they are known to exist.

Each person has the right to complain about what they wish. It is important that each person be aware of the appropriate procedure for filing a grievance.

You are first encouraged to go to the person where the difficulty lies. You are next encouraged to bring the problem to your head coach.

If the problem or complaint is not resolved, then it is to be taken to the player agent President of the Board of Directors of the League for a final determination of how it should best be handled.

In the event the problem is taken to the President, the problem or complaint must be in writing. Upon receipt of the written problem or complaint the President shall have ten (10) days to respond to the grievance.

When playing in an outlining area, remember to respect those leagues and its rules. Should a problem arise, report it to their league representative. If the problem is not resolved the head coach than can make the decision as to play under protest or forfeit. It is than his/her responsibility to submit to the board of directors the complaint/grievance in writing.

ARTICLE 9: EQUIPMENT

Required Equipment:

**Helmet with Chin Strap, Shoulder Pads, Pants,
Hip Pads, Tail Pads, Thigh Pads, Knee Pads,
Jersey, Mouthpiece with "keeper strap"**

All players must wear protective equipment at all times. Any equipment that is not supplied by the League must meet the same safety standards that is League approved. They are to be provided by the parents. Only clear face shields can be used. No tinted shields are permitted.

The League shall not supply shoes, or cleats, and the player is responsible for their mouthpiece after the first one is given. Further it shall not supply any equipment necessary for a participant that has been medically prescribed.

Only helmets with the NOSCAE Seal of Certification shall be worn. All helmets must have either a double bar or full cage face guard and chin strap. An authorized NOCSAE inspection company must inspect all helmets, at least once every four (4) years.

All shoulder pads, hip, kidney, tailbone, thigh and kneepads shall meet the standards of the National Federation of State High School Associations and shall not altered by participants or team staff. Alterations and modifications to any League supplied equipment is prohibited and will result in a team fine for all replacement cost of altered equipment.

The game jerseys shall be numbered with 8 to 10 inch numbers on the front and back. Sponsor's names or players names can not appear on the game jersey.

Teeth protectors must be with a "keeper strap" attached to the face guard. Shoes should be non-detachable rubber molded cleats. Removable cleats are permitted, but must be rubber (**NO METAL CLEATS**).

PROHIBITED EQUIPMENT

No jewelry of any type, including bracelets, earrings or necklaces shall be permitted during games or practices.

No electronic equipment is to be used by any team on or off the field.

Any protest with regards to equipment must be filed with the official. A player will be removed from the game for wearing illegal, altered or modified equipment and cannot be returned until the condition is corrected.

ARTICLE 10: PLAYER & ADULT PENALTIES

A minimum mandated penalty for specific offenses are required to assure that penalties will occur uniformly within the League.

Endangerment of program participants. *

Suspension for 1 year, to permanent suspension upon repeated offense.

Fighting. *

Suspension for 1 year, to permanent suspension upon repeated offense.

Fighting, rioting, incitement to riot during or after a game. *

First offense team will forfeit the game and coach will be suspended for I year. Second offense team will be suspended for 1 year, to permanent suspension.

Lack of cooperation with program. Suspension until compliance is met.

***For Adult Offenders**, the punishment will be decided upon, by the executive board members only. A board decision will be handed down on all offenses and is final.

INTERDIVISION PLAY

Under no circumstances will a team be allowed to play a game, scrimmage or practice against a team in a different age/weight division.

The League shall use June 1st to be the players' age cut off date for the coming season.

DIVISION OF PLAY

MIGHTY MITE 7 & 8 YEARS OLD Maximum 100 lbs.W/ A MOFIDIED STRIPER PROGRAM

Jr. PEE WEE 9 & 10 YEARS OLD Maximum 120 lbs. W/A MODIFIED STRIPER PROGRAM

PEE WEE 11 & 12 YEARS OLD Maximum 140 lbs. W/ A MODIFIED STRIPERPROGRAM

**All weights are excluding pads.*

ARTICLE 11: PLAYING RULES

Modified by President of CBYFC all games whether regular season, pre or post season shall be played under the rules of the AIA (Arizona Interscholastic Association)

MINIMUM NUMBER OF PLAYERS

There is no minimum of players; all coaches are to conduct each game under the safest conditions for all players involved.

TIME OUTS

Each team is permitted a maximum of 3 time outs per half. All injury time outs shall be charged to the "officials" and not to the teams.

INJURIES

Minor cuts or abrasions shall not be considered an injury for the purpose of this rule. A referee can call a time out for a cut or abrasion. The player can return to the game after the injury is taken care of. In the event that a player needs assistance off the playing field by an adult or team member, that player may not re-enter the game until cleared by the EMT.

TAPING

No player shall be permitted to have ankles or wrists to be taped by the Coaches without written request from his/her physician or parent. Taping of fingers shall be permitted, as long as there are no broken bones.

GAME BALL

Each team shall furnish their own game ball. Mighty Mite/pee wee ball Jr. Pee Wee/junior ball Pee Wee/junior ball

TIME BETWEEN QUARTERS

A two-minute intermission between the first and second quarters and the third and fourth quarters is permitted. Between the second and third quarters there shall be a fifteen (15) minute intermission/halftime.

LENGTH OF PERIODS

The Maximum length of periods of play is:
All Divisions 10 minutes

TIMING DEVICE

The game officials shall provide the timing device. SCORING

Touchdown 6 points

When kicked (after touchdown) 1 point

When run or pass (after touchdown) 1 point

Safety 2 points Field Goal 3 points

When playing on a field without goalposts no kicking shall be permitted. When playing with one goalpost each team can use the upright after scoring a touchdown or for a field goal try.

MANDATORY PLAY RULE

Each qualified player on a team will participate in every game for a minimum number of plays per half. The number of plays per division is as follows:

Mighty Mite Division:
4 plays per half. Total of 8 plays

Jr. Pee Wee and Pee Wee Divisions:
4 plays per half. 8 plays per game

Play sheet of both teams will be checked at the 4-minute mark of both the 2nd and 4th quarter. If a player has not received their mandatory playing time by the 4-minute mark, they are to be put into the game and remain in the game until all plays are completed.

All players must be in "active play" which are plays from the line of scrimmage and free of penalties. Kick offs and Kick off returns are not to be used in fulfilling the Mandatory Play Rule.

The mandatory play rule applies to all games: regular season, post season, bowl and playoffs.

The right of guaranteed playing time maybe denied a player for disciplinary reasons, provided they are the result of violations of League or team rules which is made known and signed by all players in the preseason.

MANDATORY PLAY SHEET

Each team will have two assigned statisticians filling out the mandatory play sheet at each game. Sheets must be turned into a League official right after game. Failure to turn sheets in can result in forfeit of the game or suspension of the head coach.

CALLING IN SCORES

Each coach is responsible to call in all scores to the number that the League provides before 6pm game day; unless a night game or late out of town game is played. Failure in this will result in a forfeit.

FORFEITED GAMES

If a game whether pre/post season or regular season is forfeited, the score shall be recorded as a loss for the offending team and a win for the opponent.

WARM WEATHER PRECAUTIONS

Teams are to guard against serious heat problems. Teams practicing or playing in high humidity or heat conditions must: Give players water breaks every 20 minutes. Provide at least one fifteen minute water break in the middle of each practice.

GAME CANCELLATION

Watch for signs of heat exhaustion or fatigue.

The League shall have the right to reschedule games or cancel games as may be necessary. All rescheduled games shall remain as originally scheduled with regards to the home team remaining the home team for any make up games. Individual coaches do not have the authority to cancel games without League approval.

TIE GAMES

CBYFC will use AIA rules for tie break.

SPECIAL PUNT RULES

A Mighty Mite team may punt on any down under the rules of the National Federation of High Schools, or may, on any down elect to punt as outlined. No rushing the punter. If "intent to punt" is declared to the game official, who shall inform the defending team. Time shall be given for the defending teams' coach to leave the field. If after an intent to punt is called and the offensive team runs another type of play, an illegal procedure shall be called against the offensive team and the penalty shall be assessed unless refused by the defensive team. The ball shall remain in the team who is on the offense. Both the offense and defense shall have seven players on the line of scrimmage until the ball is punted even if the ball is fumbled or may have been centered past the punter. If the ball goes past the punter either over his head though his legs or off to the side, the punter shall retrieve the ball and punt it. The punter will be permitted three (3) steps from the spot of the retrieval of the ball to the spot where it is kicked. If a violation of these rules is committed, it shall be an illegal procedure by the game officials and the team can accept or decline the penalty.

All other division shall play under "AIA rules"

SPECIAL RULE-POINT AFTER TOUCHDOWN

The "intent to kick" must be declared to the game officials. They shall inform the defensive. The offensive team is not restricted to just kicking it shall be permitted to pick up the ball and run away type of play after the snap. The ball shall be a direct snap from the center to the holder, and the holder shall be a minimum of five yards behind the line of scrimmage and remain there until the ball is snapped. Both the offensive and defensive teams shall have seven players on the line of scrimmage until the ball has been touched by the holder or the ball touches the ground following the snap. No player may cross the line of scrimmage, until the ball has been snapped by the center or the ball touches the ground. There shall be no defensive player lined up over the center and no defensive player can hit the center until he has snapped the ball and stood up or plunged forward. If a violation of these rules is committed, it shall be called an illegal procedure on the defense by the game official and the offending team shall be penalized. The opposing team has the option to accept or decline the penalty.

***CBYFC HAS THE AUTHORITY TO CHANGE THESE RULES IF NECESSARY.**