

2018 MONTEREY BAY YOUTH FOOTBALL LEAGUE RULES & REGULATIONS

MBYFL Football Rules and Regulations Index

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MBYFL Football Rules and Regulations

1. Goals & Philosophy

- a. Youth football is a game operated for the benefit of the children who play it and lead cheers. The adults come second, adapting to the realities of the children, rather than requiring the children to cope with the peculiarities of the adults. If this is always kept in mind, Monterey Bay Youth Football League (MBYFL) will be one experience today's generation will want its open children to repeat.
- b. For the player, the game must remain a "fun" thing. Hard work can be fun if the coach goes about his duties with appreciation of the ages of his players constantly on his mind. The idea that football must somehow supply the lessons of "aggressiveness" as training for future adult years in a competitive society is best left to the high school and college coaches. More general lessons are naturally learned on our turf, such as cooperation and teamwork.
- c. A wise Coach or Cheer Advisor is someone who understands the area of trust placed in him or her by the community-at-large. They often play the role of a substitute parent. Children often are more apt to "rap" with their mentor than they are with their own parent, on many important matters.
- d. Within this context, the basic purpose of any youth football team or organization is:
 - i. Familiarize players with the fundamentals of football;
 - ii. Provide the opportunity to play in an organized and supervised environment where the emphasis is on total participation and maximum safety;
 - iii. Keep the game free of adult and parental pressure to win at any cost; and
 - iv. Identify and bar from further participation any adult volunteer whose ambition or personal glory seeking conflicts with goals #2 and #3 above.
- e. The general objectives of MBYFL are to inspire youth, regardless of race, creed, or natural origin, to practice the ideals of sportsmanship, scholarship, and physical fitness as reflected in the late Glenn Scobey "Pop" Warner.

2. Philosophy of the Jr Pee Wee Division

At this level, the player is at the very beginning learning level of football. The attention span is short, and the ability to absorb is just starting. The coaching and patience in this division will be key to the player making progress in learning and understanding the game of football.

3. Philosophy of the Pee Wee Division

At this level, the player is becoming more serious about football, and is psychologically ready for a greater element of competition, whose attention span has markedly improved, and whose absorption ability is such that more complicated strategies and skills can be taught. You will see a passing game successfully mixed with the more common running game (provided the QB materializes). Historically, the Pee Wee division is the most popular, occasionally coming in second behind the Midgets. This is the most critical of the younger/lighter divisions, what happens here will determine the quality of the Midget division.

4. Philosophy of the Midget Division

At this level the attention span of the player is long, and the ability to absorb instruction is high. The game strategies are close to high school, if not the same. In some combinations of talent and coaching, the game may approach the collegiate and pro versions in terms of sets, alignments, assignments, and more frequent and successful use of the pass. This is a thoroughly competitive division, the typical player having two or more seasons under his belt. For most players, this is also the "graduation" division from youth football into high school football. The Midget division must keep in mind this is probably the last playing experience the typical player will have where it is still possible to view the game as a fun pursuit. If there is such a thing as player "turn off", it will occur here and it will be caused by excessive adults leaning on kids who, though physically able, are psychologically unable to cope with expectations of their parents and demands of their coaches.

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5. Division Ages & Weights

- a. It is commonly agreed by medical, educational, and psychological professionals that children of different ages and/or age groups are capable of greater or lesser accomplishments in their abilities to absorb instruction in physical strength, stamina, dexterity, agility and so on. For this reason, not all divisions are treated alike in terms of what is allowed to happen or what should be expected from each. Rather a philosophy of playing and divisions holds what is good for one group may not be good for another or vice-versa.
- b. Players who League Age is 6, 7 or 8 years old and whose weight does not exceed 100 lbs at time of Certification, and players who League Age is 9 years old and whose weight does not exceed 72 lbs may participate at the Junior PeeWee (JPW) tackle level. 6, 7 and 8 year old JPW players will receive a half pound weight increase allowance on a weekly basis. JPW players who are 9 years old DO NOT receive a half pound allowance and must remain at or below 72 lbs for the entire season. Players whose League Age is 9, 10 or 11 years old and whose weight does not exceed 135 lbs at time of Certification, and players whose League Age is 12 years old and whose weight does not exceed 92 lbs may participate at the PeeWee (PW) tackle level. 9, 10 and 11 year old PW players will receive a half pound weight increase allowance on a weekly basis. PW players who are 12 years old DO NOT receive a half pound allowance and must remain at or below 92 lbs for the entire season.
- c. "X-Man" participants are allowed at the Midget level only. An X-Man is a player whose League Age is 11, 12 or 13 years old that weighs more than 180 lbs or a player whose League Age is 14 years old that weighs more than 150 lbs. If at any point during the season (from Jamboree through Playoffs and Championships) they weigh more than 180 lbs at an official weigh-in, they will be designated as and "X-Man" and will retain that designation for the remainder of the season. *Please note that X-Men do not receive the half pound weekly allowance that is afforded to players at the JPW and PW levels because they still are allowed to play.* JPW and PW levels do not have an X-Man provision. X-Man players are allowed to play with the following restrictions:
 - i. X-Men may not carry the ball at any time. If an X-Man recovers a fumble or intercepts a pass the play would stand and the ball will be whistled dead at the spot of recovery or interception.
 - ii. X-Men are not allowed on Kick-Off or Kick Return plays.
 - iii. X-Men must play "at the line of scrimmage between the tackles" which means on offense they must play Nose Guard or Defensive Tackle. They may NOT play Linebacker or Defensive-End or any other position that does not start the play between the offensive tackles at the line of scrimmage.
 - iv. X-Men must start every play from **a 2, 3, or 4 point stance**.
 - v. X-Men are allowed to participate in the fifth quarter.

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6. General Rules Applying to Teams

Official Team Rosters--Must be Certified by the MBYFL Board. The Rosters are to be filled out in player's number order and submitted to the MBYFL Board at the Official Certification. Official Certification will be held prior to the Official Weigh-Ins. No freshmen are allowed to participate. No 8th graders are allowed to participate at the PW level. No person who is a registered sex offender will be allowed to coach in any capacity within the MBYFL, nor be an active member in the organization including, but not limited to, Board Members, Weigh Masters, Equipment Managers, Photographers, etc.

- a. Maximum/Minimum Certified Roster Size:
 - i. Midget and PW teams shall not have more than 44 players.
 - ii. JPW and Might Might (MM) teams shall not have more than 33 players.
- b. Minimum Roster Size at Games-- A minimum of 15 players must be suited up and eligible to play at each game. If a team fails to suit up the minimum number of players, it will forfeit the game to its opponent. Any team that forfeits two successive games by reason of insufficient numbers of players will be disbanded. The remainder of its season shall be forfeited. If a team fails to field a team and does not give the opposing team a 48-hour notice that they will not be able to play the game, they will pay the opposing team 1/3 of their field expenses, per game. This will be paid through the MBYFL.
- c. Drops and Adds-- A team may add players to its Certified Roster as long as said Roster was Certified below the League Average, or to replace those originally Certified and no longer on the team for any valid reason. **Provided they have their 10 hours of conditioning.**
- d. No player may be added after 15 days from Jamboree. Exception can be made if the team is in jeopardy of disbanding by not being able to field a team with the minimum number listed, as noted above.
- e. To add a player, the Head Coach must call the **(MBYFL Player Agent)** and furnish the player's name, address, date of birth, and date of physical examination. The player must complete 10 hours of conditioning prior to any physical contact.
- f. After 10 hours of conditioning is completed, the Head Coach will contact the President and make arrangements to get the player Certified. The Head Coach will submit proper documentation for Certification to the President for player additions to the Roster.
- g. Late players may be Certified by an opposing team's Weigh Master provided the criteria for adding players, as explained in this section are met.
- h. Anyone that passes the background check for the season must wear a visible badge/Field Pass at all times and can be double checked by the opposing team at any time for the safety and security of the children.
- i. Organizations may not hold in-person registration within another organization's boundaries.
- j. Pre and Post Game Ceremonies must be held behind each team's end zone.

7. Coaches

- a. The coaches of a team are in complete charge of the team whenever it is together for the purpose of practice, games, or any function the coach requires the players to attend. The coaching staff is under the direction of one of its members, the Head Coach. The Head Coach cannot maintain the President position of the Organization at the same time as being Head Coach of a team. Max number of coaches consists of one (1) Head Coach, and eight (8) assistant coaches for each division, plus no more than two (2) high school volunteers. The following applies to ALL coaches:
 - i. A Head Coach must be 21 years of age. Must be USA Football certified in current standing. Proof must be provided to the MBYFL Board.
 - ii. Assistant coaches must be at least 18 years of age or a high school graduate. A team may have a maximum of eight (8) assistant coaches. All assistant coaches must be USA Football certified in current standing.
 - iii. Teams are permitted to carry coach trainees, who must be a minimum of 16 years of age. These persons must conduct all coaching under the eyes of at least one of the assistant coaches, and may not handle players independently.

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- iv. No person who is a registered sex offender will be allowed to coach, assist or advise in any capacity within the MBYFL.
- v. The Head Coach will determine the assignments of the assistant coaches.
- vi. In the absence of their being a specialized, trained person affiliated with the team in the medical area (physician, paramedic, specially trained volunteer) one of the coaches of the team must be the holder of a valid RED CROSS FIRST AID CARD or its equivalent.
- vii. Coaches are approved by the organization's Board in all cases. The MBYFL requires the qualified Red Cross' person's name and a copy of their certification submitted with their team's registration.
- viii. Once approved for coaching, a coach is automatically terminated at the close of each season. To coach the next year, the candidate must again apply and be selected by their organization boards.
- ix. Each team will send a least one coach to the Annual League Coaches Meeting.
- x. Coaches do not make team policies, rather, they carry them out. However, on the playing fields, and practice fields, the coaching staff is in complete charge and shall not be interfered with except in cases of rule violations and any other conduct deemed by higher authority to be inimical to the welfare of the youth.
- xi. The Head Coach has final responsibility for his action and those of his assistant coaches, players and staff.

8. Coaches' Code of Conduct

- a. Refrain from smoking or using tobacco of any kind on the field.
- b. Not criticize players in front of spectators, but reserve constructive criticism for private or in the presence of team players if other might benefit.
- c. Accept decisions of the game officials on the field as being fair and called to the best of the said officials ability based upon point of view of situation.
- d. Not criticize an opposing team, its players, coaches and/or fans by word of mouth or by gesture.
- e. Emphasize that good athletes strive to be good students and are both physically and mentally alert.
- f. Strive to make every football activity serve as a training ground for life, and a basis for good mental and physical health.
- g. Emphasize that winning a game is the result of good team work.
- h. Refrain from excessive "sideline" coaching and don't leave the bench area to shout instructions from the sidelines.
- i. Together with the MBYFL Board and game officials, you will be jointly responsible for the conduct and control of teams, fans, and spectators. Any fan that becomes a nuisance and out of control shall be asked to leave.
- j. Refrain from using abusive and/or profane language before anyone connected with the game. The person who commits the offense shall be the person who is penalized.
- k. Coaches shall not touch a player by his facemask or grab a player by his shoulder pads in any manner due to the potential harm. Such contact with a player shall be deemed as inappropriate for any member the coaching staff.
- l. Refrain from "piling it on/running up the score." Such as when a team attains a commanding score and continues to raise the score as high as possible. In these situations, every effort shall be made to allow every player to play.
- m. Not receive payment in case or kind for services as a coach in the MBYFL. This provision shall not apply to public employees, who as part of their duties, coach a team.
- n. Not permit or encourage "sweating down" tactics in order for a player to make the team weight.
- o. Not permit an ineligible player to participate in a game.
- p. Not deliberately incite unsportsmanlike conduct.
- q. Shall abstain from the consumption of alcoholic beverages and/or illegal substances on both game and practice fields.

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- r. Remove any player from the game or practice when even slightly in doubt about his/her health, whether or not as a result of injury, until competent medical advice is available.
- s. Control your fans. Remember as a coach, you're responsible, along with your organization and board, and fan reaction will usually be in step with your actions.
- t. Uphold all rules and regulations set by the MBYFL.
- u. No coach will be allowed to participate in a team practice or activity when under the influence of alcohol. Under the influence to be defined as having the obvious smell of alcohol or illegal substance on your person.
- v. Games cannot start until the National Anthem is played or if not available, a moment of silence is held. All coaches and players will remove their headgear.
- w. Any form of neglect by a coach or advisor will carry the disciplinary actions as listed in the Rule Enforcement section, unless the MBYFL Executive Board deems alternate discipline is necessary.
- x. Failure to comply with the coaches' code of conduct will result in the following:
 - i. First Offense- Two week suspension;
 - ii. Second Offense- Suspension for the remainder of the season;
 - iii. Further Offenses- Fines will be in increments of \$50 each, with the exception of Rule 9 i.
 - iv. Teams (either the organization as a whole or individuals of that specific organization) that are deemed to have violated MBYFL rule(s) may be imposed a penalty of either six (6) or twelve (12) Championship Points in that season's standings based upon the severity and frequency of the infractions or violations. If the infraction takes place during the off-season the penalty will be imposed at the beginning of the upcoming season.
 - v. In the event that a coach is ejected from a game (where he/she must vacate or be removed from the field of play) he/she will automatically be suspended for one (1) week. There will be no appeal to the suspension; however, the fine can be appealed in writing to the MBYFL Board. If the ejection occurs prior to a bye-week, the suspension will be for the next whole week and the game.
 - vi. All fines are to be paid to the MBYFL prior to a coach returning to the practice field. As with absence fines, the responsible team's organization will forfeit its voting rights until the fine(s) have been paid. Furthermore, it is the responsibility of the Head Coach and the organization's President to see to it that the Coaches' Code of Conduct is adhered to.
 - vii. The aforementioned fines are merely recommendations and the MBYFL Board reserves the right to issue additional amounts and/or additional terms and conditions with which an individual may be required to comply with in order to remain in good standing with the MBYFL.
 - viii. Immediate Crisis/Conflict Resolution-- A decision will be discussed with a minimum of one (1) MBYFL Board member and the two (2) organization Presidents or senior board member(s) of the organizations on the field. A vote will take place immediately. The President of MBYFL will be notified as soon as possible, and the situation can be re-discussed at the next MBYFL Board meeting.

9. Players-- Fifth Quarter

- a. Mandatory Play Rule (MPR)-- The MBYFL meets its MPR by having a mandatory 5th Quarter. Any player who doesn't play in the regular game must play in the 5th Quarter. Starters may play in the 5th Quarter in their non-starting positions, ONLY when necessary to field a team.
- b. No starter will play in this period unless the team has less than 22 players or injuries prevent a team from complying (a "starter" is defined as a player who plays a specific position(s) during the regular game).
- c. All players who have not played in the regular game will play in the 5th Quarter unless they are being disciplined or injured. This information will be made known to the opposition prior to the regular game.
- d. The 5th Quarter will run without a clock. Each team will run twelve (12) consecutive offensive plays. However, game officials will keep a forty-five (45) second play clock from the time the head official signals play is ready. Any offensive team not commencing play within the forty-five (45) second time period will forfeit that play except when the delay is the result of an action on the part of the defensive team.

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- e. The 5th Quarter cannot be waived unless the following conditions exist:
 - i. Both Head Coaches and Head Official agree that the ENTIRE 4th Quarter was played under "Mercy Rule."
 - ii. All players have had adequate playing time during the regular game.
 - iii. Nothing in the above rules will be used to force continued play if it is not in the best interest of the players or a safety factor becomes an issue.
- f. No coaches are allowed on the playing field during the 5th Quarter.
- g. Only eleven (11) players per team are allowed on the playing field during the 5th Quarter.
- h. Any coach who refuses to play a 5th Quarter may be suspended.
- i. In the event a player is physically or mentally challenged and does not exceed 180 lbs weight limit, but exceeds 9th grade, this player can only participate in the 5th Quarter, or in the event of the Mercy Rule. This rule is known as the "David Rule."
- j. At the end of 4th Quarter, the score will be posted and recorded, the scoreboard will be reset and 5th Quarter scores will be posted. No Championship Points will be given for 5th Quarter play. The Championship Points are based on the score at the end of 4th Quarter or at the end of a game that has been ended due to the Mercy Rule for games between the opponents that are in the same conference for the specific season.

10. Registration

- a. A player candidate cannot begin practice with a team until he has registered. To register, the player must sign a standard, locally supplied form approved by the MBYFL Board. A registration fee may also be collected at any time. The player must also furnish the following:
 - i. Parental/Guardian Consent-- A written statement from either parent or legal guardian, stating that the child has his/her permission to play. This will be on the standard form and the primary custodial residence must be stated. Two (2) proofs of residency MUST be provided and verified (the name(s) of the parent/legal guardian must match the name on the proof of residence. In the event that guardianship differs from identified parents on the birth certificate, proof of legal guardianship must be presented as proof of legal authorization to permit player to participate. The two (2) Proofs of Residency are required for registration and included for "Book Certification".
 - ii. Medical Certification-- A signed statement from an examining physician that the player candidate is physically fit and that there are no observed conditions which would preclude his/her from playing football and/or cheerleading. All players/cheerleaders must have a physical prior to season start.
 - iii. Proof of Age-- A copy of the player candidates birth certificate, passport or military ID are acceptable proofs of age. Proof of age must be submitted with the player's standard application form at the teams' organization's Official Weigh-In & Book Cert. Any fraud will be cause for suspension of anyone involved for the season. Altered birth records will not be accepted. Prior MBYFL player applications with proper seals, signatures, and pictures may be used.
 - iv. Players in foster homes or wards of the Court who cannot produce a birth certificate will be allowed to use the following:
 - 1. Copy of a letter sent to the Department of Social Services or Probation requesting the birth record;
 - 2. Copy of the reply from either agency stating the birth record is not available; and
 - 3. Copy of the Department of Social Services or Probation records that reflect the age of the player.
 - v. Exceptions may be brought to the MBYFL for discussion.
 - vi. Two proofs of residency must be included for registration and Book Certification

11. Cutting of Players

- a. There are two (2) classifications of player "cuts."

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- i. Mandatory Cuts-- Any player must be cut who:
 1. Weighs ten (10) or more pounds above the maximum weight limit for the selected division of play at the time of the initial practice session. This rule is at the discretion of each organization who will determine if the child will be able to continue as long as the parents and the player's doctor sign a note stating it is health for the player to participate.
 2. Is found to have signed up as a result of parental pressure or tells team management he/she does not really want to play.
 3. Refuses or cannot furnish the four (4) required items for registration: Parental Consent, Medical Examination, Proof of Age, and Proof of Residency.
 4. Has one (1) or two (2) artificial legs, unless permitted by the applicable state high school association rules, and approval by the primary physician. However, a player with an artificial hand or arm may play upon removing it.
 5. Is found to be simultaneously trying out for a school tackle football team, or who, once the season starts, is found to be playing for a school tackle football team. Junior high school flag football programs are allowed.
 6. Attempts to intimidate fellow players in practice by word and/or deed.
 7. Is an extreme disciplinary problem.
- ii. Voluntary Cuts-- A player shall be considered a voluntary cut or "self-cut" player when he/she simply no longer shows up at practice and/or games on their own free will.
- b. Re-Assignment of Cut Players-- All players cut for any reason shall be identified to the MBYFL President. The notification shall take place by telephone call on the day the cut(s) is(are) made. However, in each case of an Involuntary Cut, in addition to the telephone call, the player's Player Card is turned over to the MBYFL President. This player card shall constitute a "release" allowing said player to sign on with any other organization, even if said organization's boundaries are outside of the player's proof of residency address.
- c. All players Involuntarily Cut are assigned to the MBYFL Player Pool, and the organization responsible for the cutting loses all subsequent rights to the player(s). The MBYFL will give the names and addresses of all eligible cut players to any other team in need of additional players. If a cut player is picked up by another organization and plays for one season, the player has the option to stay with the organization that picked him/her up.
- d. Not all Involuntarily Cut players will be able to hitch onto a new organization before the first game of the season, but they will remain in the MBYFL Player Pool, as they are eligible as "Adds" to Certified Rosters of organizations and/or teams suffering loss of players due to Voluntary Cuts, illness, injury, players moving out of the area, failing school work, etc.
- e. Any organization accepting a release player will receive and maintain the player's Release form and keep it with the player's Player Card for review of player's status if requested.
- f. No Involuntary Cuts are allowed at the JPW level. Participation will be based upon a "First Come-First Serve" registration.

12. Waivers

- a. During the sign-up period, any player requesting to play outside of their zone/boundary must be sent to the organization he/she belongs to and may not sign-up out of their zone/boundary until the player is granted a waiver. Each player must use their true physical address to determine their zone/boundary. **IF A TEAM ALLOWS A PLAYER OUTSIDE OF THEIR ZONE/BOUNDARY TO PARTICIPATE IN ANY FASHION PRIOR TO RECEIVING A SIGNED WAIVER, THE OFFENDING ORGANIZATION WILL BE SUBJECT TO PENALTIES INCLUDING DEDUCTION OF CHAMPIONSHIP POINTS.**
- b. The waiver process needs to be handled by the President or Heach Coach/Head Advisor of both Organizations/Teams involved.

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- c. Shared Boundaries-- Note: The Toro Bulls and Soledad Warriors will share Chualar area; Soledad Warriors and King City Stangs will share the Greenfield area for boundaries.
- d. ALLOCATIONS-- ALLOCATIONS ARE NOT WAIVERS; THEY ARE TO ALLOW CHILDREN WHO HAVE NEVER PLAYED IN THE MBYFL IN ANY CAPACITY IN THE PAST TO PLAY FOR TEAMS THAT WERE UNDER LEAGUE AVERAGE BASED ON OFFICIAL ROSTERS FROM JAMBOREE. ONE (1) PLAYER FOR EVERY THREE (3) PLAYERS BELOW LEAGUE AVERAGE WILL BE ALLOCATED. THE MBYFL EXECUTIVE BOARD WILL CALCULATE THE ALLOCATIONS AND DISTRIBUTE TO ALL TEAMS.
- e. With the exception of Allocations, each Organization will only be granted twelve (12) waivers for football and twelve (12) waivers for cheer. Three (3) waivers for Mighty Mite, three (3) for JPW, three (3) for PW, and three (3) for Midgets divisions, both football and cheer. The waivers cannot be intermixed or used together to have more than three (3) waivers for any one (1) division.
- f. Exceptions-- If a player is cut , the player will be granted the ability to play wherever he/she wants, no waiver will be required from either organization, but must bring the released player card with them. Additionally, if an organization's team/squad at a certain level is full and no longer accepting players, a player/cheerleader may register to participate with any organization within the MBYFL without the need for a waiver.
- g. Waivers are granted only for the following:
 - i. Agreement among organizations;
 - ii. Hardships must be presented at the league waiver meeting and approved by the MBYFL Board;
 - iii. Official waiver forms must be submitted to MBYFL Board for approval;
 - iv. Notes:
 - 1. No waivers will be approved if the team losing the player is in danger of having an inadequate number of players to field a team;
 - 2. Any player found to have violated these waiver rules would cost their team to forfeit all games that they played in;
 - 3. If there is a question with residency the MBYFL Player Agent will conduct a search to verify the validity unless the player is of the Player Agents own organization, then another MBYFL Executive Board member will conduct the verification to keep it neutral; and
 - 4. Any participant (football and cheer) with an approved waiver will not be eligible to participate after the regular season ends (after season play includes any/all MBYFL Play-Off games, MBYFL Championship games, outside cheer competitions, including Regionals and Nationals) until the season following the first waived season of play; NO EXCEPTIONS WILL BE MADE.

13. Certification of Players

- a. Certification is the process whereby the Organization will file with the MBYFL, a complete roster of players for the regular season schedule. The Organization is required to use the official MBYFL Roster form.
- b. Designated "Player Cards" should be made using white card stock using the official MBYFL form for the current season of play.
- c. Certification will be completed prior to Jamboree or the first league game, whichever comes first. The procedure for accomplishing Certification is below. To be Certified onto an organization's Team Roster, a player shall qualify under the following:
 - i. Eligibility according to residence;
 - ii. Players may be eligible for specific organizations if they are "grandfathered" in by means of previous years participation; and/or
 - iii. Must have a signed/approved waiver from the organization whose boundaries with whom they reside if they registered with an organization outside of their boundaries.
- d. Each organization shall attempt to assign first time players to the lower age/weight division for which the player is qualified by a combination of age and weight.

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- e. Once Certified for a particular division , a player shall not be permitted to be reCertified into another division unless approved in writing by the MBYFL Board.
- f. A player shall meet the age and weight requirements as specified on the applicable age/weight schematic in this booklet.
- g. Ages shall be verified by birth certificate as explained earlier under "Proof of Age."
- h. A player who fails to make weight and falls into the weight bracket of another division may be moved to that division only on the day of the Official Weigh-Ins.
- i. A player shall be ineligible for any division wherein he fails to meet the maximum weight limit wherein prescribed at Certification.
- j. Use of a players photo in omse form is mandatory as part of the Certification ID process. It is required that the player is identifiable and in their game jersey and/or with their number visible in the photo.
- k. Any organization that fails to certify their roster and meet the certification requirements on the day set for Certification could face disqualification for the season.

14. Determination of Certification Weights

- a. Certification weight is official weight as determined by the MBYFL. Determination of weight by the MBYFL is final.

15. Official Weigh-In

- a. Time and place will be set by the MBYFL Board.
- b. Official weigh-ins will be held the day of Jamboree of the first season game, whichever is first.
- c. Player cards will be fully completed with photos and required birth records at least seven (7) days prior to scheduled weigh-ins. These cards will be given to designated MBYFL Board members upon request.
- d. Two (2) copies of team rosters will be submitted with the Player Cards. The player cards will be:
 - i. In numerical order (game jersey number), lowest number first;
 - ii. Printed legibly or typed;
 - iii. Completed with all required information including name, address, telephone number, and birth date. Excluded is their official weight and signature of the designated organization personnel.
 - iv. The appropriate league approved color for certain player cards are mandatory
- e. Only MBYFL Board, Head Coaches, Weigh Masters, players, and persons designated by the MBYFL Board to assist in weigh-ins, may be present during weigh-ins.
- f. Any required corrections will be directed to the Head Coach so he can get them made prior to weigh-in date.
- g. MBYFL Officers, who will be assisted by the team Head Coach and Weighmaster, will conduct the actual weigh-in.
- h. Only certified scales will be used for official weigh-ins. Scales must be certified within the calendar year with a county decision of weights and measures sticker affixed, so stipulating. Also, all teams should have scales at all games-- no matter if home or away.
- i. A team will be lined up in numerical order with lowest number first. Each player will wear their game jersey, under shorts, and a padded girdle. No shoulder pads, helmets or shoes will be worn.
- j. Weigh-In will start with lowest the lowest numbered jersey and each player will only come to the scale one time. Player will be weighed. If there is a question in the weight, player can remove jersey and shorts and be repositioned on the scale. That weight is final and if player does not make weight, the Player Card will be taken and turned over to the League Secretary or President with "INELIGIBLE" written across the weigh-in record. If a player is weighed in the nude, only males will weigh-in males, and only females will weigh-in in females. A player may not leave the immediate area of the scale once their turn to weigh comes up. This includes using the restroom. After the player makes weight, it will be recorded on the Player Card. All League stamps and signatures will be affixed and weight recorded on the team roster and card turned over to the Head Coach or his designated representative.

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- k. After weigh-in for each team is completed, rosters will be completed and league seals and signatures will be affixed. The original will be maintained by MBYFL and a copy with seals and signatures affixed will be given to the Head Coach to keep with his team's Player Cards. The MBYFL will keep all team rosters for a period of four (4) years.
- l. The team rosters will be distributed to each team as soon as it is practical.
- m. Changes to age and/or weight classifications may only be proposed during the rule change meetings following the completion of EVEN years seasons.
- n. Boundary change proposals may only be proposed during rule change meetings following the completion of EVEN year seasons.
- o. Any league officer who violates this procedure will be removed from office.
- p. If a player is within three (3) lbs of the maximum weight at the time of certification and the team is below league average roster size, the player will have a maximum of fifteen (15) calendar days to meet the official certification weight as of Jamboree. *Note: This allows does not apply to the Midget division.*

16. Certification Additions

- a. No Midget/PW team may bring to the Official Weigh-In more than forty-four (44) players; no JPW team may bring more than thirty-three (33) players; or the maximum as set in the current rules and regulations.
- b. Any player submitted for Certification that does not get Certified for any reason cannot be added at a later date.
- c. Exception 1: If the player has a medical waiver (weight issues) they must be brought to the MBYFL Board prior to the official weigh-ins for consideration;
- d. Exception 2: Any player who would have been Certified but due to an unavoidable absence or tardiness may be added if a team roster is below league average size and meet the following requirements:
 - i. Meets Certification weight;
 - ii. Player was signed up and practicing with the team;
 - iii. Player's Card was presented for Certification;
 - iv. Player could not attend Official Weigh-In due to a demonstrated and verifiable reason, such as a death in the immediate family, an accident on the way to weigh-in, or a contagious disease verified by a doctor or hospital.
- e. The list of players that cannot make Official Weigh-Ins must be submitted to the MBYFL Board at the August Meeting- if possible. If not known before the day of the Official Weigh-Ins, the proof of verification must be presented to the MBYFL Board as soon as can be obtained, before a decision is made by the Leagues, and MBYFL Board, if the reason falls into one of the items listed above.
- f. Any player added after Certification has been completed is still required to make Certification Weight, the same as if the player had attended the Official Weigh-In.

17. In-Season Weigh-Ins

- a. Official weigh-in times for regular season games is sixty - ninety (60-90) minutes before the game, with visiting team weighing-in first.
- b. Playoff and Championship weigh-in time may be altered by the MBYFL Executive Board if necessary. Championship Game weigh-ins will be conducted by MBYFL Board Members with Head Coaches from each team present.
- c. Will be conducted by a designated Weighmaster of each team playing. Visiting team will weigh-in first.
- d. Weigh Master will not weigh their own team.
- e. Only players, Weigh Master, and one Head Coach per team, for control purposes, are permitted at place of Weigh-In.
- f. Weighmaster will put Player Cards in order and line players up in numerical order with lowest number first.
- g. Each player will be weighed in order and be asked to step on the scale. They will be in game jersey, undershorts, padded girdle, and/or game pants. If the player is close to maximum weight, player may

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remove all clothing and be positioned on scale and weighed. This weight is final and the Weighmaster will follow instructions on weigh-in record. If player is weighed in the nude, only males will weigh-in males and females will weigh-in females. Note: If a player is within three (3) pounds of making official weight and the team is below league average their card will be pulled and they will not play in Jamboree; but if they can make weight within fifteen (15) days from Jamboree then they can be re-weighed at the first season game by an MBYFL Official and be added to the roster.

- h. No player may leave the immediate area of the scale when it comes time to weigh-in.
- i. If a player misses their turn to weigh-in when it comes up, Weighmaster will write in TARDY. If a player misses their turn to weigh-in when it comes up and this is the second consecutive tardiness, Weighmaster will write NOT ELIGIBLE and that player will not play that ball game.
- j. A player who misses Weigh-In shall be allowed to weigh in at a later date and shall weigh no more than the allowed weight at the initial missed Weigh-In.
- k. Weighmaster will notify each Head Coach the name and number of any player who did not make weight and the total number of players who are eligible to play in the game.
- l. Only certified scales will be used for Weigh-In. Both teams must have scales at all times (home and away).
- m. If a scale becomes inoperative during Weigh-In, attempts will be made to get another scale. If no scale can be obtained, no player will be denied a right to play. This information will be forwarded to the MBYFL President and the scale owner will have the scale recertified prior to the next Weigh-In.
- n. Decisions of Weigh Masters are final.
- o. All Weigh-Ins will be conducted in a facility that affords privacy and can be restricted against public use while the Weigh-In is being conducted.
- p. Any Weighmaster who violates rules will be suspended for the season and game(s) may be forfeited at the discretion of the MBYFL Board of Directors.
- q. No team shall be allowed to practice, collectively or individually, prior to any Weigh-In/Book Certification on game day. Warm-ups may begin immediately after team has completed Weigh-Ins/Book Certification.

18. Weigh Master

- a. All Weigh Masters must meet the following:
 - i. Male Weigh Masters will weigh-in males and females will weigh-in females.
 - ii. Cannot be an active working coach, or coach trainee with the specific team and level of play being weighed.
 - iii. Must be familiar with all rules and regulations pertaining to Weigh-Ins.
 - iv. Organizations are responsible for training their Weigh Master.

19. Grandfather Rule

- a. Sibling must be actively involved (player) in the organization at least one (1) year before the other sibling may join the organization (as a grandfathered player).
- b. Parent or Guardian must have been a coach/advisor, or Board member for at least one (1) year, the prior year, in order for the son or daughter to join the organization (as a grandfathered player).
- c. The player must have participated in the organization previously to be considered "grandfathered in."

20. Practice

- a. Pre-season practice will not begin before July 23, 2018.
- b. One person holding a Red Cross first aid card or its equivalent, if not be a volunteer physician, must attend all practices.
- c. An adequate first aid kit will be kept at each practice and game.

21. Initial Weigh-In (First Practice)

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- a. The purpose of this Weigh-In is to check players, to know who will need watching by the coaches, the players and their parents.
 - i. JPW: Players ages six -eight (6-8) who are ten (10) lbs or more overweight will be allowed to practice on approval of Organization President AND with Doctor's note.
 - ii. JPW players who are nine (9) years old who weigh 72 lbs have to move up to PW.
 - iii. PW: Players ages nine-eleven (9-11) who are ten (10) lbs or more overweight will be allowed to practice on approval of Organization President AND with Doctor's note.
 - iv. PW Players who are 12 weigh 92 lbs or more have to move up to Midgets.
 - v. Midgets: Must be aware of X-Man restrictions and implement those procedures at practice so players will be comfortable and aware of restriction during game play.
 - vi. This Weigh-In will be done on the organization/teams scale.

22. Max Hours of Practice Per Week (Before Jamboree)

- a. No team may schedule more than ten (10) hours of practice a week before Jamboree (a week being seven (7) consecutive days, no more than two and a half (2 ½) hours of practice may be scheduled on any one (1) day. Break times are counted against the 10 hours per week and/or 2 ½ hours per day allowed practice time).

23. Max Hours of Practice Per Week (After Jamboree)

- a. Practice after Jamboree weekend is limited to seven (7) hours during the school week (a school week being defined as Monday through Friday). Practices are not to exceed 2 ½ hours per day during the school week. Saturday "Chalk-Talks" and light practices are not to exceed three (3) hours (a light practice is to be defined as helmets and shoulder pads being the only gear allowed and there will be NO physical contact.) If the (7th) maximum practice time is not reached during the school week, the balance of the practice hours may be used on Saturday. [Example: Four (4) hours accumulated during the school week in full gear, the two (2) hours remaining may be used on Saturday.] If teams play on a Saturday, the light practice or "Chalk-Talk" may be held on Friday. Break time is counted during your weekly practices.

24. Full Protective Equipment Required

- a. At all practices, pre-season and/or regular season, where person-to-person or person-to-dummy contact takes place, each player must be dressed in the full protective equipment described in this booklet.

25. Warm Weather Precautions

- a. Organizations must guard against serious heat problems, which in high school and college cases, have occasionally result in death. The training regimen of any organization/team practicing under high heat and/or humidity conditions must:
 - i. Limit or eliminate laps entirely. DO NOT assign laps for disciplinary reasons.
 - ii. Schedule practices for early evenings, after the sun is low.
 - iii. Give players all the water they want to drink, when they want it. DO NOT substitute soft drinks for water.
 - iv. Each coach must keep an eye on all players and his fellow coaches for the slightest sign of heat exhaustion or fatigue.
 - v. A fifteen (15) minute break is mandatory in the middle of each practice, not to be counted against practice time.

26. Practice Sessions

- a. To prevent possible bending of the rules as a protection of the children, practices are defined as a gathering of players, without minimum number, requiring the presence of at least one (1) coach, where one or more of the following activities take place:

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- i. Chalk-Talk skill session;
- ii. Viewing of fundamental tape;
- iii. Group conditioning;
- iv. Individual skill sessions (QB, receiving, blocking, tackling, kicking, etc.);
- v. Group skill sessions (offense, defense, and/or specialty);
- vi. Dummies and other inanimate contact;
- vii. Play run through without pads (shorts and t-shirts);
- viii. Play run through with equipment, but without contact;
- ix. Inter-squad scrimmages with full pads and equipment;
- x. Thus it can be seen, a so-called "party" at a coach's home, where films are shown, or where football is talked about, can be deemed a practice session, as can a "party" at a parent's home where one or more coaches are present.
- xi. The element of a field need not be present to satisfy the definition of a practice session.

27. Controlled Inter-Squad Scrimmage

- a. Controlled Scrimmage:
 - i. Can only be held against teams in own or similar weight and age division.
 - ii. Can only occur after the second week of practice and only if the ten (10) hour conditioning requirement has been met and ten (10) additional hours of contact practice in full gear has been completed.
 - iii. In a controlled inter-squad scrimmage, there is prior agreement between coaching staffs that:
 - iv. Coaches will be permitted on the field. The MBYFL Board must approve any scrimmage within or outside the MBYFL.
 - v. Long time outs are taken between plays so that coaching staff can instruct and critique their players.
 1. Coaching staffs may inform each other of the plays they are going to run so one team can concentrate on its offensive sets, while the other team improves its defense and vice-versa.
 - vi. There are no officials present.
 - vii. Game score is not kept. In fact, scoring is not the primary goal.
 - viii. No official time is kept other than to assure the two and a half (2 ½) hour practice maximum is not violated.

28. Schedules

- a. The MBYFL Board of Directors has the responsibility of furnishing each of its Organizations a complete game schedule not later than the July meeting and all teams will follow that schedule.

29. Types of Games

- a. Practice Games: Are a regulation four (4) quarter game played entirely by the rules and regulations with officials and medical personnel present. A game clock will be used and score kept. This game can be played between organizations as long as teams are in the same age and weight division. Playing teams within the MBYFL is strongly discouraged.
- b. Pre-Season Games: Are a regulation four (4) quarter game against organizations within the MBYFL and are scheduled by the MBYFL. All game requirements will be met and a fifth (5th) Quarter will be played.
- c. Results of Pre-Season and Practice games will not be used as tie breakers.
- d. Conference Games: If the League has more than one conference, all scheduled League games played against teams within their assigned Conference will be Conference games.
- e. Non-Conference Games: All scheduled League games played against opponents who are not in the same Conference.

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- f. Season Games: All scheduled League games played against League teams that are used for determining League standings.
- g. Playoff Games: Will be any games played to determine a League or Conference Champion.
- h. Bowl or Post-Season Games: Will be any game played by invitation to a Bowl, tournament, or playoff outside of MBYFL. MBYFL rules supersede any rules and regulations set forth by any post-season play.
- i. A maximum of thirteen (13) games and two (2) controlled scrimmages may be played in one season.
- j. The combination of thirteen (13) games can be a combination of practice, pre-season, season (which includes Conference and non-Conference), playoff and post-season games.
- k. The League schedule will determine the amount of League and playoff games so teams can determine their eligibility for practice games and post season games.
- l. No team may schedule any games without the MBYFL approval. The MBYFL Board may make approval if there is not time to present at a regularly scheduled meeting. Prior account will be taken of all local and state laws pertaining to the scheduling of football games.
- m. The games will be played on Sundays, unless Saturday evening games are requested at the beginning of the season and approved by the MBYFL as well as the officials. JPW game will commence at 9 AM, PW at 2 PM, and Midgets at 11:30 AM. Prior MBYFL approval needed for any deviation from this schedule.
- n. A period of at least four (4) full days (ninety-six (96) consecutive hours) will elapse between the end of one game and the starting of another game up to and including the League Championship game.

30. League Standings

- a. All League games will be used in some form to determine final standings.
- b. Final Standings:
- c. Point System:
 - i. Twelve (12) points for a win or a tie win;
 - ii. Zero (0) points for a tie loss; and
 - iii. Zero (0) points for a loss.
- d. If the game is a double forfeiture both teams will receive zero (0) points.
- e. California Tiebreaker: Is mandatory in the event of a tie game. **THE TIE WILL BE BROKEN BY USING 10 YARD LINE OVERTIME PROCEDURE.** (see tiebreaker section)

31. League Standings Tie Breaking Procedure

- a. Head-to-Head Competition.
- b. Most wins.
- c. Coin toss (Coach that has held his position as Head Coach with the same organization for the longest term calls the toss).

32. Season Scores

- a. The home team is responsible to call in the final score of all games hosted.
 - i. Call/text the League President/Secretary.
 - ii. Report the scores within twenty-four (24) hours after the games are completed.

33. Play-Offs

- a. Seeds #1 and #2 form each Conference and will receive a Bye in the first round of playoffs. Seed #3 will play Seed #6, and Seed #4 will play Seed #5. Second (2nd) round of playoffs will consist of Seed #1 playing the lowest remaining Seed from their Conference and Seed #2 will play the highest remaining Seed that advanced from the first round of playoff games. The third (3rd) round of playoffs will be the Conference Championship between the two remaining teams that advanced from the second (2nd) round of playoff games. The winners of each Conference Championship will play in the League Championship "Super Bowl" to determine the League Champion. This League Championship game will be played at a

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neutral site, chosen and arranged by the MBYFL Executive Board. Locations for JPW playoffs will be determined by the highest seeded Midget team in their Conference. The PW locations will be determined by the highest seeded PW teams in their Conference.

- b. Fifth (5th) Quarters will take place following Playoff Games, but fifth (5th) Quarter during Playoffs will consist of six (6) offensive plays for each team.
- c. Mercy rule in any playoff game will result in a running clock.

34. Tie Breaker Rules

- a. Same as High School tie breaker rule.
- b. One (1) Timeout will be allowed per OT.
- c. At the completion of regulation playing time a coin toss with Head Coach and team captains will take place.
- d. Coin Toss Options:
 - i. Offense;
 - ii. Defense; or
 - iii. Defend Goal.
- e. The ball will be placed with nose on the ten (10) yard line. Both teams will run offense from the same end of the field. The offense will have four (4) downs to score.
- f. There will be no first downs awarded unless by penalty.
- g. Kicks of any kind are allowed (extra point and field goal).
- h. If a touchdown is scored, the team scoring is awarded six (6) points. There will be a try allowed for one (1) or two (2) extra points.
- i. If a safety is awarded, or a defensive interception or fumble recovery leads to a touchdown, the defensive team is declared the winner. A fumble recovery or interception with no touchdowns ends the offense possession. The defensive team takes over on the offense for their four (4) downs from the ten (10) yard line.
- j. Fouls and penalties are enforced in the same manner as a regular game, if penalty results in "loss of down" the offended team snaps from the end of the penalty enforcement.

35. MBYFL Board

- a. Playoff and Championship Games are the responsibilities of Monterey Bay Youth Football League who will:
 - i. Contact all Organizations involved for setting times and dates.
 - ii. Will set weigh-in times.
 - iii. Coordinate with Host Teams.
 - iv. Field preparation.
 - v. Scheduling of Medical Personnel.
 - vi. Scheduling of Officials.
 - vii. Scheduling of Chain Gangs
 - viii. Collecting Gate-MBYFL will pay Officials
 - ix. Concession- Home team will provide facility.

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2018 MBYFL Board of Directors

President - Clovis Clinton
1st Vice President - Valerie Valdez
2nd Vice President - Alicia Rowsey/Bunn Washington
Treasurer - Anna Rocamora
Cheer Advisor - Melissa Gonzalez
Co-Secretary - Margaret Graves
Co-Secretary - Claudia Washington
Player Agent - Jason Gorman/Simon Olguin
Communications Officer - Arnold Bernal
Weighmaster - Juan Martinez
Insurance Commissioner - Rob Bauer
Compliance Officer - Mali Cuda

36. League Officers & Directors

- a. There will be at least one (1) League Rep/Officer and one (1) MBYFL Director present at each game. An officer may be present in lieu of a Director. Director/Officer will not be a representative of organization/teams participating.
 - i. They will make any decisions for the MBYFL Board regarding rules and regulations.
 - ii. Will rule to prevent a protest.
 - iii. Will remain in area of playing field but not with either team.
 - iv. Will be prepared to answer any questions raised regarding officials, coaches, players and fans for future playoff games.

37. Playing Rules

- a. Except as specifically modified by the MBYFL, all games are to be played under the state rules for varsity football of the individual members of the National Federation of State High School Athletic Association.
- b. The rules, which follow, correspond by Rule to National Federation of High School rules and represent an emphasis on those rules unless a specific deviation is indicated.
- c. ***NO ARTIFICIAL NOISEMAKERS.**
- d. "Cut Blocking" or blocking below the waist at the line of scrimmage or in the open field is NOT permitted.
- e. On field staff, such as game officials and medics, need to maintain neutrality by avoiding contests that may include a conflict of interest, such as family participating as players or coaches.

38. Points of Emphasis

- a. The home team shall be responsible for the presence of a game physician and/or ambulance at each game. In the absence of a physician or ambulance, the minimal safety requirements will be the presence of an individual associated with the home team who is currently EMT qualified and that individual will be on the sidelines. This person will know where the nearest phone is and have the phone number of ambulance with them and will also present themselves to game officials prior to kick off. The EMT assigned for the game shall notify the Head Officials (white cap) of any player not fit to go back into the game. The Head Official (white cap) may deem at any time that a player is unfit to play.
- b. All teams are required to have a staff member carry the entire teams' medical release forms that include all emergency phone numbers, etc., in case of emergency. This information is all found on the individual registration form (Player Card).

39. Game Officials

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- a. The MBYFL Board is responsible for arranging for the presence of minimum of three (3) Certified Officials. A Certified Official is an official who is a member in good standing with the area's High School Officials Association and who is not considered to be in probationary status. It is recommended that whenever possible, the area's supervisor of officials be contacted to make arrangements.
- b. Payments to Officials are the responsibility of the Home Teams' organization during regular season games and by MBYFL during Playoffs and Super Bowl. Officials should be made aware of any rule deviations.

40. Chain Gangs

- a. Chain crew will consist of three (3) people, at least one (1) person being an adult (For this purpose, an adult being a person over the age of eighteen (18). Persons under the age of eighteen (18), may assist so long as they are competent to do so.
- b. Organizations should train their chain crews so they are familiar with the functions of the chain crew.
- c. No coach may work the chains during regular season or Playoff games. As a chain working person you will become a part of the officiating crew and no cheering or advising players for either team is allowed.
- d. NOTE: Cell phone use is prohibited during games by chain crew.

41. The Field & Markings

- a. The "Home Team" is responsible for the preparation of the playing field and all the required accessories for the game in accordance with High School Rules. It is emphasized that lines and other markings shall be on a non-caustic material.
- b. It is emphasized that the bench area is reserved exclusively for players, coaches, and authorized team personnel only. The sidelines reserved for the game medic, and the chain crew positioned on the opposite sideline from the Press Box (operation down marker and chains), with the balance of the sideline areas kept clear, except for authorized personnel. Chain crew and stat keepers will not talk to players or coaches while the game is in progress.
- c. Goal post are not mandatory. In the absence of goal post, kicking the point-after shall not be permitted.
- d. All goal post will be padded.
- e. No metal sideline markers allowed. Must be updated to foam (padded).
- f. Game admission fees are not to exceed the League mandated maximum:
 - i. General Admission: \$5;
 - ii. Senior Citizens: \$3;
 - iii. Children 4 to 12: \$1
 - iv. Children 3 and under: FREE
 - v. Organizations may charge \$1 more per person if using the Square Device.
- g. Admission fees may only be changed by a League vote.
- h. No outside beverages or food may be brought into the games with the exception of a cup of coffee / tea per person walking into the game.

42. Game Ball

- a. The ball shall be a good grade of leather or rubber with specifications below
 - i. MIGHTY MITE/JR PEE WEE
 1. "Pee Wee" Ball Size (example, Wilson TN #S5420 recommended for ages ten (10) and under)
 - ii. PEE WEE
 1. "Junior" Ball Size
 2. Length, Long Axis Circumference..... Manufacturer Standards
 3. Short Axis Circumference Manufacturer Standards
 4. Long Axis Manufacturer Standards
 5. Weight Manufacturer Standards

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- iii. MIDGETS
 - 1. "Youth" Ball Size
 - 2. Length, Long Axis Circumference..... Manufacturer Standards
 - 3. Short Axis Circumference Manufacturer Standards
 - 4. Long Axis Manufacturer Standards
 - 5. Weight Manufacturer Standards
- iv. NOTE: The use of "stick-um" or any other foreign application of such on the football or any player's hand is NOT allowed.

43. Player Designations

- a. Each player shall wear a number between 1 and 99 inclusive. Numbers such as "00" are considered illegal and may not be worn.

44. Required Equipment

- a. The following items shall be worn by players in all divisions beginning with physical contact in practice sessions:
 - i. Helmet: Only helmets bearing the NOCSAE Seal or Certification may be worn. Helmets are to be recertified every two (2) years.
 - ii. Shoulder pads.
 - iii. Pants: One piece or Shell
 - iv. Hip pads with tailbone protector.
 - v. Thigh pads.
 - vi. Knee pads.
 - vii. Jersey: Jersey must cover entirety of shoulder pads and optional ribs or tailback pads.
 - viii. Mouth guard (keeper strap required). Must be dark colored, no white and/or clear.
 - ix. Mouth guard/piece must be attached to the helmet.
 - x. Athletic supporter.
 - xi. Shoes: Only sneakers or non-detachable rubber cleat shoes are allowed (soccer style). Football shoes with removable MALE-cleats are acceptable. Male cleats will not be metal and will not exceed ½ inch construction.
 - xii. Non-shattering glass (safety glass) or contact lens where applicable.

45. Uniform Requirements

- a. MBYFL Rules and Regulations require that all players on the playing field be dressed in accordance with the following requirements:
- b. Jerseys must be tucked in the pants or belt length. They may not be worn altered. Any under garments must be tucked in the pants
- c. Jerseys may not be tucked into shoulder pads or rib pads. All pads must be covered. For safety reasons, the midsection must be covered with no skin showing.
- d. Jersey numbers should be fully visible in the front and back.
- e. If a belt is worn, the end should not extend more than six (6) inches longer than the buckle.
- f. No velcro may be used on the uniforms.
- g. Any head covering, bandanas, skullcap, etc. will only be allowed underneath the helmet. If the helmet is removed, the head covering must also be removed.
- h. No jewelry may be worn (earrings, necklaces, etc.).
- i. Any player that is not dressed in accordance with these requirements will not be allowed to participate in the game or practice until he/she is in compliance. If the player refuses to comply, he/she will be ejected from the game and a fifteen (15) yard penalty will be assessed on the Head Coach.

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46. Team Uniform Colors

- a. The following are the primary organization jersey colors belonging to each individual organization:
 - i. Alisal: White and Green (Green secondary to North County)
 - ii. Alvarez: Gold and Navy
 - iii. Carmel: Grey and Red (Red secondary to Steinbeck)
 - iv. King City: Navy Blue and White with Silver
 - v. North County: Green
 - vi. Salinas: Blue
 - vii. Seaside: White and Black (Black secondary to Watsonville)
 - viii. Steinbeck: Red
 - ix. Soledad: Purple
 - x. Watsonville: Black and Yellow
 - xi. Toro: Black and Red (Black secondary to Watsonville and Seaside)
 - xii. Tri-County: White, Grey, Black and Blue
- b. A team may wear any color jersey except when playing a team whose primary color is the same or similar. Thereto, in the event an organization/team wears a color that is the same or similar as its opponent's primary color, the non-primary color organization/team shall forfeit the game.
- c. Examples: Seaside may wear black jerseys when playing against any team except Watsonville. Alisal may wear green jerseys when playing any team except North County. When playing North County, Alisal must wear a jersey color other than green.

47. Period, Time Factors & Substitutions

- a. Length of Periods - Shall be ten (10) minutes for JPW, PW and Midgets.
- b. A team shall be permitted three (3) timeouts per half.

48. Injured Player

- a. Once a player is removed by reason of injury, a player is not allowed to re-enter the game without the approval of the medical person on duty. The player must sit out one play before returning to the game.

49. Scoring Values

- a. Touchdown
 - i. Six (6) points
- b. Point After Touchdown (PAT)
 - i. One (1) point for a run or a pass, two (2) points for a kick; PW and Midget kicks will be run as a standard PAT. JPW PAT kick attempts will be a "Free Kick" which will be teed-up at seven (7) yard line offensive players and defensive players will assume their positions at the line of scrimmage but will remain stationary at those spots and will not make contact with opposing players during JPW Free-Kick PAT attempts.
- c. Safety
 - i. Two (2) points (awarded to opponent)
- d. Field Goal
 - i. Three (3) points (No field goal kicks allowed at JPW level)
- e. Forfeit
 - i. 1-0 score (offended team wins)

50. Junior Pee Wee Division Only

- a. All other rules other than what is listed below will be the same as PW and Midgets.
- b. Punt needs to be announced to head official by the Head Coach prior to the play starting.

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- c. If the extra point conversion is run in they will be awarded one (1) point, and if passed in they will be awarded two (2) points.
- d. No coaches on field at any point during game play, including 5th Quarter.
- e. Eleven on eleven (11 on 11) players: If a team cannot field the 11 on 11, the game will be forfeit, and the game will be played as an "exhibition game" with eight on eight (8 on 8). No fine will be assessed for not being able to field a team.
- f. JPW PAT kick attempts will be a "Free Kick" which will be teed-up at the seven (7) yard line offensive players and defensive players will assume their positions at the line of scrimmage but will remain stationary at those spots and will not make contact with opposing players during JPW Free-Kick PAT attempts.

51. Scouting

- a. Teams may record MBYFL games as a means of scouting. Practices of opposing organization/teams may not be recorded or scouted.

52. Spotting

- a. Teams may provide their own headsets as an option. One or both teams may use them.

53. Protests

- a. Only protest involving rule interpretations of the eligibility of a player may be considered; never the judgment of an official in calling a play.
- b. Protests are decided by the MBYFL Board. If you wish to lodge a protest, it must be submitted in writing and delivered to the League President or postmarked within forty-eight (48) hours of the violation being protested, along with a check for \$25. If you win the protest, your check is refunded.
- c. Moving party will make every effort to prevent a protest; failure to do so will void your right to protest.
 - i. Notify opposing Head Coach;
 - ii. Notify opposing Organization President;
 - iii. Notify Head Official; and
 - iv. Notify MBYFL President or MBYFL Vice President if practical.
- d. Examples: No qualified medical person present, lack of officials, no clock at field, minimum roster not met, ineligible player playing, suspended coach coaching, suspended weigh master conducting weigh-in, weigh-in not properly conducted.
- e. If game is not played, the team committing the violation will pay a \$100 fine to opponent through MBYFL Board.

54. Intentionally Running Up Scores

- a. Lopsided scores are not to be confused with intentionally run-up scores, which are the result of a conscious and deliberate effort by winning team to amass as many points as possible while denying the opponent as many points as possible. In general, this means keeping in the first string offense and defense even when the losing team is hopelessly behind by point number, the clock, or both.
- b. To determine whether or not the score has been intentionally run-up, the MBYFL Board will, if deemed necessary:
 - i. Call the Head Coach of the winning team to ask what steps he took to keep the score lower; and
 - ii. Call the Head Coach of the losing team to get a statement.
- c. If both statements are in agreement, the matter will be dropped as it comes under the category of a lopsided score.
- d. If the statements are in disagreement an investigation will be held.
- e. In the event of a ruling that a team has intentionally run-up the score, the following action will be taken:
 - i. First (1st) Offense: One (1) week suspension of Head Coach.
 - ii. Second (2nd) Offense: Suspension of the Head Coach for the balance of the season.

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55. Mercy Rule

- a. The Mercy Rule allows the following:
 - i. If at the end of the third (3rd) quarter, one team is down by twenty-four (24) points or more, this game **MUST** be considered under the Mercy Rule.
 - ii. The score at the time shall be recorded as the game's final score.
 - iii. The fourth (4th) quarter shall be played like a "mini-game," starting with a coin toss, kickoff and will run as a normal quarter.
 - iv. No starting player may play during the quarter. The only exception being, in the case of a team who does not have enough players to replace all starting players. In this case, starting players **MUST** play with caution, taking care not to injure younger and/or smaller players who may play during this quarter.
 - v. In the case of a Mercy Rule, fourth (4th) quarter, there will be no fifth (5th) quarter run.
- b. At any point in the game, the losing team's Head Coach can notify the Head Official that they would like to evoke the Mercy Rule.

56. Mighty Mite Game Play Rules

- a. Players: Seven on Seven (7 on 7); each team has seven (7) players on offense and defense.
- b. Age of players is four, five and six (4, 5, and 6) as of August 1, and may not turn seven (7) years of age before November 1.
- c. All players shall be certified by the MBYFL which requires completing and signing the appropriate organization's "Program Information Sheet," MBYFL Player Card and Code of Conduct, providing a copy of their Birth Certificate, and Physician's Release to Participate in flag football.
- d. All Coaches and Team Moms must successfully complete the screening process as required by the MBYFL.
- e. Each team must provide one coach to act as an official for the Mighty Mite game to be played. These coaches/officials are on the field solely for the purpose of officiating the game and not to coach or direct plays during the game unless it is to avoid a potentially unsafe situation.
- f. Each team may have one (AND ONLY ONE) coach on the field to assist the participants in lining up or getting ready for the next play to start. The coach assisting the players shall not be the coach responsible for officiating the game.
- g. NOTE: *Since duration of the games are limited, on-field Coaches and Officials share the responsibility to keep the games moving at a steady pace. If a player requires special attention or situational coaching is deemed necessary, that player should be removed from the game at the time to receive the appropriate attention from a bench coach.*
- h. Players must wear three (3) USFFA approved flags (all the same length) attached to a belt at the waist. One (1) flag must be positioned on the right hip, one (1) flag on the left hip and one (1) flag at the rear of the player.
 - i. The flags must be a color that contrasts the players' shorts AND jerseys or shirts must never cover flags.
 - j. Shoulder pads, helmets, and hip pads are not legal equipment.
 - k. Mouthpieces are not required, but strongly recommended.
- l. Home and Visiting Teams play game as detailed below, if both teams have Mighty Mite players. If Visiting Team does not have a Mighty Mite team but the Home team does, then the Home team may have an intra-squad game. If the Home team does not have a Mighty Mite team, then no Mighty Mite game will be played that day.
- m. Field is forty (40) yards (goal lines are on the thirty (30) yard lines).
- n. Each end zone is five (5) yards deep. The back of the End Zones are the twenty-five (25) yard lines.
- o. Home team is responsible for having the field prepped and ready to play prior to the game time (8:00 AM).

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- p. NOTE: *Areas from twenty-five (25) yard line to back of regulation end zones are reserved for JPW pre-game warm ups).*
- q. No game can start without playing the National Anthem or observing a moment of silence.
- r. A regulation game is of forty (40) minute duration, including two (2) halves of fifteen (15) minutes each (running clock) and a ten (10) minute half-time. Players will line up and shake hands at the end of the game. The field must be vacated no later than 8:45 AM or fifteen (15) minutes before the the first game of the day, to allow preparation for the next scheduled game. NOTE: *Violation of this rule will result in a monetary fine to the home team imposed by MBYFL.*
- s. At the beginning of the game, the second (2nd) half, or after a score, possession will begin at the forty (40) yard line of the team gaining possession.
- t. There will be an unofficial "thirty (30) second play clock" that will be kept on the field by the officials, a ten (10) second warning will be issued by the Coach/Official in charge of the play clock. (Before each game one Coach/Official will assume responsibility of the play clock.) If a play does not start within thirty (30) seconds from the time that the ball has been placed from the end of the previous play the official will offer a warning at the first violation, then may impose a five (5) yard penalty on subsequent violations.
- u. Four of seven (4 of 7) offensive players must be on the line of scrimmage at the time of the snap, thus three (3) players must be at least one (1) yard behind the offensive line of scrimmage (or in the backfield).
- v. All players of both teams, except the snapper, may use any stance.
- w. The center or snapper must snap the ball between their legs to the quarterback.
- x. Players shall not deliberately drive or run into a defensive player, nor straight-arm , nor protect the flag. Spinning is permitted so long as the player is in control and is not posing a risk to themselves or other players on the field (judgment call of officials must be respected).
- y. **NO CONTACT BLOCKING** - Screen blocking only.
- z. No quarterback runs. Though once the ball is handed off or pitched, the quarterback becomes an eligible receiver.
- aa. Defense will line up five (5) yards from line of scrimmage and may rush a maximum of two (2) players if the ball is within five (5) yards of the opponent's goal line the defensive players may line up at the goal line they are defending.
- bb. Defensive players shall not hold, grasp or obstruct forward progress of the ball carrier when in the act of removing a flag.
- cc. The ball is dead at the spot where a defensive player removes the ball carrier's flag or the ball carrier runs out of bounds. NOTE: *In all cases where a play is in progress and a ball carrier loses their flag either accidentally, inadvertently or on purpose, the play shall be stopped at the spot where the flag is dropped. If a player loses his or her flag during the play but receives the ball while missing one of the three flags, the ball is ruled dead at the spot of the reception.*
- dd. All players are eligible receivers.
- ee. Once the ball has been passed, handed off, or pitched all defensive players may immediately advance toward the ball regardless of relationship to the line of scrimmage. For example, if a ball is handed off in the backfield all defensive players may cross the line of scrimmage in pursuit of the ball carrier.
- ff. The offense has four (4) downs to advance the ball ten (10) yards. If the offensive team successfully gains (10) yards within those four (4) downs, they will receive a new set of four (4) downs to advance the ball another ten (10) yards or to score a touchdown. If the offensive team does not advance the ball ten (10) yards or score a touchdown within the allotted set of four (4) downs, the opposing team takes possession of the ball at the spot of the last dead ball location or at the fifty (50) yard line if the ball was not moved past mid-field by the unsuccessful offensive team. (No possession may start on the opponent's side of midfield unless possession was gained by means of an interception.)
- gg. The offensive team may score a touchdown by either completing a pass and advancing the the ball over the opponent's goal line from any spot on the field or by handing the ball off or pitching it and advancing the ball over the opponent's goal line if the play starts more than five (5) years from the opponent's goal line

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(no running plays within five (5) yards of the defense's goal line the score can only be obtained by a pass play).

- hh. If a ball is fumbled by the offense, the play is ruled dead at the spot the ball hits the ground and the offense retains possession.
- ii. If a forward pass or pitch is intercepted by the defense, that team now assumes possession of the ball and may advance the ball on that play toward the opponent's goal line.
- jj. No punts or kicks of any kind.
- kk. No player may receive a handoff, pitch, or pass on more than three (3) consecutive plays.
- ll. NOTE: *The intent of the Mighty Mite football game is to teach the fundamental skills and player sportsmanship. All attempts should be made to allow for game play with minimal interruptions, but in an effort to teach the participants to play within the rules of the game. Penalties will need to be called from time to time.*
- mm. All defensive offsides or offensive false starts will result in a five (5) yard penalty and replay of the down. These penalties require the best judgment of the Coach/Officials keeping in mind the very young age and abilities of the participants.
- nn. "Unsportsmanlike Conduct" by players, coaches, or other persons will not be permitted or tolerated. Head Coaches are required to maintain control of players, coaches and fans at all times.

57. Police Powers of Organizations & The MBYFL Board

- a. The team organizations of the Board cannot properly function without provisions to police itself. This includes the power to decide disputes between individuals and subsidiary organizations, as well as discipline both adult and juvenile members when called for by the facts.

58. Adult Offenses

- a. Endangerment of Juveniles- Any practice which places the health and safety of any juvenile in jeopardy (including "sweating down"). The term "sweating down" a player is used in its broadcast sense of inducing weight loss by artificial means. Techniques included in this definition are: Use of steam rooms or cabinets, use of rubber suits, use of weight reducing and/or appetite suppressing drugs, use of diuretics (water pills), laxatives, running in football gear within two (2) hours of weigh-in (player not eligible play that game). Mandated Penalty:
 - i. Suspension for one (1) year up to permanent suspension upon repeated offense.
- b. Teaching prohibited offensive/defensive techniques to players and/or encouragement to hurt opponents physically. Mandated Penalty:
 - i. Suspension for one (1) year up to permanent suspension upon repeated offense.
- c. Fighting against same team or opponent team- Adult or Fans- Mandated Penalty:
 - i. Suspension for one (1) year up to permanent suspension upon repeated offense.
- d. Cheating of any type, including forged birth certificates or filing false roster data, such as addresses and/or birthdates. Mandated Penalty:
 - i. Suspension for one (1) year up to permanent suspension upon repeated offenses.
- e. Threats, physical or otherwise, against team/organization/league authority. Mandated Penalty:
 - i. Suspension for one (1) year up to permanent suspension upon repeated offenses.
- f. Gambling on Game Outcome. Mandated Penalty:
 - i. Suspension for one (1) year.
- g. Lack of Cooperation with teams, organizations and/or league, and/or obstruction of official organization and/or league investigation into and hearing of cases of disciplinary or dispute/conflict nature. Mandated Penalty:
 - i. Suspension until compliance is achieved.

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- h. Alcoholic Beverage Violation- Alcoholic beverages are prohibited at any official function associated with MBYFL and its member organizations where any youth are present or any official business is being conducted. Mandated Penalty:
 - i. One (1) year suspension upon first (1st) offense;
 - ii. Permanent suspension for second (2nd) offense.

59. Juvenile Offenses

- a. Head Official (white cap) will notify the MBYFL President within twenty-four (24) hours.
- b. Head Coach of organization representative of ejected player will notify the MBYFL President within twenty-four (24) hours.
- c. Ejected player shall sit out and not participate in team's next League game.
 - i. A player who receives three (3) Personal Fouls during one game will automatically be ejected from that game. Please note that a player may also be ejected without having obtained three (3) personal fouls if the official deems that his actions warrant an ejection. If a player is ejected for any reason, he or she will be imposed an automatic one (1) game suspension for the next scheduled game.
 - ii. In the event the ejection occurs in the League Championship game, the ejected player shall not participate in any post-season games. The ejected player shall be present at the game wearing street clothes and his/her game jersey, and standing on the team's sideline.
- d. When a player is ejected from a game, including Jamboree games, for a second time during the season:
 - i. A player and his/her parent/guardian shall appear in person before the MBYFL, either at the next regularly scheduled or specially scheduled MBYFL Board meeting, to determine the appropriate penalty, if any, in addition to sitting out the team's next League game.

60. Team/Association Offenses

- a. Lack of keeping faith with Juvenile/Parents
 - i. This charge is designed to cover any deliberate practice of a team or its sponsor-association which places the health and safety of juveniles in jeopardy and/or is exploitive of juveniles and/or their parents or threatens either the juvenile and/or parent in such a manner that the juvenile becomes a "tool" of the team rather than the juvenile being the purpose for which the team is organized.
 - ii. It is important in filing this charge that the violation is the result of a team and/or association policy, not the aberration of one individual. "Policy" implies that practice is carried on by order of or with the knowledge of the coaches or sponsor, and no steps are taken to end the practice(s).
 - iii. Mandated Penalty: Probation for organization coupled with permanent suspension of President or organization plus all individual adults who participated in practice. Upon a second (2nd) offense, suspension of the organization until all officers are charged
- b. Fighting/Incitement to Riot
 - i. At games or scrimmages between different teams, any fight or riot between team members (as opposed to one-on-one (1 on 1) altercations) will be judged as a team offense rather than as an individual offense. An incitement to riot is defined as any team heckling or edging on of the opponent in a manner that results in a fight or riot.
 - ii. Mandated Penalty: Forfeit of game upon first (1st) offense, forfeit of season upon second (2nd) offense within the same season.
- c. ORGANIZATIONS & BOARD MEMBERS ARE RESPONSIBLE FOR THE CONDUCT AND CONTROL OF YOUR TEAMS, FANS AND SPECTATORS.
 - i. FAILURE TO COMPLY WILL RESULT IN THE FOLLOWING:
 - 1. FIRST (1st) OFFENSE \$200 FINE IMPOSED ON THE OFFENDING TEAM;
 - 2. SECOND (2nd) OFFENSE \$250 FINE IMPOSED ON THE OFFENDING TEAM; and
 - 3. FILES WILL B INCREMENTS OF \$50.

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- ii. NOTE: Monetary fines can only be imposed on organizations--no monetary fines will be imposed on individuals.

MBYFL Cheer Rules and Regulations

61. Purpose

- a. To inspire youth and promote the ideals of scholarship, sportsmanship, fitness and leadership regardless of race, creed, sex, or national origin.
- b. To support your team and fans through cheerleading activities.
- c. To maintain and improve scholastic ability.
- d. To develop equality and teamwork.
- e. To ensure safety for all participants.
- f. To promote cheerleading in an organized and supervised environment.

62. Definition

“Cheerleader” when used without qualification, means either cheerleader or mascot.

63. Administration

- a. The Cheerleading Advisor shall be elected by the Organization’s Board or Booster Club, and is responsible to the Board and shall follow all MBYFL and their organization’s rules.
- b. The Advisor shall attend all of their organization’s monthly board meetings and all MBYFL Cheer Advisor meetings.
- c. Advisors are to report to their league representative any problems, conflicts, or other business requiring league action.
- d. Rule changes are submitted to the MBYFL Advisor or league representative by March. They will be discussed in March and voted in April. This is the only time of the years rules can be changed.
- e. The coaches are appointed by the Cheerleading Advisor, with the consent of their organization’s board or booster club.
- f. The coaches are responsible to the Cheerleading Advisor and shall follow all League and their own organization’s rules.

64. Advisors & Coaches

- a. The MBYFL and the organization’s board and/or booster club have the power to refuse Advisors, and/or coaches who are deemed by them to be unfit to be entrusted with youth of MBYFL. Any form of neglect by an advisor or coach will carry the disciplinary actions as listed on the rule enforcement section, unless the MBYFL Executive Board deems alternate discipline is necessary.
- b. Advisors must be at least 21 years of age. Coaches must be at least two (2) years older than the oldest member of the squad they are instructing. An Advisor/Board member/league approved adult must be present at all practices and games, and must be MBYFL approved through background check.
- c. The Coach shall bench from any game or practice any cheerleader for misconduct, inattendance, improper dress and/or behavior.
- d. The Advisors and Coaches shall not participate in the organization of practices before the mandatory practice start date and shall not encourage or allow practice times to extend beyond the allowed number of hours and/or days as stated in this rule book. Participate or encourage means to verbalize and hint.
- e. At no time shall an Advisor or Coach receive payment of any kind to teach cheer or routines, with the exception of a choreographer (choreographer cannot be an advisor or coach). The cost of choreography is left up to the individual organizations/teams.

65. Rule Enforcement

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- a. Cheerleaders: Any cheerleader who is found to be guilty of rule infractions shall be benched for one game on the first offense; suspension for one week to include practice time for a second offense; and expulsion from the league for a third offense.
- b. Advisors and Coaches: Any Advisor and/or Coach who fail to follow all MBYFL rules shall face official league action. It is the responsibility of all the above named officials to abide by all league rules and regulations. The following action(s) will be taken in accordance with league rules:
 - i. First Offense - Two (2) week suspension (to include practice time);
 - ii. Second Offense - Remainder of the season suspension (to include practice time); and
 - iii. Third Offense - Expulsion from all League activities (life or year, TBD).
- c. *All monetary fines are assessed against the violator's organization and are due and payable at the next league meeting. Failure to pay assessed fines results in loss of voting rights until said fine is paid in full.*

66. Parent Support

- a. Parents or cheerleaders are expected to assist in the work necessary to support the program, and are expected to be at all games and any competitions in which their child is participating to offer encouragement and support.

67. Sign-Up Tryouts

- a. Residency requirements are the same for Cheer as stated in prior sections for Football.
- b. Sign-ups/Tryouts are to be held at the discretion of the Organization and are open to all interested participants within each organization's boundaries. If a cheerleader moves outside her original boundaries, she is eligible to try out the following year, refer to the "Grandfathered" rule.
- c. All positions on a squad shall be open each year without allowances being made for returners, family members of Advisors, Coaches, players, and/or Board members. Each participant shall have an equal opportunity to learn the skills and cheers to be evaluated in Tryouts.
- d. The pre-Tryout training sessions or clinic shall include only those skills and cheers to be judged in the tryout competition and shall conform to the allowed number of hours and/or days as stated in this rule book.

68. Certification

- a. Certification may start as early as two (2) months before an MBYFL function. Additions will be considered at the discretion of the MBYFL Board.
- b. As proof of age, each participant must produce a "Certificate of Live Birth" issued by the County Clerk's Office/Health Department (Bibles, school records, hospital certificates, etc. will not be accepted).
- c. Participants born outside of the country without immediate access to their birth certificates must present their passport as proof of age.
- d. The Player Card from the preceding year may be used for returnees as long as the card bears the certification seal, appropriate signatures and information.
- e. Geographic boundaries are the same as for football. Waivers may be granted at Board's discretion before an out-of-area cheerleaders can be placed on a squad or try out for any squad. Any request for waivers must be submitted prior to your organization/team's tryouts. For teams not holding tryouts, any and all waivers must be requested and signed-off by May 1st. Consequences for not following the prior rules, will result in the ineligibility of said cheerleader, as well as consequences of "rule enforcement" will be administered for advisors/coaches.
- f. Each team will only be granted twelve (12) waivers. Three for the Mighty Mite division, three for the JPW division, three for the PW division and three for the Midget division. These cannot be combined to allow more for one division/squad.
- g. All cheerleaders must have complete and signed Player Card by their parents. A physical is required by the MBYFL to participate as a cheerleader.

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- h. Player Cards will be fully completed with photos, required birth certificates records and physicals. All Player Cards are due at the MBYFL Certification meeting. These cards will be given to a designated MBYFL Board member for the Certification at least four (4) days prior to that meeting.

69. Transportation

Cheerleaders are allowed to ride on the team buses. Parents are responsible for transporting cheerleaders to and from games and practices. Advisors and/or Coaches shall not be expected to transport them to or from games and practices.

70. Safety Rules

- a. Head Advisors will be provided a copy of AACCA/USASF Safety Rules. These include safety and rules for stunting, tumbling and general routine requirements.
- b. Website path:
 - i. Go to: www.aacca.org;
 - ii. Click on: Safety Rules;
 - iii. Click on: All-Star Cheerleading Rules;
 - iv. Click on: USASF Website;
 - v. Click on: Printable Rules, view Level 1 or Level 2;
 - vi. Level 1: JPW and PW; and
 - vii. Level 2: Midgets - Head Advisor will determine the team level.

71. Ages

- a. Organizations are allowed to sort and certify their cheer squads in a manner that best suits their program. Ideally they would somewhat reflect the ages of the football participants for the same divisions, but may be conditions of experience, size or overall numbers of participants that require adjustments to rosters.

72. Squads

- a. Mighty Mite, JPW, PW and Midget squads shall not total more than twenty-four (24) cheerleaders each. Mascots are not allowed.

73. Practices

- a. In conformity with MBYFL Playing Regulations, pre-season practice shall not begin until July 23, 2018. Violation of this rule shall result in Official League action as laid out in Rule Enforcement Section of these rules.
- b. A practice is defined as a gathering of cheerleaders (without minimum number) requiring the presence of at least one Advisor and/or Coach, where any of the following take place: Planning or laying out cheers or dance routines, viewing films or videos of cheerleading or competitions, group practice sessions, reviewing cheers, music, and/or material to be used during games or in competition as a group.
- c. The first portion of each practice shall be reserved to stretch out and warm up the cheerleaders in order to prevent injury.
- d. There should be no eating during practice. Water will be provided at all practices, in containers, in the immediate area. Frequent water breaks shall be taken on hot days.
- e. Squads shall not schedule more than ten (10) hours of practice per week nor more than five (5) days per week of pre-season (before Jamboree) practice, a week consisting of seven (7) consecutive days. Practices should reflect the football team hours.
- f. Not more than two and a half (2 ½) hours of practice may be scheduled on any one day. Break time is not counted against ten (10) hour per week or two and a half (2 ½) hours per day of allowed practice time.
- g. Practices should begin and end on time so that the Advisor, Coaches and parents do not have to wait. If a game or practice is canceled, it is the Advisor's responsibility to notify the cheerleaders and their parents.

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- h. Each team shall submit to the League through their player representative a practice schedule showing the days of the week they plan to practice, the hours of practice, and the location of all practices. Forms to do so will be issued at the May League meeting and are due at the June League meeting so that insurance binders can be issued by the June start-up/certification date.
- i. Failure to comply with practice rules will result in Official League action against the involved Advisor and/or Coach as laid out in the rule enforcement section of these rules.

74. Practice After Jamboree

- a. Practice after Jamboree weekend is limited to six (6) hours during the school week. (A school week is defined as Monday through Friday). Practices are not to exceed two and a half (2 ½) hours per day during the school week. Saturday practices are allowed if the squad is under their allotted time for any given school week. Gatherings can take place on Saturdays if the allotted time during the school week has been used, and can only consist of making posters, goodie bags, watching videos, or pep talks. No practice of any kind may take place during these gatherings.
- b. Cheerleading squads may resume ten (10) hours of practice per week after official season ends to practice for outside competitions. Not more than two and a half (2 ½) hours of practice may be scheduled on any one day. Break time is counted against ten (10) hours per week and/or two and a half (2 ½) hours per day of allowed practice time. Practice hours for cheer squads are at the discretion of individual organizations.

75. Appearances

- a. Appearances can be made with the approval of the MBYFL Board, such as parades, festivals, etc.

76. Cheerleader Camps

- a. Cheerleaders shall be allowed to attend one (1) MBYFL sponsored camp and three (3) additional camps as an organization, between June 1st and the end of the season without the hours being counted as practice time. A cheer camp choreography session(s) can be considered a camp. If the camp/session is held during the week rather than a weekend, the hours must not exceed hours that would have been spent during the two day weekend time.
- b. "Game Cheer Only Participant" - This rule permits physically, mentally or emotionally challenged participants to be members of a cheer squad for practice and game day only activities (not competition), so long as they meet the general minimum and maximum age requirements of the MBYFL (6-14 years of age) age requirements could be waived. .

77. Dress Code: Practices, Games & Competitions

- a. Teams are allowed to attend only one (1) competition (approved by their own organization) during the football season.
- b. Cheerleaders should wear shorts or loose fitting sweats for practice and should come to practice prepared for cold weather, as it may become quite chilly before practice ends. To prevent injuries, jeans or other tight fitting garments shall not be worn .
- c. Tennis or running type shoes with socks are to be worn during practice. Cheerleading, running, or tennis type shoes shall be worn with socks during games and competition. No sandals or dressy shoes.
- d. The selection of uniforms is left to the Local Boards and Cheerleading Advisor.
- e. Hair shall be neat, clean, or normal color and cut, and out of the face during games and competition, tied back if necessary. No hair colors that are not of natural look are allowed.
- f. Cheerleaders may wear light colored lipstick, light colored eye shadow and/or mascara on top lashes, as long as a natural look is apparent. Cheerleading Advisor has final approval on make-up at competitions as

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long as above guidelines are followed. Face makeup, blush, eyeliner, mascara on bottom lashes, etc. are not permitted at competition, where natural look must be presented.

- g. Nylons and dance shoes are permitted in all competitions including League competition.
- h. Uniforms are to be cleaned and pressed, shoes are to be cleaned for games and competitions. If a cheerleader's uniform is incomplete, dirty, or just plain sloppy looking, that cheerleader will sit on the bench for the entire game.
- i. If gloves are not worn, nails shall be clean and uncolored. Only clear nail polish may be worn for games and competitions.
- j. Skirt length is to be not shorter than two (2) inches below the cup of the buttocks for games and competition.

78. Game Conduct

- a. Cheerleaders shall:
 - i. Cheer in good taste (including choice of music);
 - ii. Conduct themselves in a respectable manner at all times;
 - iii. Be alert to the game so that appropriate cheers are done;
 - iv. Always be friendly, cooperative and demonstrate good sportsmanship; and
 - v. When not cheering, stand in line ready to do the next cheer without delay.
- b. Cheerleaders shall not:
 - i. Use derogatory comments and/or gestures;
 - ii. Leave the cheering area without permission from the Advisor or Coach;
 - iii. Cheer when there is an injury on the field;
 - iv. Use vulgarity, either physically or verbally;
 - v. Gossip, talk or argue on the field;
 - vi. Use derogatory cheers against the opposing team; and/or
 - vii. Make derogatory banners/signs against the opposing team.

79. Performances At Games

- a. Visitors and home team should meet prior to game time to discuss the home team's procedure.
- b. Performance and hello cheers should be done during games. The exchange of hello cheers should be done by the Rules and Regulations of the home team.
- c. Music routines, if known and practiced, should be done at half-time on the football field.
- d. Music routines may be done during time-outs, etc. as long as the music is played from the sideline, not to disturb the announcer or game play. Routines must be done on the sideline in the cheer area.
- e. Visitors should take the field immediately upon request and perform first. Home team should perform last. Performances should not last more than three (3) minutes by both squads and the field shall be vacated immediately after the performances.
- f. Music and rosters should be ready and in the announcer's booth no less than two (2) minutes prior to half time.
- g. When visitors and home team are on the same side of the field, alternate cheers and take turns. However, length of the cheers should not exceed the ending and beginning of the next play on the field.
- h. At no time shall a cheerleader take the field while it is occupied by the football team unless supervised by a responsible adult.

80. Friendship Favors

- a. Any gesture offered by the hosts to the guests to promote friendship, such as pins, flowers, candy, or soda will be allowed. Any token of friendship should be minimal in cost. This is a means of promoting friendship, not a contest.

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81. Competitions

- a. MBYFL Cheerleaders may only enter competitions sponsored or approved in advance by the MBYFL Board.
- b. In the event a competition (including transportation to and on-site preparation for competition) conflicts with a scheduled League game, each organization's President shall determine if their squads are excused from cheering in the game.
- c. No outside competition will be approved by the League that is not open to all members of the League.
- d. Squads must submit for approval any outside competition thirty (30) days prior to that competition so that the appropriate insurance binders can be issued for the event.
- e. Competition music (dance) may be purchased for better quality. A value of \$300 per squad may be fundraised if necessary.
- f. Each organization may fundraise to pay for choreography for cheer and/or dance routines.
- g. Failure to abide by the competition rules will result in an immediate rule enforcement and the suspension of the responsible party. MBYFL rules supersede any and all other competition rules in place.

82. Monterey Bay Youth Football Cheerleading Competition Purpose

- a. To provide an opportunity for MBYFL cheerleaders to demonstrate and test their skill, poise, agility, and teamwork in a supervised, competitive environment.

83. Qualifications

- a. The cheerleader's primary responsibility is to cheer at their team's games and therefore, special competition squads are not permitted. All squads must be certified, be competing in the division in which they have been certified and have cheered with the team for which they have been certified throughout the season.

84. Events

- a. There shall be two (2) distinct events within the competition: Cheer and Dance. Any certified squad may enter either or both events.
- b. Mascots may participate with the remainder of their squad or at the host's option, have a competition of their own.
- c. The cheer competition shall have no more or less than one (1) cheer performance and one (1) hello cheer. Total time on the floor shall not exceed three (3) minutes.
- d. The dance competition shall be a maximum of two and a half (2 ½) minutes. Music selection must be in good taste with no heavy sexual overtones or foul language. No pelvic thrusts, bumps, grinds, or belly dancing type movements allowed. Music is to be pre-recorded on a CD and labeled with the team name, association, song title, and time of song. This includes Mascots if such a category is offered.

85. Registration

- a. Notification of the registration date and time must be provided to all squads at least thirty (30) days before the competition.
- b. Registration, fees, and music must be received prior to the beginning of the first event. The fee for competition shall be minimal. The MBYFL will decide the cost. Fees are non-refundable in the event of disqualification.
- c. The order of competition shall be determined by the draw of the hat and will be the same for all categories: Cheer, Dance, and if held, Mascot.

86. Judging

- a. Judges and scorekeepers will, in no way, be affiliated with any participating squad or organization. It is recommended that judges be brought in from outside the area served by the MBYFL.

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- b. Judges must be impartial and must have a cheerleading background (not a drill team, baton, or other pep art). They must be affiliated with a recognized professional cheerleading organization.
- c. There shall be an odd number of judges, consisting of at least three (3).
- d. The criteria to be used in judging and/or scoring formula shall be made available to the Advisors prior to the date of the competition, along time for revision.
- e. A separate category, safety, shall be included in scoring formula amounting to 10% of the total achievable points. These points shall be awarded to a squad only if they meet the safety rules given in the first part of this document.
- f. Penalty points shall be assessed (two (2) points per infraction) for other violations, such as excessive make-up, over the time limit routines, dress code violations, or coaching from the sidelines.
- g. The scores for the various events shall not be cumulative. Each event shall be judged independently with separate awards for each.
- h. Judging for a squad shall begin at the moment the squad enters the floor and shall end on leaving the floor. If a squad leaves the floor in the middle of a routine, judging ceases, even if the squad returns to complete the routine. Ties for first and second (1st and 2nd) place in dance or cheer shall be played off before the competition is concluded. Ties for mascot are allowed, in which case the joint winners will each receive a trophy and/or plaque.
- i. All scores and decisions of the judges shall be final. The ballots shall be given to the Cheer Advisor for their records at the conclusion of the competition.
- j. ***ACCA Rules are to be adhered to. All Advisors are to be provided rules by the July meeting so each squad is aware. The only exception to the rule is, the mascot division may use props.

87. Cameras

- a. Absolutely NO "flash" allowed. This is for the safety of the performers.
- b. Movie/video cameras are allowed only in designated areas.
- c. Pictures, movies, or videos may not be used for means of protest.

88. Awards

- a. Participation ribbons may be awarded, at the host's option, to all that have competed without disqualification.
- b. There shall be trophies and/or plaques for first and second place for each event.

89. Disqualification

- a. Unsportsmanlike conduct by any member of a squad, Advisor, or Coach may, by ruling of the MBYFL Board, or their Official designated Representative, results in the disqualification of that squad without forfeiture of any and all awards.

90. Protests

- a. Protests must be in writing, signed by the organization's Cheerleading Advisor and organization's Local Board President and postmarked no later than forty-eight (48) hours after the close of the competition.
- b. Protests must be mailed to MBYFL, as well as the League Cheerleader Representative.
- c. Decisions involving protests are final and there is no right of further appeal.

Miscellaneous Sections

91. Guidelines to Become a MBYFL Football Team

- a. One (1) year waiting period of no playing games.
- b. A full board will serve for two (2) full seasons.
- c. All non-profit paperwork in place prior to season applied for

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- d. Cash reserves (MBYFL Board sets amount) \$30,000 (suggested amount) in a proper account for the upcoming season (proof required) and amount must remain in the account, until season start.
- e. Outline of finances to ensure the organization's long term success (fundraising, not one parent saying they will write a check).
- f. A written letter from the school/park that will allow the organization to use their facility for the season.
- g. A written letter from the location allowing the games to be held at their facility for the season, per the MBYFL standards.
- h. An organization name and colors that will not conflict with existing organizations in the MBYFL and must be approved by the MBYFL Board.
- i. A fiscal inspection of all playing gear, uniforms, and necessary equipment to host home games (sideline numbers, chains, end zone pads, PA system, scoreboard, etc.) prior to the organization starting player sign-ups.
- j. A signed acceptance letter from the organization's board agreeing to the boundary lines laid out by the MBYFL Board, and organization Presidents.
- k. A letter of intention brought to the November Board meeting the year before the new organization intends to play.

92. Miscellaneous

- a. MBYFL Officers may check any practice session, weigh-in, and/or organization/team function to see that rules and regulations are being complied with.
- b. MBYFL Officers may attend any function or meeting held by any member organization if they have reason to believe that a violation of league policies is going to occur.
- c. If an MBYFL Officer observes any clear-cut violation of League Rules, the Officer has the authority and obligation to see that violation is corrected.
- d. If a matter comes up that is not covered by the MBYFL League Rules and Regulations and/or the High School Playing Rules, the MBYFL Board has the authority to render a decision.
- e. All players on the sideline (JPW - Midget division) must remain standing with their helmet on during ALL five (5) quarters of the game; injured players may be sitting on the bench.
 - i. Note: The decision will be presented to the MBYFL at the next schedule meeting, for sanction.
- f. Boundaries (see maps provided to each President) 2013-Toro Bulls and Salinas will share boundaries of River Road and Spreckels. King City will share Greenfield with Soledad.

93. Executive Board Members Voting

- a. During monthly meetings if a vote is to take place on any decision then all Executive Board Members have a voting right. The President of the MBYFL will not vote unless there is a tie, and in that case President will vote in order to break that tie.

94. All Star Game

- a. Any All Star Game or naming of a team is at the discretion of the MBYFL Executive Board.

95. Monthly Board Meetings

The first Wednesday of each month there will be an Executive MBYFL Board meeting called to order. The meeting times will be 7 PM during off season, 8 PM during in season, unless otherwise stipulated by the MBYFL President. Each organization will be required to have at least one representative present during every meeting. There are unforeseen emergencies and if one arises with an organization and a representative cannot attend, and that organization contacts the President the day prior to any meeting then that organization will be excused with no penalty. This does not include mandatory meetings, those must have representation. Otherwise, if the organization is not present and not excused a \$25.00 charge per meeting will be fined towards that individual organization. This rule applies to both football and cheer meetings.

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96. Jamboree Team List

- 2018 King City 'Stangs
- 2017 Soledad Warriors
- 2016 Alisal Eagles
- 2015 Steinbeck Tigers & Cubs (50th Anniversary of Steinbeck Football)
- 2014 Salinas Colts & Broncos
- 2013 Tri-County Rebels
- 2012 Seaside Raiders
- 2011 Alvarez Titans
- 2010 Toro Bulls
- 2009 North County Bulldogs
- 2008 Carmel Panthers
- 2007 Watsonville WildCatz
- 2006 Soledad Warriors