

Connecticut Youth Football League, Inc.

Also known as CTYFL

Purpose and Mission

CTYFL By-Laws

Football Rules and Regulations

Cheerleading Rules and Regulations

As adopted by the town representative assembly on June 18, 2017 Meeting

CONNECTICUT YOUTH FOOTBALL LEAGUE, INC.

Also known as CTYFL

The Connecticut Youth Football League (referred to as CTYFL or league) is a federation of town youth football and cheerleading programs in Connecticut that have voluntarily joined in order to form a youth tackle football and cheerleading league. It is established as a Connecticut non-profit corporation. The following are the CTYFL Purpose and Mission, By-Laws, Football Rules and Regulations, and Cheerleading Rules and Regulations.

Purpose and Mission

CTYFL has been established:

1. To foster and encourage safe youth recreational football and cheerleading in the state of Connecticut
2. To assist and promote the physical and intellectual development of youth.
3. To provide a structure for inter-town tackle football and cheerleading competition.
4. To promote sportsmanship, respect, fair play, wholesome participation, life enrichment and leadership development.

Connecticut Youth Football League, Inc. (CTYFL) By-Laws

The following make up the By-Laws for CTYFL and were ratified by the Town representative assembly.

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Article 1: GOVERNANCE

- A. CTYFL, a non-profit corporation, is a federation of town football and cheerleading programs that have voluntarily joined in order to form a youth football and cheerleading league. CTYFL is governed by representatives from member towns. Three key components of league operations are decided by the town representatives. These are:
1. By-Laws of CTYFL
 2. Football Rules and Regulations
 3. Cheerleading Rules and Regulations.
- B. A non-voting Executive Board shall be elected by the town representative assembly to administer the league, enforce the rules and regulations promulgated by the league, and recommend courses of action for the town representatives to decide.

Article 2: TOWN REPRESENTATIVE ASSEMBLY

- A. The CTYFL Town representative assembly shall consist of 2 representative(s) from each member town of the league. Each Town shall be represented at the meeting by a football and cheerleading representative and, except for provisional members, shall have one vote. The voting of any representative town will be suspended if the bond amount as described in Article 16 is not fully funded, at the time of voting, either through failure to post the proper bond or to have fines withdrawn from deposited funds.
- B. Each Town will be responsible for updating the contact list online throughout the year.
- C. The representative (s) are responsible for representing the interests of their community within the spirit of the league's purpose and mission as they relate to the deliberation and approval of league matters.

Article 3: MEMBERSHIP

- A. All towns are member towns upon election by the town representative assembly.
- B. All member towns are required to adhere to all CTYFL By-laws, Football Rules and Regulations and Cheerleading Rules and Regulations.
- C. Voting Members:
 - 1. Voting members are those towns that have been accepted to the CTYFL as full members.
- D. Provisional Members:
 - 1. Provisional members are those towns that
 - a. Are newly accepted into the league.
 - b. Have not provided a minimum three (3) football teams and three (3) cheerleading squads for one season.
 - c. Have been moved from voting member by a majority vote of the voting members for failure to comply with the by-laws and rules and regulations of the CTYFL on a consistent basis. The term of the provisional membership must be outlined at the time the voting rights are removed. Provisional status may be extended past the date originally specified by a majority vote of the town representative assembly.
 - d. Have failed to maintain their bond account to the amount set by the League each year. Voting rights may be restored once the bond account is restored to the designated amount without a vote of the town representative assembly..
 - 2. Newly accepted towns or towns that do not meet the minimum team requirement for two consecutive seasons will remain provisional members until they have completed one full season with a minimum of four (4) football teams and four (4) cheerleading squads.
 - 3. Provisional members must meet all requirements of voting members but do not retain voting rights. Provisional members are encouraged to participate in all discussions regardless of their voting status and do have the right to file grievances.
 - 4. A provisional membership provides a town with membership rights for the current season only. Continued membership can be voted on in January each year by a majority vote of the town representative assembly each year until the town reaches full membership

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status or registers three (3) football and three (3) cheer by the means of an official roster stamped by CTYFL for the coming year.

5. Voting to move a voting member to a provisional member may occur at any meeting of the town representative assembly.
 6. Voting to move a provisional member to a voting member will occur in January each year except as specified.
- E. Continued membership in the CTYFL for any town is at the discretion of the town representative assembly. A member town may be voted out of the league for failure to abide by the letter and spirit of the league's purpose, mission and rules with a two thirds (2/3) vote of the current voting membership.

Article 4: **TOWN REPRESENTATIVE ASSEMBLY MEETINGS**

- A. All meetings of the town representative assembly will be scheduled by the Executive Board. Typically the meeting will be the second Thursday of each month at a place designated by the Executive Board.
- B. All regular meetings will be scheduled at the Feb meeting and made known to all towns. At least seven days notice must be given to each town for any changes to regular board meeting, where possible. Where sanctions are being appealed (see Article 7: Grievances), a minimum of 48 hour notice must be given to each town. Notice may be given via phone, letter or e-mail.
- C. Most communication between the league and the town representative(s) will be through email unless the league's Secretary is notified of a desired other communication vehicle in which case other means for communicating to that town will be used.
- D. Quorum shall consist of a simple majority of representatives from voting member towns. No meeting shall be held without a quorum being present. At least one (1) Cheer Representative and one (1) League Representative are expected from each town at each Town representative assembly meeting. A \$50 fine shall be levied against each town for the second meeting in a calendar year that it fails to send a representative. Fines shall increase by \$50 for each subsequent meeting missed by any town. League Representation and cheerleading representation are to be considered separate for fines. Missed meeting fines will max out at \$250 for a calendar year.
- E. Robert's Rules of Order, latest version, shall govern all parliamentary matters not covered by the by-laws.
- F. Meetings shall consist of an Executive Board meeting, followed by a general meeting where a football representative and cheerleading representative from each Town are required to attend. Following the general meeting there will be committee breakout sessions. Extra committee meeting time, if necessary, will be scheduled by the committee chair.

Article 5: **EXECUTIVE BOARD**

- A. The Executive Board shall consist of the following officers: Commissioner, Deputy Commissioner, Secretary, Treasurer, Representative at large, Representative at large 2, Public Relations, Cheer Coordinator, and Assistant Cheer Coordinator and The terms of each officer shall be two (2) years. The Commissioner, Secretary, Representative at large, Assistant Cheer Coordinator, and Representative at large 2, will be elected to their term in January of even years. The Deputy Commissioner, Treasurer, Cheerleading Coordinator, and Public Relations Officer shall be elected to their term in January of odd years.
- B. At each January board meeting, the Executive Board may submit a slate of candidates for the open positions. Other names of qualified individuals may also be placed in nomination by town representatives. Each voting member shall have a vote for each open position. An officer is elected upon receiving a majority vote of voting members present. As many votes shall be taken as is needed to achieve a majority vote with the individual with the lowest vote count omitted from the succeeding vote.
- C. Any vacancies created during the term of any officer will be filled at the next scheduled board meeting unless the vacancy will place an undo burden on the league in which case a special meeting will be called. The Executive Board may submit a slate of candidates for the open positions and other names of qualified individuals may also be place in nomination by town representatives.
- D. Executive Board members do not vote on Town representative assembly matters.
- E. Officers cannot simultaneously serve as the town representative.
- F. There will not be more than two members on the executive committee from the same town program, and the Board should be made up of not more than 1 member from the same town program unless there are no other nominations.
- G. To qualify for the position of Commissioner, the individual should have been an Executive Board member for at least one year.
- H. To qualify for the position of Treasurer, the individual must be bondable meaning at its option and for a reasonable expense, the league must be able to purchase a fidelity bond for the league on behalf of the Treasurer.
- I. Officers serve the league at the pleasure of the Town representative assembly. The Town representative assembly may terminate an Officer, with or without cause, by a 2/3rds majority vote of the Voting members.

Article 6: DUTIES OF OFFICERS

- A. Commissioner:
The Commissioner is the executive officer of the league and is responsible for league operations and enforcing Football and Cheerleading rules and regulations.
 - 1. League Operations: The Commissioner shall

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- a. Preside at all board meetings and is an ex-officio member of all board committees.
 - b. Establish an Audit committee at the February meeting for the purpose of auditing the prior year's financial status
 - c. Establish committees at the November meeting to review and recommend By-Laws and Football Rules and Regulation changes.
 - d. As necessary, appoints committees to provide recommendations to the Executive Board and or the Town representative assembly on league matters.
 - e. Represent the league in public forums such as town recruiting sessions and youth football conferences and meetings.
 - f. Co-signature on all league checks
 - g. Establish a game scheduling committee at the March meeting
2. Enforcing Rules and Regulations: The Commissioner shall
- a. Consistently enforce the letter and spirit of the Football and Cheerleading Rules and Regulations
 - b. Impose appropriate sanctions consistent with the severity and impact violations have on the integrity and spirit of the league subject to the appeal process.

B. Deputy Commissioner:

The Deputy Commissioner shall assist the Commissioner in the execution of his duties and in his absence perform the duties of the Commissioner. The Deputy Commissioner is also required to enforce the lopsided score rule and report all findings to the E Board and the Representative Assembly at the next scheduled meeting.

C. Treasurer:

The Treasurer shall receive all monies of the League, shall maintain an accurate record of all receipts and expenditures, and shall present a written statement of accounts at each Executive Committee and regular League meeting. The Treasurer will be responsible for securing a checking & savings account with cosign features for all checks. Co-signers will be the Commissioner and/or Deputy Commissioner. The Treasurer shall be responsible for notifying, collecting and reporting of fines levied by the Executive Committee. The outgoing Treasurer shall assist the Audit Committee with the annual financial audit. Upon completion of the audit the outgoing Treasurer shall be required to release all financial documents pertaining to the CTYFL to the audit committee. Treasurer shall perform the duties of Commissioner in the absence of the Deputy Commissioner and Commissioner.

D. Secretary:

The Secretary shall distribute the agenda for Board Meetings, record the minutes of all meetings, and maintain the historical records for the league. Said minutes will be made available no later than the next regularly scheduled meeting. He/she shall perform such other duties as may be delegated. The Secretary shall also be responsible for maintaining the By-Laws of the league and in consultation with the Commissioner may empanel and chair a By-Law revision committee.

E. Representative at Large:

The Representative at Large shall be responsible for receiving any grievances, protests, or general complaints generated by the Town Representative. The representative at large is also responsible for setting the game schedule for the conference within the parameters set forth by the league, certification of football players and certification of team rosters. The

representative is also responsible for coordinating the inspections and approving all possible playing fields designated by member towns prior to the start of the regular season.

F. Cheerleading Coordinator:

The Cheerleading Coordinator shall be responsible for overseeing and guiding all cheerleading in the CTYFL.

The Cheerleading Coordinator shall:

Establish a cheerleading rules and regulations committee at the Nov meeting.

Establish a CTYFL cheer competition committee by the February meeting.

Seek out avenues of education for cheer coaches.

G. Public Relations Officer:

The Public Relations Officer shall handle all press releases on leagues issues and will be responsible for helping with raising money for the league by Corporate Sponsors.

H. Rep at Large 2:

The Rep at Large 2 shall serve in any capacity that may be needed as directed by the Board, and will be responsible for bringing safety and education information to the towns and their coaches. The Rep at Large 2 Officer shall also chair the Scholarship Committee.

I. Assistant Cheer Coordinator:

The Assistant Cheer Coordinator shall be responsible for assisting the Cheer Coordinator in all aspects of that position and shall also be the primary conduit of communications to the cheer reps and coaches regarding cheer issues.

Article 7: GRIEVANCES

The By-laws, Football Rules and Regulations, and Cheerleading Rules and Regulations have been established to govern the operations of the league and represent the interests of parents, players, coaches, volunteers, and town leagues within the purpose and objectives of CTYFL. None of these documents can nor are they intended to cover all contingencies but shall be viewed as the standard to which the spirit of fairness, respect and sportsmanship can be viewed. Where a situation occurs, if viewed to be outside the letter or spirit of fairness, respect and sportsmanship, an aggrieved party may file a grievance with the league within five (5) days of the event to seek a remedy.

A. There can be three sources of grievances: Relating to the By-Laws of the League, Relating to Football Rules and Regulations and Relative to Cheerleading Rules and Regulations.

B. Grievances relating to the By-Laws of the League shall be brought to the attention of the League Secretary, relating to Football Rules and Regulations to the attention of the Rep at Large, relating to Cheerleading Rules and Regulations to the Cheerleading Coordinator.

C. The following procedures shall be used in the grievance process:

1. The aggrieved party shall contact their town representative who in turn will contact the appropriate league officer based on the nature of the grievance with the following information:

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- a. Description of the grievance including time, place and the specific rule or by-law that is being violated
 - b. Names, addresses, and phone numbers of involved parties
 - c. Harm created as a result of the grievance
 - d. Remedy being sought
 - e. A \$100 bond
2. Initial contact with the league official may be verbal but no action will be taken until it is received in writing / email.
 3. The League official shall investigate the claim including contacting involved parties and making a report to the league officers on findings and recommended actions. The league official will also immediately notify the Commissioner and Deputy Commissioner of the grievance. The nature of the incident and the impact it has on on-going league operations will dictate the speed with which the Commissioner shall act.
 4. The Commissioner in consultation with the league officers shall adjudicate the matter and determine appropriate sanctions, if any. In addition to sanctions, the town found to be in violation shall be assessed a \$100 fine.
 - a. Sanctions may include player, coach, team, or town suspensions; game forfeitures; play-off ineligibility; town fines; or other actions deemed appropriate.
 - b. Sanctions shall be effective immediately subject to the appeal process in item 5.
 - c. Sanctions need only be communicated verbally to be effective but must be followed up in writing/email to the sanctioned party, the town representative, and town league leader within 24 hours. The written communication shall include a description of the violation, sanction imposed and duration of sanction.
 5. If the grievance is found to have substantial merit, the \$100 bond will be returned to the aggrieved party. Otherwise it will be deposited in the Scholarship Fund for the league.
- D. The results of the grievance review and any sanctions imposed may be appealed to the league Town representative assembly.
1. The appeal must be filed in writing to the league Secretary and include:
 - a. The initial grievance
 - b. Any sanctions imposed
 - c. Reason for the appeal
 - d. A \$100 bond.
 2. The Executive Board based on the nature of the sanctions will determine whether a special board meeting will be called to address the appeal or if it will be handled at the next scheduled Town representative assembly Meeting. If a special board meeting is called, it shall be done with a minimum of 48 hours notice. If the Town representative assembly finds for the appellant, the bond money shall be returned. Otherwise it will be deposited in the Scholarship Fund for the league.
- E. The Board shall apprise the membership of any grievances and/or appeals and the outcome of each at the next regular meeting.

Article 8: BY-LAW AMENDMENTS

- A. The by-laws of the Connecticut Youth Football League may be amended anytime, by a 2/3rds vote of the town representative assembly. Notice of intent to amend the By-laws must be given to the Town Rep Assembly at least 30 days in advance of it being considered by the Town representative assembly. There are no exceptions, parliamentary or other, to the 30 day notification rule.

Article 9: INSURANCE

- A. The CTYFL shall maintain, or facilitate, insurance for liability and medical coverage for each town that is a current member of the CTYFL.
- B. Each CTYFL town will be responsible to pay to the CTYFL their share of the premium due as determined by the insurance company. Premiums are to be paid by the June CTYFL scheduled league meeting.
- C. All towns shall share proportionately in any insurance purchased on behalf of the league including directors and officers insurance.
- D. The CTYFL Secretary, upon receipt from the Insurance Company, will distribute to each town representative, prior to August 1 of the playing year, a Certificate of Insurance and the procedures for filing claims & forms. This is only in the case of a CTYFL obtaining the "Master Policy", when each town secures their own policy they are responsible for all of the above.
- E. Towns may bring premiums and paperwork to the June meeting for the CTYFL to send in to the insurance company, towns that choose to send theirs in on their own will need to present proof of insurance { by July 15th or they will forfeit the first week of practice.}

Article 10: ADMISSION OF TOWNS

- A. CTYFL is a federation of town youth football and cheerleading programs in Connecticut that have voluntarily joined in order to form a youth tackle football and cheerleading league. From time to time, teams may ask to join the league while other teams withdraw or may be voted out of the league. Membership and continued membership in the league is at the discretion of the current membership.
- B. Any teams seeking admission to the CTYFL must present the following information to the Executive Board and General Membership prior to or at the April CTYFL meeting, for admission for current the season. Teams seeking membership will provide the following information 30 days before their presentation and vote by the Town Representative Assembly.
 - 1. Last year playing rosters for all teams (if applicable).
 - 2. Town map which details area boundaries.
 - 3. Town population data – School figures by classes.
 - 4. Copy of League by-laws and/or Rules & Regulations town played under previously (if applicable).
 - 5. List of prospective Head Coaches by team
 - 6. Equipment and/or financial status
 - 7. League officials' names, addresses, phone numbers of position.

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8. Location and condition of game field
 9. Any further information as may be required by CTYFL in its review process.
- C. Towns seeking admission into the CTYFL must have a minimum of three (3) tackle football and cheerleading teams to enter the league.
 - D. The town representative assembly upon review of the material and discussion with the prospective town shall vote new members to the league with a majority vote.
 - E. Newly elected towns will be considered for voting membership after one (1) full season in the league as outlined in Article 3 - Membership.

Article 11: REGISTRATION OF PLAYERS AND CHEERLEADERS

- A. Teams may sign up participants any time before September 30 of each calendar year.
- B. A participant's eligibility to play for a representative town will be based on that participant's legal residence defined as where the child is legally eligible to attend public school at the time of approval.
- C. All participants must live in an approved area as defined in Bylaws, Article 12 – Registration of Teams. Magnet schools are not considered public schools.
- D. Towns may not draw participants from any set CTYFL town's boundaries, except where a participant has played football or cheered for a representative town for a minimum of one (1) year then moves to a new town may play football or cheer for the duration of his/her eligibility as a youth participant for his/her original town. Siblings of that player will also be eligible to participate for that town if the town is outside the CTYFL. If the town is a member of the CTYFL then Article 11 – G would apply. This will not be considered a Draw.
- E. Any new town entering the CTYFL that has a participant who has participated for the representative organization for a minimum one (1) year may participate for the duration of his/her eligibility for that town. This will not be considered a Draw.
- F. Any town that does not believe they will have 14 {16} eligible football players on a given level, or 6 players on a cheer squad, may attract players from approved areas and apply for a "Draw". See Article 12 section E.
- G. Participants in CTYFL towns who would rather play for another CTYFL town will be allowed to do so, provided:
 - 1) A waiver sheet is signed off on by the Presidents of both organizations involved.
 - 2) The participant's hometown has at least 22 players on the roster of the squad.
- H. Any participant, who has legitimately played for a CTYFL Town, such as under a draw, may continue to play for that Town and that will not be considered a draw.
- I. All "A" squad football participants must provide acceptable proof (e.g. report card, school letter head letter, school stamp) that they are not entering high school for current football season.

- J. Each participant must furnish the following:
 1. Completed CTYFL provided registration form to include written permission by a parent/legal guardian. No football player or cheerleader may take part in any CTYFL activity without this written permission.
 2. Approval to play and medical forms must be with the team/child at all times. This includes practices, scrimmages and games. All players must have a physicians or nurse practitioner approval to participate, effective after January 1 of the playing year. Medical form must state the participant may participate in contact sports, tackle football, or cheerleading, without any limitations, to be accepted.
 3. All players shall be required to turn into the league or any representative of the league (i.e. coach, team President, etc.) a copy of their birth certificate prior to any contact.
- K. Players and Cheerleaders may not participate in any games or competitions until they have been certified to participate by a league official.

Article 12: REGISTRATION OF TEAMS

- A. Any town requesting a second team at the same playing level must declare those teams by the end of May. The way the teams are split is solely at the discretion of that town.
- B. Each football team must have a minimum of 14 eligible players who meet all league requirements at game time.
- C. Each cheerleading squad shall have the minimum 6 participants
- D. Each town shall submit a typed roster for each Football and Cheerleading team using only the CTYFL Roster Form as well as the required player information
- E. Draws - Any football team, or cheer squad, who believes they will be unable to field the minimum number of players may apply to the CTYFL Town representative assembly Executive board for a draw, permitted only from adjacent or approved geographical areas, which is only good for one (1) year. All draws must be approved by a majority vote of the Representative Assembly Executive Board. The maximum number of draws per football team is eight (8), and four (4) for a cheer squad. When draws are used, the football team shall have a maximum of twenty-six (26) players, and a cheer squad a maximum of 12 cheerleaders. The Town Rep Assembly may extend the number of draws in the event of a hardship. All draw areas approved by the Executive Board shall be made known at the next general meeting. Town's requesting a draw must show that they have exhausted all avenues of recruitment before a draw can be approved.
- F. Each towns approved area, for all participants, shall be as follows:

Bloomfield	Bloomfield town boundaries.
East Hartford	East Hartford town boundaries
Windsor	Windsor town boundaries.
Vernon	Vernon town boundaries.
Rocky Hill	Rocky Hill town boundaries

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Wethersfield	Wethersfield town boundaries.
Durham/Middlefield	Durham/Middlefield, Middletown, Wallingford towns boundaries
Simsbury	Simsbury Town boundaries
New Hartford	New Hartford, Barkhamsted, Colebrook, Hartland, Norfolk & Winsted/Winchester town boundaries
Berlin	Berlin Town Boundaries
Haddam/Killingworth	Haddam, Killingworth Town Boundaries
Canton	Canton, Burlington, Harwinton, Avon, Farmington Town Boundaries
East Hampton	East Hampton, Portland, East Haddam,

Article 13: REGISTRATION OF COACHES

- A. Each town at its own expense shall conduct a background check on any volunteer the town deems has repetitive contact with the players. Each town will conduct any level of background check it wishes, but it is required that each town do a minimum check of the Sex Offender Database. Volunteers must be listed by name and certified as “checked” to the CTYFL at roster certification. These checks must be done prior to the volunteer being in contact with the players or cheerleaders.
- B. Coaches’ names, addresses and phone numbers shall be furnished to the league along with representation from the town that the coaches passed the background check at book signing. All coaches must supply certificates of completion of either the NFHS concussion training course or proof of completion of the CIAC concussion training course, or other approved course, at book signing.

Article 14: FINANCIAL POLICY

- A. The Executive Board shall be responsible for the funds of the CTYFL Program.
- B. It shall be the Executive Board Policy to place all funds in a checking and/or savings account for payment of debts before and after the playing season.
- C. All checks shall require two (2) Board member signatures.
- D. No check exceeding one hundred dollars (\$100.00) shall be made without the prior approval of the membership present and voting at the meeting where the request is made. Emergency expenditures may be authorized by two (2) officers among the President, Vice President, and Treasurer of up to five hundred dollars (\$500.00). Emergency expenditures must be subsequently noted at the next meeting of the general membership. Approved budgeted items are considered approved expenditures.
- E. All contributions and/or solicitations shall be for the sole benefit of the CTYFL organization as a whole. A committee will direct all solicitation of funds with a chairperson appointed by the Commissioner and approved by the Executive Board specifically for each drive or event. All funds are to be presented and accounted for to the Executive Board at the completion of the

committee's tenure. During the fundraising drive/event, moneys can be turned into any Executive Board member. Failure to account for and present all funds to the Executive Board could result in criminal charges.

- F. No part of the funds or assets of CTYFL shall be distributed to its members or Executive Board except as in accordance with the Non-Profit Corporation Law of the State of Connecticut and the Federal 501c3 laws.
- G. There shall be no fundraising on behalf of CTYFL for a specific purpose or event without prior approval of a majority of the Executive Board. Any unauthorized fundraising will be brought before the Executive Board and will result in the individual's immediate expulsion from the CTYFL Organization.
- H. The CTYFL shall refrain from any political involvement.

Article 15: BONDS, FEES AND FINES

- A. The annual membership fee shall be set at the April meeting and shall be due and payable on or before the May meeting. Failure to pay said dues shall result in suspension of said representative town's voting rights from the May meeting until paid and a late fee of \$15 shall be charged. Failure to pay said dues and late fee by July town representative assembly meeting will automatically result in forfeiture of the non-paying representative town's membership in the conference.
- B. Each representative town must post a cash bond, (amount to be determined by the Executive Committee), and agreed to by the towns, by the July meeting each year. This bond serves as its good faith guarantee that the town will field the number of teams during the season as represented to the League at the June CTYFL meeting. It also serves as a fund from which the League may draw upon to pay any fines levied against a representative town if not paid by said representative town. Any unused portion of said bond as of July 15th of each year shall be applied towards the bond requirement for the ensuing year unless said representative town withdraws (in writing to the Executive Committee) from the CTYFL, in which event the unused portion of said bond will be refunded to the withdrawing representative town. Said funds shall be placed in a single savings account and any interest earned thereon shall be paid over to the league and applied to operating expenses of the league.
- C. The Executive Committee may fine a representative town \$50/per game for each football team and or cheer squad that the town represents it will field (in accordance with the CTYFL by-laws) at the May meeting but fails, without good reason as determined by majority vote of the Executive Committee, to field at any time during the season. Upon such action by the Executive Committee, the fine shall be paid over to the League and added to the league scholarship fund.
- D. Any representative town that fails to restore its bond account to an amount equal to current league fees within 30 days of the deficit automatically forfeit its membership in the league.
- E. All fines collected from member Towns will be added to the league scholarship fund.

Article 16: FOOTBALL RULES AND REGULATIONS

- A. The Town representative assembly is responsible for establishing the football rules and regulations subject to the mission and purpose of the league.
- B. In November of even years the Football Rules Committee will be established to review and recommend changes to the football rules and regulations for the upcoming football season. The Commissioner will appoint the chairman.
- C. The chairman of the Football Rules Committee will establish the time and place for the Rules Committee meeting and is responsible for communicating to each town the time, place, and agenda for each meeting with a minimum of 48 hour notice before any scheduled meeting.
- D. Each member town may have representation at the rules subcommittee and that representative will be determined by the leadership in each town.
- E. The rules committee may recommend changes, additions, or deletions to current rules and regulations.
- F. Football Rules Committee decisions on recommended changes need to be by a majority vote of the voting members present and at least one half the member towns must be present at the Rules Committee meeting.
- G. Unless there is unanimous consent to consider a potential rule change, all changes to Football Rules and Regulations must come from the Rules committee.
- H. **Registration Impacting Rules** - Recommendations to rules changes that will affect player registration, including player ages and weights, must be presented to the town representative assembly by the January meeting. By the February meeting, the player registration changes will be voted upon by the Town representative assembly where a majority vote is needed for adoption. Player registration changes that are proposed, after the February meeting, with the exception of ages and weights, to be effective in the current football season, will require a 2/3rd vote for adoption. The Executive Board, where in doubt, shall decide whether a proposed rule change in registration impacting.
- I. **Ages/Weights** - Rules regarding player ages and weights shall be in effect for a minimum of 2 years. Only through unanimous consent of all member towns including those not present at the town representative assembly can age or weight changes outside the 2 year timeframe can be considered. Recommendations to rules changes that affect player age and weights must be presented to the town representative assembly by the January meeting by the Football Rules Committee.
- J. **All other recommendations** to Football Rules and Regulation changes must be presented to the Town representative assembly by the June meeting. By the July meeting, the non-player registration changes will be voted upon by the Town representative assembly where a majority vote is needed for adoption. Non player registration changes that are proposed after the June meeting, to be effective in the current football season, will require a 2/3rd vote for adoption.

Article 17: CHEERLEADING RULES AND REGULATIONS

- A. The Cheerleading Representatives are responsible for establishing the cheerleading rules and regulations subject to the mission and purpose of the league.
- B. In November of each year, the Cheerleading Rules Committee will be established to review and recommend changes to the cheerleading rules and regulations for the upcoming season. The Cheerleading Coordinator will appoint the chairman.
- C. The chairman of the Cheerleading Rules Committee will establish the time and place for the Rules Committee meeting and is responsible for communicating to each town the time, place, and agenda for each meeting with a minimum of 48 hour notice before any scheduled meeting.
- D. Each member town may have representation at the rules subcommittee and that representative will be determined by the leadership in each town.
- E. The rules committee may recommend changes, additions, or deletions to current rules and regulations.
- F. Cheerleading Rules Committee decisions on recommended changes need to be by a majority vote of the voting members present and at least one half the member towns must be present at the Rules Committee meeting.
- G. Unless there is unanimous consent to consider a potential rule change, all changes to Cheerleading Rules and Regulations must come from the Rules committee.
- K. **Registration Impacting Rules** - Recommendations to rules changes that will affect player registration, including player ages and weights, must be presented to the town representative assembly by the January meeting. By the February meeting, the player registration changes will be voted upon by the Town representative assembly where a majority vote is needed for adoption. Player registration changes that are proposed, after the February meeting, with the exception of ages and weights, to be effective in the current football season, will require a 2/3rd vote for adoption. The Executive Board, where in doubt, shall decide whether a proposed rule change in registration impacting.
- L. **Ages** - Rules regarding player ages shall be in effect for a minimum of 2 years. Only through unanimous consent of all member towns including those not present at the town representative assembly can age or weight changes outside the 2 year timeframe can be considered. Recommendations to rules changes that affect player age and weights must be presented to the town representative assembly by the January meeting by the Football Rules Committee.

All other recommendations to Cheerleading Rules and Regulations changes must be presented to the Town representative assembly by the June meeting. By the July meeting, the

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non-player registration changes will be voted upon by the Town representative assembly where a majority vote is needed for adoption. Non player registration changes that are proposed after the June meeting, to be effective in the current cheer season, will require a 2/3rd vote for adoption.

Article 18: CTYFL SCHOLARSHIPS

- A. The CTYFL has established a scholarship program to further the post high school education of past football and cheerleading participants. A Scholarship Committee to be chaired by an Executive Board Officer shall be formed, at the June meeting, each year to establish the guidelines and procedures for the Scholarship Program which will be presented and ratified by the Town representative assembly before they become effective. The Scholarship Committee is charged with raising funds to be granted to the recipients as well as review and select scholarship recipients. The Town representative assembly shall approve the list of scholarship recipients. Recipients of an awarded scholarship from a team less than 3 years of participation will be limited to \$500.

Article 19: DISSOLUTION OF THE CORPORATION

- A. The Corporation can be dissolved by a majority vote of the members, and all monies must be divided amongst the remaining recognized non-profit members

Attachment 1
CTYFL Football Rules and Regulations

Article 1:	SCHEDULES
Article 2:	PLAYER QUALIFICATIONS
Article 3:	CONFERENCE REGISTRATION
Article 4:	EQUIPMENT
Article 5:	WEIGH IN PROCEDURES
Article 6:	GAME REGULATIONS
Article 7:	ENFORCEMENT OF RULES
Article 8:	OFFICIALS
Article 9:	FIRST AID
Article 10:	USE OF ELECTRONIC COMMUNICATIONS
Article 11:	Tackle Football Scheduling & Playoff Procedures
Article 11:	VOLUNTARY FLAG FOOTBALL TEAM(S)

Article 1: SCHEDULES

1. The Executive Committee, at the direction of the scheduling committee, shall be responsible for divisional alignments, scheduling of games and planning of championship play.
2. The scheduling committee shall be formed at the March meeting and shall be chaired by a member of the Executive Board who will be responsible for making up the actual schedule. The committee shall be responsible for recommending the divisional alignment criteria, playoff procedures, as well as review of the actual schedule for possible changes. The final schedule shall be released by the 2nd week in July.
3. Any team failing to meet a scheduled game will be subject to automatic fines and penalties listed under Article 14, Section B of the by-laws.
4. No “Practice”–shall begin before August 1 of the current season. ***“Practice”- A gathering of more than six (6) current or future football participants in the presence of at least one (1) current or future coach and/or volunteer, when any of the following activities take place:***
 - A. chalk talk/skull session
 - B. viewing of fundamentals film
 - C. group conditioning
 - D. individual skills sessions (QB, receiving, blocking, tackling, kicking, etc.)
 - E. group skills sessions
 - F. dummies and other inanimate contact
 - G. play run through without pads (shorts & T-shirt)
 - H. play run through with equipment, but without contact
 - I. Intra-squad scrimmages with full pads and equipment

If the above described activities are sponsored by a CTYFL football town organization, and open

to participants from the general public, then it will not be considered a “practice” prior to August 1st.

Practices after Labor Day weekend, are limited to three (3) practices per week for a maximum of six (6) hours (one practice per calendar day, not to exceed two (2) hours per day). A week is defined as Monday – Sunday. All break times are not counted against the maximum daily hours of allowed practice time.

5. Full contact drills may not begin before a player has participated in ten (10) hours of conditioning practices (one practice per calendar day, not to exceed 2-1/2 hours per day). The amount of “contact” at each practice will be reduced to a maximum of 1/3 of practice time (either 40 minutes total of each practice or 1/3 of total weekly practice time). The only football equipment allowed during the first 4 hours is Helmets, jersey, cleats, cup. Shoulder pads may be added for the remaining 6 hours.

1. In the above context “contact” means any drill or scrimmage in which players go full-speed with contact – e.g. one-on-one blocking and/or tackling drills; down line vs down line full speed drills; and/or scrimmages.

2. Prohibited “contact” is full speed head-on blocking or tackling drills in which the players line up more than three (3) yards apart are not permitted. Having two lineman in stances immediately across the line of scrimmage from each other and having full speed drills where the players approach each other at an angle, but not straight ahead in to each other are both permitted. **However, there should be no intentional head-to-head contact**

The Executive Board may change the start date to reflect a full first week if they deem it is in the best interest of all towns to do so.

Article 2: PLAYER QUALIFICATIONS

Approval to play: Each town shall collect the following prior to a player participating in any practice.

3. Current year CTYFL parental consent **or League Athletics parental consent** form signed by a parent/guardian.
4. Current year CTYFL Doctor’s Statement signed by physician or nurse practitioner, clearing the child for participation in contact sports, cheerleading, or football.
5. A copy of player’s birth certificate. These are mandatory for all candidates prior to their first practice session each season.
6. All “A” Squad players must submit a copy of their 4th term report card, or other form of proof, indicating that they will not be in HS during the playing year.
7. All player registration rules must be complied with.

Football weights and ages:

3. **Mighty Mites:**

1. Players must be at least seven (7) years of age as of December 31st of the playing year and cannot turn nine (9) years of age prior to December 31st of the playing year.
2. The maximum weight shall be (115) pounds at game time. (See article 2C for Over-Under Rule) If Digital Scale see Digital Scale Overweight Definition Article 5.

4. C Squad:

1. Players must be 10 years of age, or under, as of Dec. 31st of the playing year.
2. The maximum weight shall be (135) pounds at game time. (See article 2C for Over-Under Rule) If Digital Scale see Digital Scale Overweight Definition Article 5.
- 3.

5. B Squad:

- i) Players must be 12 years of age, or under, as of Dec. 31st of the playing year.
- ii) The maximum weight shall be (161) pounds at game time. (See article 2C for Over-Under Rule) If Digital Scale see Digital Scale Overweight Definition Article 5.
- iii)

6. A Squad:

Players must be 14 years of age, or under, as of Dec. 31st of the playing year and may not be enrolled in High School.

The maximum weight shall be (197) pounds at game time. No players shall be allowed to play outside of these weights. (See article 2C for Over-Under Rule) If Digital Scale see Digital Scale Overweight Definition Article 5.

7. All weights shall be determined with players in uniform, including playing shoes, without helmet, shoulder pads, and rib vest. Players not in danger of being overweight need not remove any equipment for weigh in.

Over-under Rule:

- a. A player that meets the criteria below, may at his/her option, choose to play down one squad. Ages below are based on CTYFL playing ages.
 - 13 years old **and** less than 106 pounds may play on 'B' squad.
 - 11 years old **and** less than 85 pounds may play on 'C' squad.
 - 9 years old **and** less than 65 pounds may play on the 'MM' squad.

Article 3: CONFERENCE REGISTRATION

B. The date and time of the special Roster certification meeting shall be determined and held by the Executive Committee before the first game of the season. The board may decide to collect the books and return them at a later date. Teams must keep copies of all permission and medical forms or cease practice.

C. Each team must present the following in reviewable condition at roster certification:

For each participant:

- a. Current year CTYFL parental consent form signed by the Parent or guardian **or** **League Athletics parental consent**
- b. Current year's Doctor's note signed by physician or nurse practitioner, clearing the child for participation in Contact sports, Cheerleading or Football.
- c. Copy of birth certificate or some legal form of proof of birth.
- d. A current picture of the player shall be attached to the front of the Parental Consent form.

For each team:

1. CTYFL approved roster in duplicate.

2. CTYFL coaches / volunteers roster with town certification of performed background check.
 3. Certificates of completion **USA Football Coaching Tackling Course**
- D. Each set of books will be reviewed by two impartial members of the CTYFL at the book signing.
- E. At the roster certification the CTYFL will verify the following:
1. Signed CTYFL or League Athletics parental/guardian form
 2. Signed and dated CTYFL Doctor's Statement.
 3. Age eligibility
 4. Residence eligibility
 5. Coaches / volunteers roster and eligibility
- F. Any player, coach, or volunteer not meeting the requirements above will not be certified as eligible to participate.
- G. After roster certification only roster additions need approval. These additions may be approved by any member of the CTYFL board. When additions are made, a copy of the roster with the new additions must be given to the Officer certifying the additions. No player shall be added after Sept 30th of the playing season.
- H. Any representative town failing to attend the special roster certification meeting and failing to properly register all its teams shall forfeit the right to field such teams until compliance. It will be the town's responsibility to obtain said certification. A fee of \$100.00 per team shall be paid to the league scholarship fund for the inconvenience.
- I. No team shall be permitted to play an official CTYFL game unless the team has a minimum of fourteen (14) eligible players, but a scrimmage game is permitted. Eligible means meeting all league requirements as set forth in these rules and regulations as well as in league by-laws at game time.
- J. Players cannot be listed on different rosters simultaneously. Players must stay on the same roster after the player has been approved by CTYFL to be on a roster subject to the exception below:
- A player may change team rosters up until September 30th only to PLAY UP (with an older age group) or PLAY DOWN (with a younger age group). A player roster change to play on a team for the same age group within their town is prohibited.
- K. Cutting of players to gain a competitive edge is not allowed.

Article 4: EQUIPMENT

- b. Player:
- Required: Intra-oral mouth guard, NOC-SAE approved helmets with unaltered, face guard, Chin Strap, shoulder pads, hip pads, thigh pads, kneepads, tailbone pads, socks, shirt, pants, and a protective cup must be worn by both males and females.
- Any belt must be standard football equipment without metal pointed buckle.

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Chin straps are required. Football shoes, if used, must be a non-metallic cleat. Non-detachable cleats are allowed but must meet NFHS Rules.

Rib pads, flack jackets, hand, wrist, forearm, elbow pads, neck rolls, and clear face shields only will be considered optional equipment. Helmets must be worn in accordance with the manufacturer's recommendations.

Any player that is not properly equipped will not be allowed to play.

c. Ball:

Composite and Rubber Balls are allowed at all levels.

Mighty Mites: Spaulding J5PW or equivalent.

C Squad: Spaulding J5J or equivalent.

A and B Squad: Spaulding J5Y or equivalent.

d. Field:

A CTYFL approved football regulation field with regulation goal posts shall be used for all games.

The home team must rope the field off completely with the exception of the end zones.

The ropes must be at least fifteen (15) feet outside the playing area. Only playing team coaches with appropriate badges (when applicable), medical personnel, and chains & markers crew will be allowed inside the roped off area. Badges may be issued by the home team and must be worn at all times when on the sidelines.

Field approval is the responsibility of the Executive Committee.

Article 5 – WEIGH-IN PROCEDURES

To be eligible, each player must be weighed in before the kick off start of each game, or after kick off **only** if both head coaches agree. No overweight player shall be allowed to play. Any player not allowed to play shall remain on the sidelines during the game. Borderline players may remove their shoulder pads, helmet, and rib vest for weigh in. Each player will have the opportunity to step on the scale twice (2) for official weigh-in. Coaches playing over-under players must declare these players to opposing teams and verify they're underweight.

Visiting and Home teams shall be at the playing field one hour before kick-off. Home team coach or his/her designee shall be responsible for showing the visiting team:

Their warm-up area.

The half time area.

Introduction to EMT.

Scheduling weigh in.

Yearly certified counterbalance type scales or Certified Digital Wrestling Scale shall be used for the weigh in. Said scale shall be certified by CTYFL or the State of Connecticut, Bureau of Weights & Measures before the first game or Scale may be certified before each game by the use of 2 – 50lb certified scale weights provided by the home team. Coaches have the right to inspect the scale for accuracy and to "zero" the scale if necessary before the start of the weigh in procedures.

Each player shall weigh in, in accordance with Article 2 Section B of the Rules and Regulations. The maximum gross weight allowable will be that authorized by Article 2 Section B and the Digital Scale Overweight definition below.

Digital Scale Overweight Definition – During weigh-in, a player will be deemed overweight and ineligible to play for reasons of excess weight **ONLY IF** the scale, registering weight in tenths, displays the next highest full number pound over the legal weight. (This serves the same function as the counterbalance non-digital scale coming to rest with the upper limit stop.

Any player without proper equipment cannot play.

Scales must be on solid, level slab of concrete or asphalt.

The same or a master “Weigh-In” sheet will be used each week. Failure to have this master copy at weigh in will result in a \$50.00 fine.

At weigh in the “books” need to be present and should be inspected by the opposing coach.

Teams must supply a copy of the CTYFL stamped roster to their opponent at weigh-ins.

Article 6 – GAME REGULATIONS

All games shall be played in accordance with the National Federation rules as they pertain to high school football. Each team must have a minimum of 14 eligible players at the start of the game. Any team not able to field the 14 eligible players automatically forfeits the game.

Each team has three timeouts per half with no carry-overs. At MM level there will be a maximum of one (1) minute in between plays to call a play in the offensive huddle. This rule must be enforced.

Game Clock:

A & B teams shall have 18 min running quarters.

C & Mighty Mites teams shall have 16 minute running quarters.

For all games, the only clock stoppage shall **injury, team and referee time outs** and the last two (2) minutes of each half shall be standard stop clock. There shall be a timeout/notification when the clock has 2 mins left in 1st half and 2nd half.

For all games, halftime shall be 10 min maximum.

After halftime of C and Mighty Mites games there shall be no meeting of the captains at mid-field, teams shall simply line up for the kick off.

Substitutions: Free substitutions and all A-B-C-MM players, A & B must play in at least six (6) plays per game to include kickoffs and special teams. MM and C players must play in minimum of 6 plays **OTHER THAN KICK-OFFS AND PUNTS**.

Each town will police themselves, however any coach proved not playing each MM or C team player during the game (not counting kick-off and punt) at least 6 plays will receive a warning for first offense, suspended for the season with second offense.

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Any player sitting due to disciplinary or health reasons must be introduced to opposing coach prior to weigh in and can not wear pads.

Bench Conduct:

Only coaches or authorized field personnel will be allowed on the bench or in the coaches' area during the game.

All coaches and professional people must stay within the coaching area, on the sidelines between the twenty-five (25) yard lines on either side of the mid-field stripe. Referees may impose a fifteen- (15) yard penalty for any infraction of this rule.

Any misconduct by players or coaches must be brought to the attention "in writing" to the Representative at Large, by the town for action within five (5) calendar days of the game in question.

Any misconduct by player or coach resulting in ejection from the game must be reported 'in writing' to the Representative at Large for action with twenty-four (24) hours of the game in question. Failure to comply will result in a mandatory fine of \$100.00. Any player or coach ejected will not be allowed to participate in the following CTYFL League game.

Prohibition Against Crashing Linebackers A-B-C-MM Squads:

Linebackers may not move forward before the snap of the ball. No player in the defensive backfield may penetrate a line two- (2) yards from the line of scrimmage before the snap of the ball. Infractions of this rule will draw an automatic five (5) yard penalty.

Regular season game times are as follows, or as schedule dictates:

B Team	9:00 AM
A Team	11:00 AM
C Team	1:00 PM
Mighty Mites	3:00 PM

Overtime Procedures will be the same as the high school federation except teams will be allowed to attempt one or two point conversions during all overtime periods.

NO OVERTIME DURING MIGHTY MITE GAMES.

Cancellation of Games:

In the event of rain out or any potential game cancellation, the hometown should call the opposing town's representative and referees at least two (2) hours before the game is scheduled to start. Referees have the discretion to cancel any game any time.

Rescheduling of games:

Once the league schedule has been set, any rescheduling of game times or dates must be coordinated by the town Presidents (or their designee) involved. The Presidents will work together, in a timely manner, to reschedule the game(s).

If no resolution can be agreed upon, then both Presidents will present their alternatives to the Executive Board who will review and make a ruling as to the "best solution".

The Board decision is final and a team that cannot make the reschedule will forfeit.

In all cases the Executive Board must be notified of the changes.

This does not apply to league wide cancellation and rescheduling.

Home teams are responsible for providing competent chain crews and appropriate down markers and first down chains with mandatory chain clip. The visiting team has the first right of refusal to provide competent members for the chain crew if they elect this option prior to kick-off.

Scoring will be as follows:

Touchdown	6 points
Conversion – run or pass	1 point
Conversion - kick	2 points
Field Goal	3 points
Safety	2 points

Lopsided Score Rule

If at any time in a team takes a 30 or more point lead, then the winning defensive team cannot advance a fumble or pass interception. The ball is blown dead immediately. The winning offense may start play from the spot of the turnover. If at any time the point lead is reduced to less than 30 points, then the defensive team can advance a fumble or pass interception

J. Any team winning ANY game by more than 36 points will be required to explain the reasons in writing to the Executive Committee via the Deputy Commissioner. It is the responsibility of the winning team's head coach to contact the Deputy Commissioner.

K. Failure of the winning coach to file a written explanation within three (3) days of the game will result in an automatic one (1) game suspension for that coach.

L. If good reason is not given (starters out of game, no passing, running between tackles) and the Executive Committee deems it was intentional, disciplinary action will be taken as follows:

Written warning for the Head Coach's' first offense.

Suspension for the following week's game for Head Coach's second offense.

Expulsion for the Head Coach's third offense.

In the event that the opposing team does not feel the score was intentionally run up, no discipline will occur.

Mighty Mite Game Procedure:

Two (2) coaches from each team will be allowed on the field at any given time, and on defense, must be behind the Safety at the beginning of the play.

2 Kickoffs – One at the start of the game and One after Halftime. The ball will be placed on the 35yd line after touchdowns.

Free Kicks are from the thirty (30) yard line.

A team must declare when it will punt. This will be a free kick with no rush or return allowed. No player will be allowed down field. Once punted the ball is considered dead, the ball will be placed at the spot the ball comes to rest, or at a minimum of 10 yards from the line of scrimmage, which ever is further from the original line of scrimmage. A Coach may also just request the 25 yard mark off without punting, but the spot cannot be placed within the opponent's 20 yard line.

There will be four (2) warnings per half for minor violations and the referees will explain all violations to the players.

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All Major Violations will be enforced during the entire game. Major violations are as follows: face masking, clipping, blocks to the back, pass interference, unsportsmanlike conduct and holding.

All other violations will be considered Minor violations and the down will be replayed.

All other game and CTYFL procedures will apply.

A no huddle or hurry up offense will only be allowed in the last four (4) minutes of each half.

PAT kicks will be a free kick from the 7 yd line.

Offensive plays must be run in 60 seconds or “delay of game” will be called.

Teams will switch end zones at halftime only.

No Overtime

O. C Squad Game Procedures:

F. A team must declare when it will punt. This will be a free kick with no rush allowed. No player will be allowed down field until the ball is kicked. A Coach may also just request the 25 yard mark off without punting, but the spot cannot be placed within the opponent's 20 yard line.

G. Teams will switch end zones at halftime only.

H. No (0) coach from each team will be allowed on the field

I. Kickoffs will be from the forty- (40) yard line.

J. All violations will be enforced during the entire game as per NFHS rules.

K. All other game and CTYFL procedures will apply.

P. Playoff/Championship Procedures will be set by the scheduling committee - TBD Conference Playoffs:

Article 7 - OFFICIALS

Connecticut Board Officials will be supplied a complete set of the Conference rules one (1) month prior to opening games by the Commissioner.

The Conference shall supply at least two (2) State Board Officials for A, B, C and MM Squads.

Officials must always have foremost in mind the welfare of the players.

An official may stop play at any time to explain doubtful points to the players.

An official may bench any tired, winded or injured players at their discretion.

An official CANNOT advance the clock to meet schedules, protect players or avoid letting a one-sided game get out of hand unless approval is obtained from both coaches prior to or during the game.

Game referees CANNOT make a determination on player eligibility as defined by CTYFL Football Rules And Regulations Article 2A – Player Qualifications, Article 2B – Football Weights And Ages, and/or Article 2C – Over-Under Rule .

Home team is responsible for the paying officials for as many games that are played immediately following the game(s).

Article 8 – FIRST AID

It is mandatory to have an emergency vehicle or communications to an emergency vehicle available at every game

Athletic Trainer / Emergency Medical Technician – Game Requirements

- A. The home team will supply a certified Athletic Trainer and/or EMT who will be designated as the primary medical responder to any game injury.
- B. No game will begin without the presence of the designated Athletic Trainer and/or EMT.
- C. The Athletic Trainer and/or EMT must have appropriate identification (ID card), which shall be presented to the head coaches and game officials prior to the start of each game upon request.
- D. In lieu of an ambulance being on standby at the game, it is strongly recommended that the dressing, collars, cell phone and/or portable radio, stethoscope, ice packs, blood pressure cuff, airway pack, short splints be provided and on hand.
- E. The Athletic Trainer and/or EMT will position himself and remain visible on either sideline in or near the team box during play of the game.
- F. The Athletic Trainer and/or EMT shall be the primary response to any injury that occurs on the field of play, which requires the game official to stop play or signals a medical timeout. The head coach may accompany the Athletic Trainer and/or EMT onto the field in an observatory capacity only.
- G. Once the designated Athletic Trainer and/or EMT takes the field the decision on whether or not that player returns to the game is the responsibility of this individual. (NO member of either team's coaching staff may function as the designated medical staff person for a contest in which they are the coach of that game).
- H. If a parent refuses medical services, which is deemed as necessary their child is out of the game for the day. If a child is taken to the hospital, and later returns to the field, they must have a doctor's release before resuming play.
- I. All coaches will carry a binder containing all medical and emergency contact information at all times on the sidelines during games and/or practice.

The home team may be required by CTYFL Executive Board to forfeit any game for which the person identified in B 1 is not available at the start of and during each game. An automatic fine of \$50.00 will also be levied against the home team.

Article 9 – USE OF ELECTRONIC COMMUNICATION EQUIPMENT & SCOUTING

Electronic Equipment – The use of electronic communication equipment by coaches or people on the sidelines is allowed and not to be used for instant replay.

Scouting - Scouting of other teams is allowed. Scouting is defined as the use of video or any other form of documenting another team when you are not the team involved in the game. There shall be no scouting practices and drones are prohibited.

Article 10 – TEAM COLORS

Any Town changing its uniform colors must obtain permission from the Representative assembly. The Representative assembly may disallow a color change if it is too similar to an existing Town color.

When existing Towns have similar colors, the Town who entered the CTYFL or changed their colors most recently are the ones required to make certain they wear contrasting uniforms or wear pinnies. This applies to home and away games.

Article 11 – Scheduling & Playoff Procedures

CTYFL Playoff System

18 Team Playoff Format

CTYFL Championships - 8 Teams: Conference Champions and five wild cards determined by Power Points.
Rose Bowl Tournament - Top 4 remaining teams based on Power Points
Orange Bowl Tournament - Top 4 remaining teams based on Power Points
Sugar Bowl Tournament - Top 2 remaining teams based on Power Points

17 Team Playoff Format

CTYFL Championships - 8 Teams: Conference Champions and five wild cards determined by Power Points.
Rose Bowl Tournament - Top 4 remaining teams based on Power Points
Orange Bowl Tournament - Top 4 remaining teams based on Power Points
*Bottom Team Does not make a Bowl Game

16 Team Playoff Format

CTYFL Championships - 8 Teams: Conference Champions and five wild cards determined by Power Points.
Rose Bowl Tournament - Top 4 remaining teams based on Power Points
Orange Bowl Tournament - Top 4 remaining teams based on Power Points

15 Team Playoff Format

CTYFL Championships - 8 Teams: Conference Champions and five wild cards determined by Power Points.
Rose Bowl Tournament - Top 4 remaining teams based on Power Points
Orange Bowl Tournament - Top 2 remaining teams based on Power Points
*Bottom Team Does not make a Bowl Game

14 Team Playoff Format

CTYFL Championships - 8 Teams: Conference Champions and five wild cards determined by Power Points.
Rose Bowl Tournament - Top 4 remaining teams based on Power Points
Orange Bowl Tournament - Top 2 remaining teams based on Power Points

13 Team Playoff Format

CTYFL Championships - 8 Teams: Conference Champions and five wild cards determined by Power Points.
Rose Bowl Tournament - Top 4 remaining teams based on Power Points
*Bottom Team Does not make a Bowl Game

12 Team Playoff Format

CTYFL Championships - 8 Teams: Conference Champions and five wild cards determined by Power Points.
Rose Bowl Tournament - Top 4 remaining teams based on Power Points

CTYFL Playoff Rankings and Format

CTYFL Championships - The Conference Champions will receive a guaranteed spot in the CTYFL Championships. Seating will be based on Power Points.. The higher seeds will play at home during the quarter finals and semi final rounds.

Bowl Tournaments – All rankings will be determined by Power Points. Home games will be given to the higher seed whenever possible(When the executive board meets it is important to have at least to games at each home site for the officials).

CTYFL Point System

Each team will receive 100 pts for a victory and 10 pts for each victory earned by any opponent it has defeated. The total will then be divided by the number of games played to determine the teams Power Point Average.

Ties will be broken by the following:

1. Head to Head
2. Coin Toss

The power point averages will be used for two purposes:

1. To determine the playoff rankings.
2. The average of the B and C team power points will determine a towns ranking for schedule the following season.

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Scheduling template (18 teams)

Division 1	Division 2	Division 3
1	2	3
4	5	6
7	8	9
10	11	12
13	14	15
16	17	18

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
1v2	1v3	1v5	1v4	1v7	1v10	1v13	1v16
6v5	2v6	6v4	7v10	10v13	7v16	7v4	7v13
4v3	4v5	2v3	13v16	4v16	4v13	10v16	4v10
7v8	7v9	7v11	2v5	2v8	2v11	2v14	2v17
12v11	8v12	12v10	8v11	11v14	8v17	8v5	8v14
10v9	10v11	8v9	14v17	5V17	5V14	11V17	5V11
13v14	13v15	13v17	3V6	3V9	3V12	3V15	3V18
18v17	14v18	18v16	9V12	12V15	9V18	9V6	9V15
15v16	16v17	14v15	15V18	6V18	6V15	12V18	6V12

	Team 1	Team 2	Team 3	Team 4	Team 5	Team 6	Team 7	Team 8	Team 9
Wk 1	1v2	1v2	4v3	4v3	6v5	6v5	7v8	7v8	10v9
Wk 2	1v3	2v6	1v3	4v5	4v5	2v6	7v9	8v12	7v9
Wk 3	1v5	2v3	2v3	6v4	1v5	6v4	7v11	8v9	8v9
Wk 4	1v4	2v5	3V6	1v4	2v5	3V6	7v10	8v11	9V12
Wk 5	1v7	2v8	3V9	4v16	5V17	6V18	1v7	2v8	3V9
Wk 6	1v10	2v11	3V12	4v13	5V14	6V15	7v16	8v17	9V18
Wk 7	1v13	2v14	3V15	7v4	8v5	9V6	7v4	8v5	9V6
Wk 8	1v16	2v17	3V18	4v10	5V11	6V12	7v13	8v14	9V15

	Team 10	Team 11	Team 12	Team 13	Team 14	Team 15	Team 16	Team 17	Team 18
Wk 1	10v9	12v11	12v11	13v14	13v14	15v16	15v16	18v17	18v17
Wk 2	10v11	10v11	8v12	13v15	14v18	13v15	16v17	16v17	14v18
Wk 3	12v10	7v11	12v10	13v17	14v15	14v15	18v16	13v17	18v16
Wk 4	7v10	8v11	9V12	13v16	14v17	15V18	13v16	14v17	15V18
Wk 5	10v13	11v14	12V15	10v13	11v14	12V15	4v16	5V17	6V18
Wk 6	1v10	2v11	3V12	4v13	5V14	6V15	7v16	8v17	9V18
Wk 7	10v16	11V17	12V18	1v13	2v14	3V15	10v16	11V17	12V18
Wk 8	4v10	5V11	6V12	7v13	8v14	9V15	1v16	2v17	3V18

Article 12 - FLAG FOOTBALL RULES

Players must be at least five (5) or six (6) years of age as of December 31st of the playing year and cannot turn seven (7) years of age prior to December 31st of the playing year.

1) Game

- a) At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss.
- b) The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Teams may not choose to defer to the second half.
- c) The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. Once a team crosses midfield, they have three (3) plays to score a touchdown.
- d) If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.
- e) If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its own 5-yard line.
- f) All possession changes, except interceptions, start on the offense's 5-yard line.
- g) Teams change sides after the first half. Possession changes to the team that started the game on defense.

2) Terminology

- a) Boundary Lines – outer perimeter lines around the field. They include sidelines, and back of the end zone lines.
- b) Line Of Scrimmage – (LOS) an imaginary line running through the point of the football and across the width of the field.
- c) Line-To-Gain – the line the offense must pass to get a first down or score.
- d) Rush Line – imaginary line running across width of field 7 yards (into the defensive side) from the LOS.
- e) Offense – the squad with possession of the ball.
- f) Defense – the squad opposing the offense to prevent them from advancing the ball.
- g) Passer – the offensive player that throws the ball and may or may not be the quarterback.

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- h) Rusher – the defensive player assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or by blocking the pass.
- i) Downs (1-2-3) – the offensive squad has three attempts or “downs” to advance the ball. They must cross the line to gain to get another set of downs or to score.
- j) Live Ball – refers to the period of time that the play is in action. Generally used in regard to penalties, live ball penalties are considered part of the play and must be enforced before the down is considered complete.
- k) Dead Ball – refers to the period of time immediately before or after a play.
- l) Whistle – sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, half time, or the end of the game.
- m) Inadvertent Whistle – official’s whistle that is performed in error.
- n) Charging – the movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head, making contact with the defender with a shoulder, forearm, or the chest.
- o) Flag Guarding – an act by the ball carrier to prevent a defender from pulling the ball carrier’s flags by stiff arm, lowering elbow or head, or by blocking access to the runner’s flags with a hand or arm.
- p) Shovel Pass – a legal pass attempted beyond the line of scrimmage by throwing the ball underhand or pushing it towards a receiver in a shot put type manner.
- q) Lateral – a backwards or sideways toss of the ball by the ball carrier.
- r) Unsportsmanlike Conduct – a rude, confrontational, or offensive behavior or language.

3) Eligibility

- a) All players’ legal guardians must agree to online waiver or paper form waiver Neighborhood Sports league before participating.
- b) The league provides each player with a flag belt and NFL FLAG powered by USA Football NFL jersey. Teams will use the football provided by their league.
- c) Players must wear shoes. Football cleats are encouraged; however cleats with exposed metal are not allowed and must be removed.
- d) Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and kneepads. Braces with exposed metals are not allowed.
- e) Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.
- f) Official NFL FLAG jerseys must be worn during play. Shorts must be worn if provided by league.
- g) Players’ jerseys must be tucked into the pants if they hang below the belt line.

h) Pants or shorts with belt loops or pockets must be taped.

i) All Players must wear a protective mouthpiece;

4) Field

a) The field dimensions vary with locations but generally are 30 yards by 70 yards with two 10-yard end zones, and a midfield line-to-gain. No-Run Zones precede each line-to-gain by 5 yards. Field size may vary for each league.

b) No-Run Zones are in place to prevent teams from conducting power run plays. While in the No-Run Zones (a 5 yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.

c) Stepping on the boundary line is considered out of bounds.

d) Each offensive squad approaches only TWO No-Run Zones in each drive (one zone 5 yards from midfield to gain the first down, and one zone 5 yards from the goal line to score a TD).

5) Rosters

a) Home teams wear dark color jerseys; visiting teams wear light color jerseys.

b) Teams consist of ten players or more. Game is played 5v5.

c) Teams must start a game with a minimum of five players. In the event of an injury, a team with insufficient substitute players may play with four players on the field, but no fewer than four.

6) Timing and Overtime

a) Games are played on a 40 minute continuous clock with two twenty minute halves. The clock stops only for timeouts.

b) Halftime is one minute long.

c) Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.

d) Each team has one 60-second time out per half.

e) Officials can stop the clock at their discretion.

f) In the event of an injury the clock will stop and restart when the injured player is removed from the field of play.

7) Scoring

a) Touchdown: 6 points

b) PAT (Point after Touchdown) 1 point (5-yard line) or 2 points (12-yard line) Note: 1 point PAT is pass only, 2 point PAT can be run or pass.

c) Safety: 2 points

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d) A Safety occurs when the ball carrier is declared down in his/her own end zone. They can be called down when their flags are pulled by a defensive player, their flag falls out, they step out of bounds or they hit the ground with their knee or arm. A Safety also occurs when there is an offensive penalty in the end zone.

e) A team that scores a touchdown must declare whether it wishes to attempt a 1-pt. conversion (from the 5-yard line) or a 2 point (from the 12 yard line). Any change, once a decision is made to try for the extra point, requires a charged time out. Decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.

f) Mercy Rule: After one team is winning by twenty eight points or more, the losing team gets one offensive series to continue regulation play. If they do not score, the game goes into scrimmage mode (game technically ends scoring wise). The losing team has the option of continuing to play offense and defense in a game situation or play offense only for the remainder of the game. Scores do not count after entering Scrimmage mode. The game continues until the clock expires. The defense on the winning team cannot rush the QB after going into scrimmage mode.

8) Coaches

a) Coaches are typically volunteer parents or family members helping the players learn and enjoy the game. Parents are encouraged to support the coach at all time.

b) Coaches are allowed on the field to direct players according to need and division. Coaches must move to the sidelines before the snap of the ball. Offensive coach can stay on field but must stay away from players playing; defensive coach must go to sideline prior to start of play.

c) Coaches are expected to adhere to Neighborhood Sports sportmanship philosophies, coaching guidelines and codes of conduct.

d) Only three coaches per team are allowed on the sideline during the game. Only head coach (NS designated by lanyard) can talk to referee or ask for rules clarification.

9) Live Ball/Dead Ball

a) The ball is live at the snap of the ball and remains live until the official whistles the ball dead.

b) The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back behind the line of scrimmage.

- I. The Football neutral zone is an area in which no member of either team may be, other than the person holding the ball. The neutral zone only exists in dead ball situations (i.e. when play is not ongoing). The neutral zone can be described as the length of the football from one tip to the other when it is spotted.

c) A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play.

d) The defense may not mimic the offensive team signals, by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike penalty.

e) Substitutions are not be made on all dead balls... only on change of possession or in case of an injury to a player.

f) Any official can whistle the play dead.

g) Play is ruled “dead” when:

- I. The ball hits the ground.
- II. The ball carrier’s flag is pulled.
- III. The ball carrier steps out of bounds.
- IV. A touchdown, PAT or safety is scored.
- V. The ball carrier’s knee or arm hits the ground.
- VI. The ball carrier’s flag falls out.
- VII. The receiver catches the ball while in possession of one or no flag(s).
- VIII. The 7 second pass clock expires.
- IX. Inadvertent whistle.

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

h) In the case of an inadvertent whistle, the offense has two options:

- 1) Take the ball where it was when the whistle blew and the down is consumed.
- 2) Replay the down from the original line of scrimmage.

i) A team is allowed to use a time out to question an official’s rule interpretation. If the official’s ruling is correct, the team will be charged a time out. If the rule is interpreted incorrectly, the time out will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call.

10) Running

a) The ball is spotted where the runner’s feet are when the flag is pulled, not where the ball carrier has the ball. Forward progress will be measured by the player’s front foot.

b) The quarterback cannot directly run with the ball. The quarterback does have the ability to scramble in the back field, but cannot advance the ball beyond the line of scrimmage. The quarterback is the offensive player that receives the snap.

c) Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind, or to the side of the offensive player, but must be behind the line of scrimmage. The offense may use multiple handoffs.

- iv) “Center Sneak” play – The ball must completely leave the center’s hands on the snap and he/she must step backwards off the line of scrimmage in order to receive a direct handoff from the QB before advancing the ball.

d) Absolutely NO laterals or pitches of any kind.

e) “No-Run Zones,” located 5 yards before each end zone and 5 yards on either side of midfield are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE. (Reminder: Each offensive squad approaches only TWO No-Run Zones in each drive – one 5 yards from midfield to gain the first down, and one 5 yards from the goal line to score a TD).

f) The player who takes the handoff can throw the ball from behind the line of scrimmage.

g) Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.

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- h) Runners may not Dive to advance the ball.
- i) Spinning is allowed, but players may not charge into defenders. Lateral moves to the left or right are permitted.
- j) Runners must make every attempt to avoid a collision with another player.
- k) No blocking or “screening” is allowed at any time.
- l) Offensive players must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.
- m) Flag Obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player’s hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding. If the ball carriers flags are out of position (not on his side)...he is down at the spot a defenders attempts to pull the flags.

11) Passing

- a) All passes must be from behind the line of scrimmage, thrown forward and received beyond the line scrimmage.
- b) Shovel passes are allowed, but must be received beyond the line of scrimmage.
- c) The quarterback has a seven-second “pass clock.” If a pass is not thrown within the seven seconds, play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule no longer is in effect.
 - l. **If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS).**

12) Receiving

- a) All players are eligible to receive passes (including quarterback, if the ball has been handed off behind the line of
- b) Scrimmage).
- c) Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.
- d) A player must have a least one foot inbounds when making a reception.
- e) In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- f) Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.
- g) Interceptions are returnable but not on conversions after touchdowns.

13) Rushing the Passer

a) All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.

b) Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.

c) A special marker, or the referee, will designate a Rush Line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.

1. A legal rush is:

a) Any rush from a point 7 yards from the defensive line of scrimmage.

b) A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.

c) If a rusher leaves the rush line early (breaks the 7 yard area), they may return to the rush line, reset and then legally rush the quarterback.

d) If a rusher leaves the rush line early and the ball is handed off before they cross the line of scrimmage, they may legally rush the quarterback.

2) A penalty may be called if:

a) The rusher leaves the rush line before the snap crosses the line of scrimmage before a handoff or pass – Illegal Rush (5 yards LOS and first down).

b) Any defensive player crosses the line of scrimmage before the ball is snapped – Offside (5 yards LOS and first down).

c) Any defensive player, not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off – Illegal Rush (5 yards LOS and first down).

i) Special circumstances:

(a) Teams are not required to rush the quarterback, seven second clock in effect.

(b) Teams are not required to identify their rusher before they play, however, if they do send a rusher, the rusher must verify that they are in the correct position 7 yards from the ball.

(c) If rusher leaves the 7-yard line before the snap, he/she may immediately drop back to act as defender with no offside penalty enforced.

d) Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in anyway. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty. Defender hand contacting the ball while in the QB's hand is considered contacting the QB and a penalty. A blocked pass after it leaves the QB's hand is a dead ball while behind the LOS and a live ball once it passes the LOS in the air (the ball can be caught by offensive or defensive player if it has crossed the LOS).

e) The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. If the "path or line" is occupied by a moving offensive player, then it is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact will result in an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher's responsibility to go around the offensive player and to avoid contact.

f) A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball is placed where the quarterback's feet are when flag is pulled.

(1) A Safety is awarded if the sack takes place in the offensive team's end zone.

14) Flag Pulling

a) A legal flag pull takes place when the ball carrier is in full possession of the ball.

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- b) Defenders can dive to pull flags, but cannot tackle, hold or run through the ball carrier when pulling flags.
- c) It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
- d) If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.
- e) A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- f) Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder, or intentionally covering the flags with the football jersey.

15) XVI. Formations

- a) Offense must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
 - i. One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
 - ii. No motion is allowed towards the line of scrimmage.
- b) Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the only player in motion.
- c) Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
- d) The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

16) XVII. Unsportsmanlike Conduct (Penalty is 10 yards and loss of down)

- a) If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. **FOUL PLAY WILL NOT BE TOLERATED!**
- b) Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
- c) Players, Coaches or Fans may not physically or verbally abuse players, coaches, fans, or officials.
- d) Ball carriers **MUST** make an effort to avoid defenders with an established position.
- e) Defenders are not allowed to run through the ball carrier when pulling flags.
- f) Fans must also adhere to good sportsmanship, as well:
 - i. Yell to cheer on your players, not to harass officials or other teams.
 - ii. Keep comments clean and profanity free.

- iii. Compliment ALL players, not just one child or team.
- iv. Fans are required to keep fields safe and kids friendly: Keep younger kids and equipment such as coolers, chairs and tents a minimum of 5 yards off the field sidelines and end zone area.

g) **Only Head coach (designated by lanyard)** can talk to referee for Rules clarification. If anyone other than the designated head coach questions a call during the game he may be warned and ejected for a 2nd offense by referee. A warning includes a 10 yard penalty. Head coaches must be respectful when talking to referee officials. Head coaches violating the sportsmanship policy can be warned and ejected.

17) XVII. Penalties

I. General

1. The referee will call all penalties.
2. Referees determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage, except as noted. (spot fouls)
4. Only the head coach may ask the referee questions about rule clarification and interpretations. Players may not question judgment calls. Penalty is unsportsmanlike action (see below)
5. Games may not end on a defensive penalty, unless the offense declines it.
6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
7. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

II. Spot Fouls

Defensive Pass Interference	Automatic First Down
Holding	+ 5 yards & Automatic First Down
Stripping	+ 10 yards & Automatic First Down
Defensive Unnecessary Roughness.....	+ 10 yards & Automatic First Down
Screening, Blocking or Running with the Ball Carrier	- 5 yards & Loss of Down
Charging	-10 yards & Loss of Down
Flag Guarding	-10 yards & Loss of Down
Offensive Unnecessary Roughness	-10 yards & Loss of Down

III. Defensive Penalties

Offside	+ 5 yards from line of scrimmage & Automatic First Down
Illegal Rush (Starting rush from inside 7-yard marker)	+ 5 yards from line of scrimmage & Automatic First Down

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Illegal Flag Pull (Before the receiver has the ball)+ 5 yards from line of scrimmage & Automatic First Down

Roughing the Passer + 10 yards from line of scrimmage & Automatic First Down

Taunting + 10 yards from line of scrimmage & Automatic First Down

Defensive Pass Interference SPOT FOUL, Automatic First Down

Holding SPOT FOUL, + 5 yards & Automatic First Down

Stripping SPOT FOUL + 10 yards & Automatic First Down

Defensive Unnecessary Roughness SPOT FOUL + 10 yards & Automatic First Down

IV. Offensive Penalties

Offside / False Start - 5 yards from line of scrimmage & Loss of Down

Illegal Forward Pass) - 5 yards from line of scrimmage & Loss of Down
(Pass received behind or thrown beyond the line of scrimmage)

Offensive Pass Interference - 5 yards from line of scrimmage & Loss of Down

Illegal Motion (More than one person moving, false start, etc.) - 5 yards from line of scrimmage & Loss of Down

Delay of Game - 5 yards from line of scrimmage & Loss of Down

Impeding the Rusher - 5 yards from line of scrimmage & Loss of Down

Screening, Blocking or Running with the Ball Carrier SPOT FOUL, - 5 yards & Loss of Down

Charging SPOT FOUL, -10 yards & Loss of Down

Flag Guarding SPOT FOUL, -10 yards & Loss of Down

Offensive Unnecessary Roughness SPOT FOUL, -10 yards & Loss of Down

V. Unsportsmanlike Action 10 yards, loss of down

Attachment 2
CTYFL Cheerleading Rules and Regulations

The Connecticut Youth Football League (CTYFL) provides an opportunity to cheer in an organized, supervised, safety oriented manner, emphasizing fun for all, and encourages the development of qualities important long after cheering ends. To instill and develop qualities such as good sportsmanship, poise, neatness and teamwork which will stand the participants in good stead throughout their lives.

ARTICLE 1.	COACHES REQUIREMENTS
ARTICLE 2.	CHEERLEADER REQUIREMENTS
ARTICLE 3.	PRACTICE AND GAME REQUIREMENTS
ARTICLE 4 .	SAFETY
ARTICLE 5.	COMPETITION
ARTICLE 6	FINANCES

ARTICLE 1 - COACHES QUALIFICATIONS

A. COACHES

1. Every squad shall have at least two (2) coaches. Any squad exceeding twenty four (24) participants must have at least three (3) coaches. The minimum number of coaches must be present at all practices, games and other cheerleading team events.
2. All Cheerleading coaches must be at least eighteen (18) years of age.
3. A minimum of one (1) coach per squad must be American Association of Cheer Coaches and Administrators (AACCA) certified. At least one (1) AACCA certified coach must be present with each team at every practice, game and other cheerleading team events. Certification must be maintained with approved CTYFL rosters.

B. DEMONSTRATORS– Must be attending high school and have a minimum of two (2) sports seasons High School Cheerleading experience, or two (2) years youth cheerleading experience at the A and/or B level. A demonstrator may teach stunting and must be under the supervision and direction of a cheerleading coach.

C. Coaches, instructors and demonstrators must be included on the approved CTYFL cheerleading squad rosters in the coaches section. They may be on more than one roster. No demonstrator may be on an approved CTYFL squad roster as a cheerleader.

D. Each squad is permitted to carry up to a four (4) demonstrators.

E. CHEERLEADING COACH DUTIES

8. Coaches shall be appointed to their position by their town's administration.
9. Coaches shall at all times refrain from smoking, drinking alcohol or drug use at all games, competition and practice.
10. Coaches shall refrain from using abusive/profane language in front of or directly toward anyone connected with the game.

5. Coaches shall not, at any time, request payment of any kind for services as a cheerleading coach in the CTYFL Football league. This provision shall not apply to paid public employees who coach cheerleading as part of their duties.

ARTICLE 2 - CHEERLEADER QUALIFICATIONS

- A. There will be no tryouts for regular season or competition squads. All registrations for cheerleading will be taken on a first come first serve basis.
- B. A cheerleading squad will have a minimum of four(4) participants and will not exceed a maximum of thirty five (35) participants.
 1. If a squad has the minimum number of cheerleaders (4) then at competition that team will be exhibition only. However if an "A" or "B" level team has the minimum of 4 then they must combine for competition.
- C. Cheerleader ages:
 1. Mighty Mites: Cheerleaders must be at least seven (7) years of age on or before December 31 of the current year and cannot turn nine (9) years of age on or before December 31 of the current year.
 2. C Squad: Cheerleaders must be at least nine (9) years of age on or before December 31 of the current year and cannot turn eleven (11) years of age on or before December 31 of the current year.
 3. B Squad: Cheerleaders must be at least eleven (11) years of age on or before December 31 of the current year and cannot turn thirteen (13) years of age on or before December 31 of the current year.
 4. A Squad: Cheerleaders must be at least thirteen (13) years of age on or before December 31 of the current year and cannot turn sixteen (16) years of age on or before December 31 of the current year. They cannot be in any grade higher than ninth grade/freshman in high school.
 5. Mascots: Mascots must be at least five (5) years of age of the year and cannot turn seven (7) years of age on or before December 31 of the current year.
- D. No cheerleader may be a member of a high school cheerleading squad during the current CTYFL season.
- E. A cheerleader one (1) year below the age limit may be moved to the next level with the coach's recommendation. This rule does not apply to Mascots.
- F. A cheerleader one (1) year above the age limit may be moved down one level under the following conditions:
 1. Mighty Mites: Cheerleader may be nine (9) years old on or before December 31 of the current year but cannot turn ten (10) years of age on or before December 31 of the current year, and entering no higher than grade 3 in the current CTYFL season.
 2. C Squad: Cheerleader may be eleven (11) years old on or before December 31 of the current year but cannot turn twelve (12) years of age on or before December 31 of the current year, and entering no higher than grade 5 in the current CTYFL season.

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3. B Squad: Cheerleader may be thirteen (13) years old on or before December 31 of the current year but cannot turn fourteen (14) years of age on or before December 31 of the current year, and entering no higher than grade 7 in the current CTYFL season.
 4. There is no move down for the “A” level.
 5. The cheerleading head coach recommends the move and the cheerleader’s parent/guardian agree to the placement.
 6. Any cheerleader placed in a lower level per the above rule must have written documentation from the school the cheerleader is attending to show the grade level for the upcoming year. This may be a fourth quarter report card clearly showing the grade for the upcoming school year, a Fall semester schedule or other written correspondence from the school the cheerleader will be attending in the current CTYFL season.
 7. No more than 3 cheerleaders can be moved down per squad.
- G. Cheerleaders shall at all times conduct themselves as official representatives of the CTYFL.
- H. Cheerleaders shall not smoke, drink alcoholic beverages or use drugs of any kind at games, during practice or at competition.
- I. Cheerleaders shall at all times cooperate with the Head Coach, Board members, coaches, captains and all other team members.
- J. Cheerleaders shall not use profanity, or derogatory language or gestures of any kind. Cheerleaders shall not place their hands upon other persons with intent to harm.
- K. Cheerleaders shall not use any electronic media, including phone and internet, to demean or harass another CTYFL member.
- L. Violation of any rules of cheerleading conduct will result in the cheerleader’s immediate removal from the squad for the remainder of the season, including any post season playoffs or competitions.

ARTICLE 3 - PRACTICE AND GAME REGULATIONS

- A. Practice will not exceed a total of twelve (12) hours per week during August and no more than ten (10) hours per week after September 1 for any squad. When a CTYFL full-league cheer camp is held, up to an additional two (2) hours of practice may be approved upon request by the Cheer Director or Assistant Cheer Director.
- B. At least 10 minutes of warm-up exercises (to stretch and to limber up) shall be conducted prior to cheerleading practices, games and competition.
- C. A CTYFL cheerleading squad may attend or host a cheerleading camp on or after August 1. Camp is defined as one or more training sessions provided by an outside organization. No town may attend a camp after September 1.
- D. A CTYFL cheerleading squad may attend or host a cheerleading clinic on or after August 1. Clinic is defined as one or more training sessions provided by the town organization or the CTYFL for instructional purposes.

- E. Camps and clinics are included as part of the maximum hours of practice as defined in Article 3, A.
- F. No CTYFL organization is allowed to make outside camps or clinics mandatory for CTYFL cheerleaders, regardless of the date the event is held.
- G. Towns must provide cheerleading squads at all football games during the regular season and playoffs. The exceptions are for provisional towns that do not have the full number of declared cheer squads and for those towns that declare more than one (1) football team at any level. For either exception, the town will create a schedule of games that cheerleaders will be present at and provide it to the CTYFL Cheerleading Committee for approval no later than two weeks after the league schedule is approved by the town representative assembly or September 1st, whichever occurs first.
- H. Combined competition squads are required to cheer at both football games for the levels they combined.
- I. Cancellation of cheerleading at any game due to inclement weather can only be authorized if the opposing team coach is in agreement and the CTYFL Cheerleading Coordinator is notified by the home team coach or cheerleading town representative a minimum of ninety (90) minutes prior to the scheduled game start time.
- J. If weather turns bad during the game, both teams must stay till at least half time of the game. At that time it can be decided between the 2 head coaches if the teams may leave. The CTYFL Cheerleading Coordinator must be notified by the home team of the decision that was made
- K. A fine of \$50 per missed game shall be imposed on any town that does not adhere to the approved schedule of games. Fines for missed games will be assessed on a per squad basis and will double for each subsequent violation during the season. (That is, first missed game fine is \$50, second is \$100, third is \$200, etc.)

ARTICLE 4 - SAFETY

Except as specifically modified in the CTYFL By-Laws and Cheerleading Rules & Regulations, all cheer and auxiliary squads shall follow the National Federation of State High School Association Spirit Rules.

A. SPOTTING

1. Spotters are required for all stunts at the C & Mites levels.
2. Spotters are required for all stunts, except pony sits and thigh stands, at the A & B level.
3. Spotters must have hands up and maintain constant visual and physical contact at all times. (i.e., the spotter may not be involved in another aspect of the performance at the time of the stunt that would prohibit her from spotting the stunt properly).
4. All spotters must be at ground level.

B. STUNTS

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1. Coaches must be present for any stunting at practices, games and competitions or any time a squad is acting as a team for the member town.
2. Stunting must be performed on a clean, safe surface. Absolutely no stunts may be performed on blacktop or any wet surface.
3. Basket tosses/sponge tosses are permitted at the “A” and “B” levels only.
4. Inversions are allowed at the “A” level only.

C. DISMOUNTS

1. Backward and cradle dismounts to different bases (firemen’s catches, fallbacks and pendulums that do not progress back to the upright) are prohibited.
2. Where two (2) bases are involved, cradle dismounts are allowed only if the original bases who initiated the cradle plus the original spotter catch the flyer.
3. Free falling flips or swan dives from any type of stunt are prohibited.
4. A twist to cradle, including a log roll, may not involve more than one complete rotation.

D. GYMNASTICS

1. All gymnastic stunts and tumbling must originate from ground level. The person performing a gymnastic stunt may rebound (without hip over head rotation) from her feet into a cradle.
2. No Arabians, full twists, or layouts are permitted
3. At least one hand must touch the floor on each rotation of all gymnastic stunts and tumbling. Exception is at the “A” level; back tucks are allowed at the “A” level only.
4. At the “A” level ariels are allowed.
5. The use of a mini trampoline is prohibited.

ARTICLE 5 - COMPETITION

- A. A competition is defined as any event that a squad participates in as a team when squads from other towns are present and performing a routine.
- B. Squads may compete in competitions in addition to the annual conference competition subject to the following restrictions:
 1. A squad may not compete outside the league unless they also compete in the annual league competition. The penalty for violation of this rule will be \$1,000 fine and loss of voting rights on the cheerleading committee for one (1) full year.
 2. A squad may compete in no more than two (2) competitions in addition to the annual league competition during the season.
 - a. Towns may apply for an exception to compete in three (3) competitions in addition to the annual league competition. The request must be presented to the CTYFL Cheerleading Committee in writing at least two (2) weeks prior to the scheduled date of the event. The request shall require a simple majority of all cheerleading representative voting members for approval.
 3. All squads must present to the CTYFL Cheerleading Committee a list of all competitions where they plan to participate at least two weeks prior to the schedule date of the event.
 4. No squad may participate in a competition, other than the annual league competition, that is in conflict with a CTYFL regular season, rescheduled or playoff game for the cheerleading squads.

5. Mighty Mite squads and Mascots may participate in up to two (2) competitions in addition to the annual league competition, provided they are exhibition only (non-competitive).
6. Each town shall be responsible for all entrance fees and any other costs incurred for any competition that the town participates in.
7. The competition season shall end by December 31 of the playing year.
8. Any town that violates any of the restrictions will be required to pay a \$200 fine per squad, per occurrence in addition to any fines/sanctions noted for a specific rules violation.

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C. CTYFL League Competition

1. The CTYFL Cheerleading Competition is limited to squads from the Conference only.
2. CTYFL Competition Rules shall be presented to the CTYFL Cheerleading Committee no later than the July meeting of the committee for approval by a majority of those voting members present at the next regularly scheduled meeting.
3. Rules shall include but are not limited to:
 - a. Specific competition divisions within each squad level (A, B and C).
 - b. Allocation of income based on defined participation criteria.
 - c. Estimated competition expense budget.
4. The A, B and C squads shall be competitive teams. Each team will compete at the annual conference competition.
5. Any town that declares an A, B or C team to the CTYFL in June of the current year for the regular season must participate in the CTYFL Cheerleading Competition. Entrance fee per declared squad will be \$50.00 and is due with squad declaration at the June meeting of the town representative assembly.
6. Any declared A, B or C squad that does not participate shall pay a \$200.00 fine in addition to the entrance fee required in Article 5.D.5.
7. The Mighty Mite Squads shall be non-competitive teams. Each team will perform a two (2) minute exhibition routine during the annual conference competition.
8. Mascots may participate in an exhibition routine with a Mighty Mite Squad. They may not be included as part of competition routine.
9. Competition will be held on a Saturday no earlier than the second to last Saturday in October and no later than the second Saturday in November.
10. All towns are required to declare their combined competition squads and indicate Mighty Mites squad participation, in writing, at the September meeting of the CTYFL Cheerleading Division.
 - a. A combined squad may not exceed 20 total participants.
 - b. Only "A" and "B" teams are allowed to combine. "C" teams and "D" teams cannot combine with any other team.
 - c. A combined squad must compete at the older division if there are 3 or more participants at the league age of the older division. A combined squad with less than 3 participants who are the older division league age may elect to compete at either the older or younger division.
11. All towns are required to state the competition level as defined in the competition rules for each squad declared, in writing, at the September meeting of the CTYFL Cheerleading Division.
12. Cheerleaders will not be cut from the regular season roster unless there is written medical reason or if there is documented evidence that the cheerleader did not abide by the town's written and published cheerleader contract. Additionally, any cheerleader who wishes to withdraw from competition may do so with written permission of the legal guardian and remain active with her/his squad for team games.
13. "A", "B", and "C" level routines are to be no longer than 2 minutes and 30 seconds.
14. Every town is required to provide a minimum of 2 volunteers per town per session. If your town does not provide the required volunteers then your town will not receive any refund monies.
15. Cheer Representative or Cheer Director from each town is to volunteer all day. If your town does not provide the Cheer Representative or Cheer Director all day then your town will not receive any refund monies.

ARTICLE 6 - FINANCES

- A. In March of each year, the CTYFL account will be adjusted as follows:
1. \$4,000 will be set aside to fund the annual CTYFL Scholarships.
 2. \$150 per member town will be set aside for a town education fund. It will be payable to each town the following year to offset the actual cost of coaches' education/certification approved by the CTYFL Cheerleading Division. A town will forfeit any unused portion to the CTYFL Cheer Division general fund if the entire amount apportioned to them is not used in the calendar year for which it was allocated.
 3. \$2,000 will be set aside as operating capital for the cheerleading division.
 4. The remaining balance will be divided among the member towns per competition rules regarding participation and volunteer attendance.
- B. In the event the CTYFL account does not have the funds as established in Article 6.A 1-3, all towns participating in the prior season will contribute equally to fully fund the scholarship and operating capital accounts, regardless of participation at the prior season's competition.
1. If the balance is in excess of \$4,000 but does not fully fund the town education fund, the balance over \$4,000 will be divided equally among the towns that participated in the prior year's season and are still members of the CTYFL and set aside for education as outlined in Article 6.A.2.