



Rules and Regulations

2010

Atascadero – Lompoc – Orcutt – Santa Maria – Guadalupe
Nipomo – Five Cities – San Luis Obispo – Bay Area – Templeton – Cambria – Paso Robles

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**ARTICLE I
STATEMENT OF PRINCIPLES**

SECTION A – OBJECTIVES

- 1) The objective of this program is to: Inspire youth, regardless of race, religion, color, creed, national origin or gender. By bringing them closer together through the means of a common interest in football, by practicing the principles of healthy living, maintaining high moral and ethical standards; a sense of fair play, good sportsmanship and teamwork. Impart the game elements in a safe and intelligent manner; keep the well being of the player first and foremost, entirely free of any **adult lust for glory and self-promotion.**

SECTION B – SPECIFIC PURPOSE

- 1) To teach the players, within the rules of the game, the fundamentals of passing, running, kicking, blocking and tackling.
- 2) To teach, through the game, good sportsmanship and teamwork, appreciation and enjoyment of the game and encourage them to play to the best of their ability, knowing that football is a contact sport.
- 3) To promote safe play by encouraging the players to play down to the lowest age and weight division for which they qualify.

SECTION C – DIVISION FRAMEWORK

- 1) To maintain uniformity, teams must fall into one of the following division: Bantam, Junior, Intermediate, or Senior. Each team so classified must be in accordance with the requirements as set forth in Article II.

SECTION D – CHAPTER DUTIES

- 1) It shall be the duty of each chapter to establish the necessary procedures to assure compliance with the rules contained in this book, bearing in mind that no chapter may establish any rules that contradict any rules and by-laws contained herein. Each Chapter must submit a policy statement on the rules/polices they use to form teams in their chapter. (NOTE: these statements must specifically address how teams splits are accomplished and reiterate that the last to sign up will be the first to be released.) **In order to remain a Chapter in good standing with the CCYFL, all organizations must accept the following standards.**
 - A) Obey and promote all rules, regulations, and By-Laws of CCYFL.
 - B) Pay all fees, fines, and bills when due or immediately upon notification by the league. Failure to do so will result in the chapter being put on probation, **probation defined as their voting rights withdrawn.**
 - C) Provide qualified Game Field Commissioners for all home games that are familiar with all aspects of the game and CCYFL rules. The Game Field Commissioner must be on the field during the game to enforce/interpret CCYFL Rules. S/He must be identifiable to both Head Coaches.
VIOLATION:\$250.00 Chapter Fine
 - D) Discipline coaches, in a swift, fair, and appropriate manner for ethics violations.
 - E) By not allowing coaches to cut, discourage or run-off weaker players.

- F) Provide proper representation at all regular and special CCYFL meetings.
- G) Maintain an active board capable of managing their own internal affairs, and satisfying all CCYFL administrative requirements. **Submit all paper work required by CCYFL in the time that it is required,** to help CCYFL be able to conduct it affairs in an efficient manner.
- H) Treat visitors fairly and respect them as if they were the home team.
- I) Violations are referred to Article VIII, Section D - Penalties
- J) All coaches and game field commissioners must take a CCYFL rules test to be eligible to participate as a coach or game field commissioner .Each chapter shall receive the test. All tests must be filed with CCYFL prior to the first game..

SECTION E – TERMINOLOGY

- 1) Use of the term CCYFL in these by-laws refers exclusively to the Central Coast Youth Football League.
- 2) Use of the term Chapter refers to a Chapter franchised by the CCYFL under such rules and regulations as are contained in CCYFL By-Laws.
- 3) A “Franchised team” is one that has met the requirements of its Chapter and the CCYFL.
- 4) “Scheduled games” refers to all weeks in which the CCYFL games are scheduled. These includes Jamboree, regular and pre-season games, post-season and play off games. This does not include games outside of the CCYFL.
- 5) A “Practice” is defined as any activity involving at lease one coach and one player, lasting more that ten (10) minutes, where the skill of football is being taught, including viewing games films.
- 6) A “Scrimmage” shall be defined as an event where teams from the same division, and are from the same chapter or different chapters get together to run plays against each other.
- 7) A designated coach is a coach that has been qualified by a chapter, at least 7 days prior to the beginning of conditioning week.

ARTICLE II

PLAYER ELIGIBILITY

SECTION A – MUST BE AN AMATEUR

- 1) To be an amateur under CCYFL football rules, players CANNOT:
 - A) Play for monetary benefits such as cash, merchandise, or any compensation, nor compete against any such athlete in football.
 - B) Compete under an assumed name or compete on any outside tackle football team during the same season, exclusive of CCYFL All-Star Teams.
- 2) Definition of an amateur sportsman: “One who engages in sport solely for the pleasure and physical, mental, or social benefits he derives there from and to whom sport is nothing more than an avocation.”

SECTION B – CERTIFICATION

- 1) EXPONENT PLACEMENT
 - A. Each football player will be placed in the appropriate division in accordance with Table 1: Exponent Placement Chart
 - B. There shall be no deviation from the Exponent Placement system except through the approved waiver process.
- 2) CONDITIONS
 - A. Use of the exponent system is in the best interest of all CCYFL Players. The CCYFL Executive Council will review any abuse of the system. Fines will be levied if found non-compliant with the exponent system set forth in these rules and regulations
 - B. All participants must weigh-in at the designated time prescribed by CCYFL Board. Weigh-ins will be conducted at conditioning week or the designated time prescribed.
 - C. All players greater than 166 lb. shall be a restricted player, there is No weight limit. No changes are allowed after certification weigh-ins.
 - D. A Senior player 120 lbs or less can play in the Intermediate Division as a restricted player, A Senior player going to the Intermediate Division, can not displace a Intermediate player.
 - E. If a chapter is found intentionally misplacing players, that Chapter will forfeit all privileges, be fined \$250.00 and loss of voting rights for one (1) year from the date the infraction was confirmed.
 - F. The CCYFL Executive Council with a committee if necessary shall review all certifications. All certifications shall be in accordance with the Exponent Placement of CCYFL Participants system. All other issues or discrepancies shall be brought before the CCYFL Board for resolution. **The decision of the CCYFL board is final.** Continued next page

- G. A Player, who will become 11 years old before September 1, shall not play in the Bantam Division. The player shall be placed in the Junior Division or the appropriate division according to the Exponent System, except the Bantam division.
- H. A Player, who will become 13 years old before September 1, shall not play in the Junior Division. The player shall be placed in the Intermediate Division or the appropriate division according to the Exponent system except the Bantam or junior divisions. **Any Player That is in the SEVENTH GRADE and meets Junior Division Exponents will be Restricted or he/she may move up to Int.**
- I. A Player, who will become 14 years old before September 1, shall not play in the Intermediate Division. The player shall be placed in the Senior Division. Exception: player meets Intermediate Exponents and weighs 120 lbs or less.

J. No player can play in the Senior Division at age 10 and no player can play in the Intermediate Division at age 9 unless said player gets permission from CCYFL .If a player exponents out as a 10 year old Senior or a 9 year old Intermediate they may play down 1(ONE) Division but will be restricted.

3) AGES, WEIGHTS AND DIVISIONS

- A) A player must become eight (8) years old on or before December 31st, to be eligible for participation.
- B) A player is ineligible for participation if they will become fifteen (15) years during the current season.
- C) A player is ineligible for participation if they are in the ninth grade.
- D) An exponent system of division placement shall be used (see Table 1 – attached on back)
- E) “Restricted Player” is any player in any Division weighing 166 lb or above. A restricted player is also any player receiving a waiver down to a division they do not certify in

1. A “Restricted player” may not be a ball carrier. (i.e.: Fullback, Tailback, Quarterback, Receiver, Tight-end, Tackle eligible, Kick Return, Kick Off)

2. The “Restricted player” must play in a Tackle-to-Tackle Position. “Restricted Player” on defense must make forward contact with offensive linemen prior to moving backward.

- A) Tackle to Tackle is defined as:

A player playing Tackle to Tackle will be covered by an end or be covered by a tight-end when lined up in a stacked formation on the line of scrimmage. Players must line up in a three or four point stance on the line of scrimmage. In a four man front will play T to T. May NOT play Kick off or Kick-return.

- A) **VIOLATION: First offense: 5-yd penalty. Second Offense: 15-yd penalty and **COACH** is ejected from the game.**

- 3) “Restricted Players” must be clearly labeled on game day rosters.

“Restricted Players” will be marked with a stripe on the top of their helmet (to be supplied by CCYFL) before the season starts. (To remain on helmet throughout season)

4) PHYSICAL REQUIREMENTS

No player shall be registered or certified if he has not attained and does not maintain a sound physical condition. A duly qualified physician shall attest to the fulfillment of sound physical condition. No player is permitted to enter into any type of physical training without first obtaining a signed health certification.

5) SCHOLASTIC REQUIREMENTS

Each player shall be encouraged to maintain a reasonable scholastic record. The player must be a full time student in good standing. The definition of good standing is no dropouts and or suspensions.

6) CHILDREN OF OFFICIALS AND JUDGES

If children of Game Official's or Judges of Cheer competition participate in CCYFL game or competitions, it is the responsibility of the Chapter to notify the Executive Council of such participation. The CCYFL will notify the proper scheduling organization and request that the parent does not referee or judge their children's game or competition. This is to eliminate any perceived conflict of interest. Exceptions require a unanimous vote of the CCYFL Executive Council.

7) CERTIFICATION PROCESS

A) The CCYFL Executive Council or designee will conduct certification of all players. The official certification will be scheduled prior to the draft. There will be one or more make-up certification before the first game, time & place by CCYFL. **If a player is not certified before draft time he/she cannot be drafted or be a protected player or stated as a returnee to a team.** After the players are weighed and if he/she misses the first certification then a CCYFL board member from another chapter will **place these players on a team by blind draw.** Game field certifications will not be allowed after the second week of scheduled games.

- a) If a player misses the official certification and is not a late signup then he/she has to explain in writing why they missed, before they are certified CCYFL must see the signup papers of these players, this is to make sure chapters are not sweating down players to get into lower divisions.
- b) All Late sign ups and players that miss first weigh in, will **HAVE TO WEIGH IN PRYOR TO THE START OF THE 2ND GAME** to make sure they were not held out on purposes or sweated down to lose weight so they could make a lower division.
- c) If they have gained, over two points by weight above the division they are in then they will be restricted to the line. No player will be removed from the team they are on do to this weigh-in
- d) **Each Chapter will have a minimum of 25foot barrier to keep out unofficial personal during the certification process.**
- e) **A framing square is to be used when taking the height measurement.**

B) Late Sign-ups will be certified by CCYFL Council by appointment

- C) A calibrated scale must be used for certification, CCYFL will supply the scales. All players will weigh in wearing shorts, t-shirts and socks only. **If the scale is not calibrated or certified it cannot be used.**

CHAPTER RESPONSIBILITIES: Each chapter is expected to do everything in their power to expedite the certification process on certification day. Certification will be accomplished in an alphabetical order.

- 1) Each Chapter must provide: an original and two copies of their typed/printed in ink official CCYFL Certification Form. Certification rosters shall be on a standardized form provided by the league, no exception.
 - a) CCYFL Team certification form shall be in alphabetical order with the following items: Picture* (stapled to form in coaches binder) Last name, First name, Date of birth, Age, Grade (now), Height, Weight, Cert Site, Exponent total, and Restriction (yellow stripe)
 - b) Physical forms and/or sign-up sheets with priority number will be available for review
- 2) Waiting list players shall be certified and listed at the end of the Certification Form. Pen and ink changes will be made on the spot as necessary; ineligible players will have a line (pencil on the original only) drawn through their name.
- 3) The Certification Form will then be certified with the signatures of the Chapter President and one of the CCYFL Athletic Directors or their designee. The chapter will retain one copy. The **other copy will be given to the President of the CCYFL and the original will go to the Secretary of the CCYFL.** Prior to the first league games, CCYFL shall provide each chapter a complete copy of all certified rosters for the entire league.

- D) Upon request, proof of a player's age must be presented. Proof of age is by State (or County) issued copy of the player's birth certificate. If this cannot be provided then at least one of the following will be furnished:

- 2) A CCYFL computer listing of prior certification
- 3) A passport
- 4) U.S Military birth registration or ID card
- 5) Federal government birth certificate
- 6) A County birth registration
- 7) A letter from the school the player is attending, attesting to the date of birth of the player. His/her full name, to include the names of the player's parent(s) that is being carried on the school records. This letter is to be on school letterhead stationery, and signed by the principal, vice-principal, counselor, or registrar of the school. Letter must be dated.
- 8) Hospital record with the hospital seal and doctor's signature.

- F) Any team that has a player that is found to be ineligible will **forfeit all games that the player has participated in.**

TRANSFERS: Once a participant is certified, the participant may obtain a release from the team to which his is certified, upon application to, and subsequent approval by his/her chapter player agent. (**Note: in these instances the conference Athletic Director and the CCYFL Secretary will be notified immediately**) The reason for the removal of the participant must be stated in writing (and dated) to the chapter player agent,

conference Athletic director and CCYFL Secretary. **Under no circumstances can the team staff remove a participant from a certified roster.** Dropped participants names shall be left on the certified roster, but shall be lined out in a manner that will leave the information legible.

9) SAFETY WAIVER PROCESS

IA) If a chapter feels a player has been inappropriately placed in a division, based on his/hers exponents they may apply for a SAFETY WAIVER on his/her behalf. A SAFETY WAIVER REQUEST FORM will be required and can be obtained from your chapter Representative; The Chapter Representative will present their Chapter's Safety Waiver form request forms to CCYFL Board.

- A) The CCYFL President will appoint Two (2) CCYFL Representatives to EVALUTE the player requesting a Safety Waiver. Each CCYFL Representative must evaluate with in 48 hours of receiving the Safety Waiver request. If both approve the waiver is granted. If not, the waiver is denied.
- B) Only SAFETY WAIVER FORMS that have been completely filled out will be reviewed . The Chapter President and the Parent(s) must sign the Safety Waiver form. The Chapter president is responsible for verifying the accuracy of the information on the form.
- C) ANY CHAPTER FOUND IN VIOLATION WILL LOOSE ALL CCYFL VOTING RIGHTS FOR ONE YEAR, AND THAT TEAM WILL BE ELIMINTED FROM ANY AND ALL POST SEASON PLAYFOR THE CURRENT SEASON.
- D) **ALL SAFETY WAIVERED PLAYERS WILL BE RESTRICTED.**
- E) Approved Safety Waivers must be kept in the coaches team roster binder at all times

10) ROSTERS

- A) Each Chapter will turn in a Certified Roster along with a coach's list for each team, **BEFORE** the first week of scheduled games.
- B) Failure of a chapter to submit certified rosters by the first week of scheduled games will result in forfeiture of all games that team or chapter participates in until the certified rosters are received by the CCYFL Secretary
- C) Team MOM, AUDITORS and anyone else who gets one of the EIGHT (8) team badges will be included on the Coaches list.
- D) The Coaches list will include Team Position, Name, Phone #, and Email address.
- E) The CCYFL will publish certified roster of all teams before the second week of scheduled games. The Chapters will be responsible to distribute the rosters to their coaches and teams.
- F) Certified rosters **WILL NOT** be posted on the CCYFL web site.
- G) Player/c Coaches addition and or deletions to the certified roster will be submitted to the CCYFL Secretary. The CCYFL Secretary will E-mail the changes to all interested parties. Failer of a team/chapter to notify CCYFL within 14 days will result in a fine of \$250.00 and or forfeiture of games.

SECTION C – INSURANCE

- 1) Each Chapter shall have at least one individual identified as the Chapter Insurance Representative.

- 2) A player requiring the services of a doctor (illness or injury) cannot return to practice or game play until he has a written release from the doctor. The release is to be attached to the team roster and shall be available for review by any CCYFL official upon request. The Head Coach is held responsible for insuring that the written releases are obtained and properly recorded.
- 3) **All insurance claims must be accompanied by a CCYFL accident report.** The accident report must be filled out by the head coach or a CCYFL representative. The insurance claim form and the CCYFL accident report will be forwarded to the CCYFL Insurance Director who will mail the forms to the insurance company.
- 4) Any player injured during a practice, scrimmage, or game, that requires the services of a doctor shall have an accident report filed with the CCYFL, whether and insurance claim is made to insurance or not. The report will be available for review to the Executive Council.

SECTION D – TEAM COMPOSITION

- 1) Team composition shall consist of players based on the first to sign-up, is the first to play.
 - A) Sign- up forms shall be dated and numbered based on the order in which a player has signed up.
 - B) Returning players cannot be given preference., Any chapter found to be in violation of this rule shall be fined \$250.00
- 2) Each team shall consist of a minimum of eighteen players (18) and a maximum of twenty-five (25) certified players except in the Intermediate and Senior division, which may have a maximum of twenty-eight (28) certified Players. After certification day a team may fill vacancies in its roster. However no team may increase the size of its roster over the amount originally certified without CCYFL Executive Counsel approval At least (14) Certified players must be present, suited up and available to play every game.
 - A) For the Intermediate and Senior Division a minimum of 22 players per team must be available to Expand.
 - B) A chapter must split the Bantam and Junior Divisions at 36,54,72 players and every eighteen (18) Players after that, as long As they have the equipment, coaches and funds available.
 - C) A chapter must split the Intermediate and Senor Divisions at 44, 66, 84 players and every (22) players After that, as long as they have equipment coaches and funds available.
 - D) Chapters requesting Team Expansions: Expansions teams requiring more than 25 players in Bantams, Juniors and 28 in Intermediates and Seniors must be approved by CCYFL Board each playing season.
- 3) Any player added to a team must meet all requirements of this rulebook, and have completed ten (10) Hours of physical conditioning before any body contact is allowed. (See Article V, Section A).
- 4) No **waiting lists, reserves, alternates or other terminology can be used to hold players back from playing** After they have indicated that they wish to play. Everyone who wants to sign up must be placed On a team In their respective age weight category, provided that a head coach is available and meets the

Criteria in Article III, Sections A,B,C,@ D.

SECTION E – DRAFT PROCEDURE

- 1) **The purpose of this draft:** procedure is to prevent the stacking or building of a dominant team. This shall be accomplished by understanding the intent of adhering to the procedures that follow.
 - A) **The week after the draft there will be a mandatory Head coach and chapter Presidents meeting one for the North and one for the South witch they will meet with the Vice-President, and President of CCYFL. If the head coach does not attend this meeting, he/she cannot be a head coach that year. If a coach has been ejected from a game or suspended for any reason then that coach must meet with a VP and the President of CCYFL before they can be considered to be a coach at all, time and place to be determined by CCYFL.**
- 2) Draft Administration
 - A) The draft is to be done during the week of conditioning.
 - B) The draft shall be monitored by a four member draft committee comprised as follows: One member of the Coaches committee, the Athletic Director and either the Secretary, Treasurer or Player Agent of the Chapter, and a CCYFL Official.
 - C) A list of a Chapter’s board approved coaches must be sent to the CCYFL Executive Council by start of clinic week.
 - D) In the event none of the Chapters board members are available or eligible, a CCYFL Executive Council member from another chapter will officiate the draft. Continued next page
 - E) The Athletic Director shall preside over the draft provided he/she is not a football coach in the division being drafted.
 - F) Either the Chapter Secretary, Treasurer or Player Agent shall provide a master list of all eligible players.
 - G) Each player will be designated as a returning player, a protected player, or a player to be drafted from the draft pool. Any special placement requests shall be heard and ruled upon prior to the drafting of players.
 - H) Returning player = A certified player returning to the same division and remaining on the team as the previous season.
 - I) Draft Pool Player = A first year player or a non-protected player advancing to a new division.
 - J) Protected Player = A player is protected if he/she is the son/daughter of a board approved “designated coach”, to be eligible said coach would have had to be **designated prior to the start of clinic week**. Each team may protect no more than four (4) coaches and their players; Example: Head Coach and three Assistants.
 - K) The Secretary, Treasurer or Player Agent shall record the player roster as each player is declared.

- L) The Athletic Director shall interpret and enforce the proper draft rules and procedures.
- M) The decisions of the draft committee are final **there are no trading players.**
- N) Each drafting team may be represented by no more than two coaches.
- O) **All rosters and other draft paperwork (i.e. team rosters, rulings and decisions, etc.) shall be turned into the CCYFL seven days from that chapter draft.** CCFYL will provide a computer disk to enter all certified players' information. This disk is part of roster information.
- P) Any players who sign up after the draft will be placed onto a team by the Chapter Athletic Director. Any drops or player movement (because of weight problems, etc) will be done only with the approval of the Athletic Director and CCYFL.
- Q) **NO PRE DRAFTS ALLOWED**

3) The Draft

- A) Returning players remain on their respective teams in their respective division.
- B) Returning players moving up to a new division will be placed in the pool with any new players
- C) Teams with the worst record from last season will have first pick in the draft. The next worst record will have the second pick and so on. Each team will pick on a one-for-one basis throughout the draft.
- D) Protected players will be added to the returning roster and do not enter the draft pool.
- E) Any team having a lesser number of players after the protected and returning players are added up will draft on a two-to-one basis starting on round three. The two-to-one draft will continue until each team has an equal number of players.
- F) If parents request that siblings be on the same team they must be drafted consecutively. If one of the siblings is a returning player the other child must be picked up in the 3rd (third) round.
- G. Ride Share: definition- A ride share consists of a player who is not a returning player requiring transportation from another player or coach on same team. Only 1(one) ride share request per coach or player. If ride share request is with a coach with a child on the team it will as both. (YOU CANNOT REQUEST RIDE SHARE WITH A COACH AND ANOTHER WITH THE PLAYER). Ride share must be drafted consecutively starting in the 3rd (third) round. Rideshare will only be granted if all coaches in said division agree with in each chapter.

4) Team Expansion

- A) The base number of players per team is four (4) including a minimum selection of two protected players, if available, inclusive of all teams.
 - B) An existing teams base four players must be identified prior to the draft.
 - C) The expansion team(s) will select a base four players from any available players after the existing team base four players have been declared.
 - D) All players, both new and returning, above the base four players will be placed in the new draft pool.
 - E) The Expansion team(s) will pick first. If there is more than one expansion team, first selection will be chosen by a coin flip.
 - F) If a coach or player is not one of the four base players then they are open to be drafted.
 - G) Protection Phase: If an agreement has been made for a team to protect 2 (two) more assistant coaches & kids those players must be drafted consecutively in the 4th & 5th rounds. No more than 2 (two) protected per team in the draft. Cont.....
 - H) Maximum of 6 (six) players in the base and protected – no more than 4 coaches kids.
 - I) Teams with a lesser number of base players will pick from the new draft pool.
- G. Maximum of Four (4 to 6) Base Players

ARTICLE III

ATHLETIC DIRECTORS, COACHES AND TEAM OFFICIALS

SECTION A – ELIGIBILITY

- 1) The Head Coach and Athletic Director must be twenty-one years of age or older.
- 2) A 21 year old or older Head Coach or assistant must be present at practices and games.
- 3) All personnel must be registered with their Chapter on the team registration and roster forms.
- 4) They must not have been convicted of any crimes, which would cause them to register under section 290 of the California Penal code, and section 11590 of the California Health and Safety Code all chapters must do a back ground check of any person that is going to be on the field with the players.
- 5) They must not advocate the overthrow of the United States Government by force or violence or be affiliated with any organization that has such aims.
- 6) They may be found ineligible by their Chapter or by the Executive Board of the CCYFL for the conviction of any crime.
- 7) Each Chapter is encouraged to conduct a coaching and conditioning clinic at the start of each season.

SECTION B – RESPONSIBLE TEAM OFFICIAL

- 1) The Head Coach shall be completely responsible for the conduct and behavior of his team, team parents, assistant coaches and game day helpers, and **shall be held accountable by his Chapter and the CCYFL.** If a written complaint is filed and collaborated by that coach's Chapter Board of Directors, a coach will be suspended and/or disbanded if in the CCYFL Executive board's opinion he/she did willingly incite or not take any action to cease the behavior of the aforementioned team staff. A mandatory 1 game suspension for infractions.
- 2) All persons charged with the responsibility for a team **must** be familiar with the CCYFL rulebook and comply with the provisions set forth. **Ignorance will not be a defense for any disciplinary action.**
- 3) All individuals who assume the management type of authority and responsibility for a team shall insure that proper coaching ethics, good sportsmanship by his players, and proper behavior are adhered to at all times. **TWO game mandatory suspension for infractions.**
- 4) The head coach must bring three copies of the Certified Team Rosters to each game. One for the opposing coach and one to the GFC and one for the announcing booth.

SECTION C – COACHING ETHICS

All members of team staffs of the CCYFL shall adhere to the following coaching ethics:

- 1) S/he will not criticize players in front of non-team members, but reserve constructive criticism for a time when it can be done in the presence of and for the benefit of the whole team.
- 2) S/he **will accept the decisions of the officials** on the field as being fair and impartial and acknowledge that the judgment of the official or officials is final.
- 3) S/he will not criticize the officials, opposing team players, opposing player's parents, coaches or fans by word of mouth, gesture or print. He shall reserve all controversy or disputes of league rules for league meetings when it is appropriate to do so.
- 4) S/he will emphasize to his athletes the importance of academics as well as the significance of keeping physically fit and mentally alert.
- 5) S/he will strive to make every football activity serve as a training ground for life, and as a foundation for maintaining good mental and physical health.
- 6) S/he will emphasize that winning a game is the result of individual effort and teamwork.
- 7) S/he will not use abusive, profane, or vulgar language in front of, or directed toward anyone connected with, or a spectator of the game.
- 8) **S/he will not “pile it on”** as the phrase is used when his team gets a commanding lead or demonstrates his team's ability to score at will.
- 9) S/he will not be on the playing field or at any team function under the influence of alcohol, dangerous or illegal drugs. Nor shall he use any form of tobacco (snuff).
- 10) S/he will set an example in personal conduct at all times
- 11) S/he will not interfere with or prevent medical examination/treatment for any injured player by the Field Emergency Medical Technician (EMT) or qualified medical personnel hired by the CCYFL. If a player is injured during a game, only the said Field Emergency Technician (EMT) or qualified medical personnel may **touch the player**. If a Player is injured during practice s/he shall remove from practice any participant when even slightly in doubt about his/her health, whether or not as a result of injury, until competent medical advice is available. **Only the EMT Hired By CCYFL can sign off the player to a higher authority if needed.**
- 12) If a complaint is filed by a Game Field Commissioner or referee for a game day ethics violation against a coach, he/she will be suspended until:
 - A) The chapter takes action
 - B) The CCYFL takes action.
- 14) Violations are referred to Article VIII, Section D – Penalties, Number 2

SECTION D – ACT OF DISBARMENT

- 1) A coach, another adult acting in an official capacity, or parent will be barred from further participation in the CCYFL by violating the following rules:
 - A) Paid coach = by receiving any portion of his annual income for services as an Athletic Director or coach in the CCYFL.
 - B) By striking any other coach, athletic director, official, spectator, player, or other participant in the CCYFL.
 - C) Any sufficient cause whether on the field or as a spectator, such as unsportsmanlike conduct or using vulgar, profane, abusive language or gesture.
 - D) S/he shall not permit “Sweating Down” tactics in order for a player to make the team weight. Sweating down to include, by not limited to:
 - 1) Steam Rooms
 - 2) Steam Cabinets
 - 3) Rubber Sweat Suits
 - 4) Any method that is injurious to the health of the player
 - 5) The use of chemicals of any kind to lose weight.
 - E) S/he will not knowingly permit a player to re-enter a game once he is badly bruised or injured to such an extent that further play would jeopardize his health or well being.
 - F) S/he shall not permit a previously injured player to practice, scrimmage, or play in a game without Written release from his doctor.
 - G) S/he will abide by the team doctor or physician’s decisions in all matters of injury.
 - H) S/he will not permit an ineligible player to participate.
 - I) S/he shall not incite or encourage unsportsmanlike conduct.
 - J) S/he must remain in compliance with coaching ethics.
 - K) S/he must never attempt to discourage, run-off, or cut weaker players.
 - K) He/She may never alter any CCYFL FORMS

**ARTICLE IV
PLAYING FIELDS AND EQUIPMENT**

SECTION A – FIELD SPECIFICATIONS AND EQUIPMENT

- 1) No team or teams shall be approved to play home games unless they have an approved field as determined by whatever method the CCYFL shall choose.

- 2) The fields shall have the following:
 - A) All divisions will play on a regulation field, 120 x 53 1/3 yards. Exceptions must be approved by the CCYFL Executive Council on a yearly basis.

 - B) All fields will be properly marked to include yard markers, and field goal pads. The use of CIF defined pylons at the end zones will not be required, although some equivalent, less expensive markers are to be used.

 - C) The host chapter shall furnish a down marker with letters at least six inches high and a ten-yard chain. Host chapter must have a fence (minimum of 4' high) between players and spectators

 - D) It is very desirable that a time clock be visible to both benches. A visible clock will be required for all play-off games. If a visible clock is not available, the home field will have a minimum of one (1) timepiece for use by the Head Official on the field. If official time must be kept on the field, a two (2) minute warning will be given in all four (4) quarters.

 - E) The Host Chapter will have the chain gang on their side of the field. The chain gang will operate from and will furnish three (3) people to work the chains and down marker. No member of the coaching staff of either team that is playing may man the chains or down markers. Whenever possible adults will be used on all chain gangs.

 - F) There must be a registered EMT or like qualified professional at the playing field at all times on game day. This person will be responsible for evaluation or temporary treatment of any injury and will see that an ambulance is called if necessary. The game field commissioner should see that the EMT is introduced to coaches at the start of each game so the EMT can be easily recognized and summoned when needed. If such qualified emergency personnel are not available, all games will be suspended until such person is available.

A first aid kit and ice must be available at all practices and games.

SECTION B – OFFICIAL BALL (list at back of rule book)

- 1) Any approved ball used in the proper division may be used for games. The Game Field Commissioner will approve game balls at the 50-yard line prior to the start of the game.
- 2) No other ball except an approved official CCYFL ball may be used for the entire game. **If a coach is found in violation a unsportsmanlike conduct will be called a fifteen yard penalty**, loss of down And Head Coach will be ejected from game along with the following weeks practice and game.
- 3) Game Field Commissioner shall provide an approved CCYFL game ball to teams in non-compliance with the rule.
- 4) Bantam and Junior Divisions will use balls from Table #1. Intermediate or Senior divisions will use balls from Table #2. (CCYFL approved game balls List at rear of this rule book) Pee-Wee balls are not allowed.
- 5) A list of approved balls will be issued each April. The CCYFL board will approve additions.
- 6) All balls will be made of rubber, composite, or leather and have leather or rawhide laces

SECTION C – MINIMUM EQUIPMENT REQUIREMENTS

All teams must be equipped during all practice sessions, scrimmages, and games with equipment meeting the minimum protective standards found to exist in the following equipment

- 1) **HELMET:** The helmet is the most important single piece of equipment a football player wears because it protects the nerve center of the body. The helmet shall be made of either one or two-piece construction of high quality plastic-type material, head cushion or suspension type. As a minimum, a double bar facemask shall be attached to the helmet. The chinstrap will be standard equipment for all helmets. The helmet must meet NOCSAE standards and be NOCSAE approved.
- 2) **SHOULDER PADS:** Shoulder pads shall be of corrugated molded fiber or plastic material (for sanitary reasons) they shall be coated with washable finish, should have adjustable underarm straps, and should be of a cantilever type.
- 3) **GIRDLE, HIP AND BUTT PADS:** Hip and kidney pads shall be made of heavy padding to protect the kidneys, hip and spine. They can be of vinyl coated material, with or without fiber inserts. Care must be taken to guard the exposed edge of the hip, the base of the spine, and the kidney area.
- 4) **THIGH GUARDS:** Thigh guards shall be of molded, corrugated fiber or plastic material with padding.
- 5) **KNEE PADS:** Kneepads shall be constructed of a shock absorbing material.
- 6) **PRACTICE JERSEYS:** Practice jerseys should consist of either an all cotton jersey or a combination of cotton, polyester, and nylon materials. No numbers or extras are required.
- 7) **GAME JERSEYS:** Game jerseys for all division should consist of a durable material such as nylon or polyester or a combination of materials. Tear away jerseys are not allowed. It is recommended that the

numbers be sewn on (tackle-twill), air-dye or processed stenciling. Cont.....
...The minimum recommended size of numbers is 6 inches in front and 8 inches in the back. The numbering of jerseys in accordance with the CIF rulebook is not applicable. Only last name and First letter of there first name can be put on the jersey, it is to be put at the top back of the jersey, the name must match the roster. No nicknames are aloud.

- 8) PANTS: Pants may be of either a shell or one-piece construction, natural or colored. One-piece pants must have removable pads. Knit material of either polyester or nylon is recommended with either tunnel belt loops, slotted belt loops, or have an attached webbed belt.
- 9) FOOTWEAR: Allowable footwear for all division includes non-detachable rubber molded cleat, bar cleat little League baseball shoes, detachable rubber or nylon cleats or tennis shoes. Steel, aluminum, hard rubber or nylon with metal caps cleats are not allowed. Detachable cannot have their screw post broken off or exposed. All footwear must be in good condition. All one-piece molded shoes are permissible.
- 10) MOUTHPIECE: A mouthpiece approved by the CCYFL or prescribed by a licensed doctor or dentist must be worn at all times.

SECTION D – GAME UNIFORMS

- 1) Uniforms colors for all teams in all chapters will be reported to the CCYFL Athletic Director. The Athletic Director will note any jersey conflicts on the CCYFL game schedule.

ARTICLE V

CONDITIONING AND PRACTICES

SECTION A – CONDITIONING AND PRACTICES

- 1) No organized team activity or conditioning may start before the first Monday following the first Friday in August. Instructional non-contact/non-team clinics prior to the first week of practice are at the discretion of the individual chapter. Chapters may break players into divisions based on player sign-ups.
- 2) There will not be any physical contact except for calisthenics and isometrics during the first week of practice.
- 3) Helmets may be worn starting the first week of practice.
- 4) Full player contact may start on the second week of practice.
- 5) Scheduling of practice sessions are at the discretion of the coaches. Night sessions shall not go past 8:30pm for all divisions.
- 6) For practice purposes the start of the week is Monday. No team may practice no more than 2 hours per day Monday –Friday, Any team found practicing on Saturday or Sunday will receive an automatic suspension for the season and a fine of \$250.00

- 7) Conditioning or practice sessions shall not exceed two (2) hours in any one day, nor shall they be conducted more than four (4) days per week, inclusive of chalk talks or conferences, after the first scheduled games.
- 8) Before the first day of scheduled games, teams in all divisions may practice five (5) times a week.
- 9) After the first week of scheduled games, practice sessions for the Bantam and Junior Divisions will be limited to six (6) hours per week within three (3) days maximum, No more than two (2) hours per day. Practice sessions for the Intermediate and Senior divisions will not exceed eight (8) hours per week within four (4) days maximum, No more than two (2) hours per day.
- 10) Practice on the same day of a game constitutes a practice, If your warm –up is longer than one (1) on game day that will constitute as a practice. Also any activity involving at least one coach and one player lasting more than ten (10) minutes where the skill of football is being taught including viewing game films after the game will constitute as a practice. Game day warm-up shall be conducted one (1) hour prior to the game and at the same location as the game site.
- 11) No player may have player-to-player contact until he has participated in pre-season conditioning practice a minimum of five (5) practices. (10 hours of conditioning)
- 12) No player may participate in a scrimmage or game until he has had at least six (6) hours of contact for the Bantam and Junior division and eight (8) hours of contact for the Intermediate and Senior divisions.
- 13) Player-to-player contact may only occur when the players are wearing their equipment as specified in Article IV, Section C.
- 14) Cheerleaders can practice after they have had physicals and as soon as insurance starts.
- 15) All Chapters will be allowed to hold a scrimmage or Jamboree on the last Saturday of August prior to the first game in September.

ARTICLE VI

SCHEDULING OF SEASON AND POST-SEASON GAMES

SECTION A – SCHEDULING

- 1) The CCYFL will set the starting and ending dates of seasonal play. No teams will play before or after these dates unless special permission is granted by the CCYFL Executive Council.
- 2) CCYFL Executive Board will also approve alternative sites prior to scheduling games.
- 3) Deleted 2009
- 4) The CCYFL Athletic Directors shall administer and oversee the scheduling process to ensure equity and compliance with the rules.
 - A) Based on the number of existing conferences (i.e. Conference 1,2,&3) the placement of each team in a division shall be conducted as follows:

- 1) Each Team shall be assigned to a conference by Blind Draw until all team are placed in a conference. Cont.....
 - 2) For Chapters with multiple teams in a division, each team will be assigned to different conferences by Blind Draw begin with Conference 1,2 &3. This process will repeat for Chapters with more than the existing number of conferences.
- B) Scheduling of the season games depends on the number of available game fields throughout the league. The scheduling process shall be accomplished as follows
- 1) The Scheduling of season games shall first be accomplished within the assigned conference.
 - 2) Scheduling teams in other conferences shall only be accomplished to complete the required number of season games
 - 3) CCYFL will attempt to have all teams play 8 games during the season of play Weather Permitting
- 5) All unresolved issues and or discrepancies pertaining to the scheduling process shall be brought to the CCYFL for review and resolution. The Decision of the CCYFL Board is final.
 - 6) Voting shall be equal for Conference development and the scheduling process. All Chapters shall have a maximum of two representatives present during the scheduling process and the voting guidelines shall be determined by the CCYFL President. If a chapter has only one representative, then the maximum vote for each chapter shall be one.
 - 7) If a chapter is absent then it will be a non-vote for the absent chapter(s) and the scheduling of the season and post-season games will proceed.
 - 8) A period of at least seventy-two (72) hours must elapse from the conclusion of one game prior to the playing of another game by the same team, except as waived by the CCYFL Executive Council for play-off game conflicts.
 - 9) All night games shall begin before 8:30 pm.
 - 10) Unless there is an extreme hardship on a chapter the closes teams will start the day's events.

SECTION B – NON-FRANCHISED TEAMS

- 1) Teams shall not practice, play or otherwise compete against non-franchised teams, unless permission is granted by the CCYFL Athletic Director.
- 2) A non-franchised team shall be defined as any team not a member of a chapter franchised by the CCYFL.

SECTION C – SCRIMMAGES

- 1) Controlled scrimmages may be scheduled but such scrimmages shall not exceed three (3) pre-season scrimmages (prior to the first regularly scheduled game). No scrimmages shall be held prior to the **Friday** at the end of the second week of practice.
- 2) Under no circumstances may a team play or scrimmage a team which is not the same age and weight classification. Note: Two teams in the same Chapter and division can co-practice and scrimmage each other through-out the season.

- 3) A scrimmage constitutes a practice session as defined in Article V, Section A.

SECTION D – POST SEASON PLAY

- 1) All post-season play must be approved by the CCYFL Board.

ARTICLE VII

GAME REGULATION

SECTION A – HOME TEAM REQUIREMENTS

- 1) All member chapters must provide for the following
 - A) An official set of CCYFL Rules and By-Laws must be available at the playing field.
 - B) In the event visiting team's colors are conflicting, it is the responsibility of the home team to have a contrasting jersey.
 - C) A Game Field Commissioner with a vast knowledge of the game, CIF rules, and CCYFL rules will be provided and available at all games.
 - 1) The commissioner will hold a pre-game meeting at the 50-yard line with the Head Coaches of each team, charting auditor, and the Head Referee.
 - 2) S/He will also be at the coin toss and make them selves available to both sidelines throughout the game.
 - 3) They will sign off charting forms every quarter and then they will collect the charting forms at the end of the games and forward them to the CCYFL.
 - 4) They will report rules and ethics violations to the CCYFL within 72 hours of the game.
 - 5) They will call in the scores for all games played on the field into the CCYFL statistician not later that Sunday evening following the Saturday game day.
 - 6) They are responsible for the 24-point rule implementation.
 - 7) The Game Field Commissioner must be on the field during the game to enforce/interpret CCYFL Rules. S/He must be identifiable to both Head Coaches. **VIOLATION:\$250.00 Chapter Fine**
- 2) Hosting chapters may be fined \$250.00 for game day hosting requirement violations.

SECTION B – WEIGH-INS

- 1) A certified scale will be provided to each CCYFL Chapter for weigh-ins. Scale must be maintained by each chapter

SECTION C – PLAYING RULES

- 1) No unauthorized personnel are allowed on the field during the game. Game Field Commissioners will clear the field before the game is resumed.
- 2) NO HORSE COLLAR TACKLES. 15-yard penalty unsportsmanlike conduct. All divisions (added 2008) (Ie grabbing of the rear of the shoulder pad from behind the neck)
- 3) During charged time-outs, a coach may join his team huddle on the field. One or more team players and the team coaches may converse with each other, ten (10) feet inside the field from the sideline. No other player may converse with any member of the coaching staff. Violation: 15-yard penalty.
- 4) No member of the coaching staff is allowed on the playing field unless a player is injured or he has permission from the officials.
- 5) If both teams are on one side of the field, the allowed space is from mid-field to the twenty nearest a team's bench. If teams are opposite of the field, the restraining area shall be the thirty yard lines.
- 6) Divisions will be penalized in accordance with CIF rules.
- 7) When a player is injured both teams are required to take a knee, no coaching is aloud.
- 8) Non-chargeable time-outs will be: Injury of a player, repair of equipment, and officials time-out. A non-chargeable time-out will be allowed to question a CCYFL or CIF rule violation. If there is no rule violation, the time-out becomes a chargeable time out to the team requesting it.
- 9) An injured player for whom the clock is stopped, or for whom the ready-for-ready signal is delayed, shall be replaced for at least one play. His team shall not be charged with a time out. If player is removed by EMT / Doctor, he/she will not be allowed back in the game until cleared to play by the EMT / Doctor.
- 10) The official will not charge a time-out to a team when the captain calls a time-out and there is cause for the official to have an official time-out by reason of an injury, etc. He will inform the captain in this case that he was already calling a time-out which is not chargeable and that the team's request will not be honored unless the team captain desires to have the additional time-out taken and charged.
- 11) Coaches will be informed by the official closest to them of the player's number and the rules infraction for which a penalty is being imposed.
- 12) Each team will be permitted to have a maximum of eight (8) personnel on the field with the team, i.e. Coaches, assistant coaches, trainer, statisticians, or parent helpers.
 - A) Chapters will provide numbered (1-8) sideline passes
 - B) Teams in violation will be charged a 5yd penalty for each play until the situation is corrected.
 - C) The pass must be visible during the game.
 - D) A maximum of two water boys/girls will be allowed. Adults may NOT be considered water boy/girls
- 13) The playing time shall be a follows:

- A) The Bantam, Junior, Intermediate, and Senior divisions shall play four (4) ten (10) minute quarters with a maximum of ten (10) minutes allowed between halves, including a compulsory three (3) minute warm up. The clock will be a stopped clock.
- 14) Five (5) minutes before the start of the third quarter, the officials and/or the Game Field Commissioner shall give each team a warning to insure that coaches shall have sufficient time for a proper warming-up period for team members, prior to the start of play.
 - 15) The official rulebook shall be the “National Federation of State High School Associations Rule Book” used by the CIF. This shall be superseded only by the written rules of the CCYFL, which are in conflict with it. In these cases, the CCYFL rules shall take precedence.
 - 16) CONVERSION SCORING= A team will receive one (1) point for running and two (2) points for kicking with a defensive rush. A team will receive one (1) point for a PAT kick with no defensive rush. The offensive team must declare no rush prior to lining up on the line of scrimmage.
 - 17) A No Rush “P.A.T” does NOT count as a Action Play On the Audit sheet
 - A) A no rush PAT must be a clean play. The holder must field the ball on his/her first attempt to catch the ball. The holder cannot move from their stance to field the ball. If the holder drops the snap or the snap is bad and the holder cannot catch the ball, the play shall be blown dead. The kick must be attempted within **three seconds** once the holder fields the snap. A “no rush PAT” is not allowed in the Intermediate or Senior Division.
 - B) If no goal post is available, kicking is disallowed.
- 18) EIGHTEEN POINT RULE: After a team scores, if at anytime is still behind eighteen (18) points or more, it has the option to kick-off or receive. This rule is instituted prior to the Blowout rule or at the start of the

third (3) quarter. Onside kick is un-sportsman like conduct with a fifteen (15) yard penalty on spot of ball. Receiving team automatically gets the ball.

19) BLOW-OUT RULE:

- A) An official time-out will be called after the kick-off following a scoring of **24 points** over the opposition. At that time the two head coaches, the game referee, and the game field commissioner will meet at mid-field and discuss any of the following options:
- B) Once the point differential between the two teams **becomes 17 points or less**, the starters can return to play.
 - 1) Substitution of 4 total players from the dominant team. The four removed impact players can return at the beginning of the fourth quarter to a non-impact position until the player has completed the “12 play rule”. Coaches must be apprised of the balance of plays for each individual player.
 - 2) A running clock
 - 3) Jamboree
 - 4) Calling the game over
 - 5) Doing nothing is not an option
- C) Implementation of any or all of the previous options is at the discretion of the losing coach. The CCYFL Game Field Commissioner will monitor/approve the process.

In a instance of extreme disparity between teams such that proper implementation of the above rule is inadequate and player safety becomes an overriding concern, the Game Field Commissioner will at his discretion, call for another coaches/officials mid-field meeting to implement further institution of the above options. Failure of the dominant team to address the above rule will result in forfeiture of the game.

17) TIE BREAKER: In the event of a tie, a team will start play at the twenty (20) yard line ,can get a first down, if no first down or score opposing team takes over , if a tie has not been broken after two complete overtime series have been completed, then the game will be recorded as a tie.

20) If a game is suspended for any reason, the game will be replayed from the start of the game unless other arrangements are made between the Head Coaches and agreed upon by the CCYFL Executive council.

21) Blocking below the waist to intentionally cause harm or injury to players is NOT allowed. **PENALTY: Major Violation – 15-yds**

SECTION D – BANTAM DIVISION RULES

1) All Junior Division rules apply to the Bantam Division

- 2) One coach is allowed on the field with their team on offense and or defense. Coaches are allowed to direct and lineup their players before the snap of the ball. Coaches must be silent and be **Ten yards behind the nearest team player** at the snap of the ball. **VIOLATION: 5-yd penalty**
- 3) Nose guards **are not allowed**. Defensive guards must line up head up on the Offensive guards. Defensive guards can line up in the center-guard gaps or on the goal line defense (inside the 10 yard line) and on third or fourth down and two yards or less to go for a first down. Penalty – Major Violation.
- 4) Kick-offs will begin from the 45-yard line of the kicking team.
- 5) A No-Rush punt is allowed under these conditions: **With Bantams only is this allowed**
 - A) Must be declared prior to the play
 - B) Ball must be long snapped a minimum of three yards
 - C) Kicker may field the ball and then punt if ball is dropped or fumbled.
 - D) Punt fakes are not allowed after a no-rush punt has been declared
 - E) Offense may not pass the line of scrimmage until the punt is off. Defense can have a maximum of 2 players receive the punt. All others must remain on the line of scrimmage until punt is off.

SECTION E – JUNIOR DIVISION RULES

- 1) As many players as desired may line up on the defensive line of scrimmage, but every player except the defensive ends must be in a three or four point stance. The defensive ends may use a two-point stance. **VIOLATION: Encroachment – 5 yard penalty**
- 2) Linebackers and blitzing players must be three yards off the line of scrimmage. Blitzing players cannot start their blitz until the ball is snapped. **VIOLATION: Encroachment 5-yard penalty.**

SECTION F – MANDATORY PLAY RULES

- 1) All eligible players will play a minimum of 12 action plays per game of offense or defense, special teams, or a combination of the three. **A no rush P.A.T. is not an action play and will not count on the audit sheet**

- 2) All “action play” is defined as any play in which the ball is legally in play as defined by Rule 4, Section 1 of the CIF Rules.
- 3) Special Teams are:
 - A) Kick Off
 - B) Kick Off Receiving
 - C) Punt
 - D) Punt Receiving
 - E) Field Goal
 - F) P.A.T
- 4) Players may play both ways on special teams, however they may not violate any other rules.
- 5) Head Coach may discipline players. The Player(s) will play 12 plays or miss the game entirely. NO EXCEPTIONS. Player(s) must be declared before the start of the game.
- 6) “Restricted Player” is any player in the Senior division weighing 166 lb or above. A restricted player is also any player receiving a waiver down to a division they do not certify in.
 - A) A “Restricted player” on offence may not be a ball carrier. (i.e.: Fullback, Tailback, Quarterback, Receiver, Tight-end, Tackle eligible, Kick Return, Kick Off)
 - B) The “Restricted player” on defense must play in a Tackle to Tackle Position and must make forward progress at snap of the ball
 - 1) Tackle to Tackle is defined as: A player playing Tackle to Tackle will be covered by an end or be covered by a tight-end when lined up in a stacked formation on the line of scrimmage. Players must line up in a three or four point stance on the line of scrimmage. In a four man front will play T to T May NOT play Kick off or Kick return. **Violation: First offense: 5-yd penalty. Second Offense: 15-yd penalty and player is ejected from the game**
 - C) “Restricted Players” must be clearly labeled on game day rosters.
 - D) “Restricted Players” will be marked with a yellow stripe one inch wide running front to back. (And shall not be covered by any other decal or paint) on top of their helmet (to be supplied by CCYFL) before the season starts. (To remain on helmet throughout season)
 - E) See Clarification last page.
- 7) Failure to abide by the above rules may result in an automatic forfeiture of that game. A second violation will result in dismissal of that coach.

SECTION G – LEAGUE STANDINGS

1. The following is the official method of determining a team’s win/loss record in each division/conference. Paragraph 1.A below is the primary method of maintaining league standings. In the event of a tie, paragraphs 1.B, 1.C, and 1.D shall be applied in sequence.

- A) Win/Loss record of all games played. A winning percentage shall also be recorded and is derived by taking the games won divided by the games played.
- B) If Tied, Win/Loss record of games played head to head of tied teams played.
- C) If Tied, Overall Win/Loss record for all season games played, given as a winning percentage. A winning percentage is derived by taking the games won divided by the games played.
- D) If Tied, Then the strength of schedule point system will be applied. (You get 1 point for every win that a team gets that you have beaten)
- E) **Score will not ever come into play for league standings.**

Provided is an overall point system based on strength of schedule. A point will be assigned for each win of a defeated opponent's final season record. **Example:**

Paso Robles Patriots 5-3 Record / 20 points	Paso Robles Redskins 5-3 record / 9 points
Season Record of Defeated Opponents 5-3 Paso Robles Chiefs 6-2 Orcutt Bears 5-3 Santa Maria Sooners 1-7 SLO Tigers 3-5 Orcutt 49ers	Season Record of Defeated Opponents 2-6 Atascadero Raiders 3-5 Orcutt 49ers 2-6 Templeton Mustangs 1-7 SLO Tigers 1-7 Morro Bay Pirates
<hr style="width: 20%; margin: 0 auto;"/> 20-20	<hr style="width: 20%; margin: 0 auto;"/> 9-31

The Paso Robles Patriots would be ranked higher than the Paso Robles Redskins by having 20 points versus 9 points. This system ranks teams by their strength of schedule using defeated opponents wins.

E) If tied, a coin toss will be used to break the tie..

SECTION H – SCOUTING RULES

- 1) Films and videotapes may only be taken by persons associated with the teams that are playing. Viewing of films or videotapes during the game, including half time, is not allowed.

- 2) There will be no scouting of practices or scrimmages.

SECTION I – SPOTTING RULES

- 1) Spotting (passing information from stands to bench) during games is not allowed.
- 2) No electronic devices (i.e. cell phones, radios, headsets, etc.) shall be used on the playing field. Game Field Commissioner and EMT's are excluded from this rule.

SECTION J – TEAM AUDITING

- 1) Each team must chart their own team.
 - A) The Official CCYFL charting form must be used.
 - B) The form must be signed at the completion of each quarter and turned into the Game Field Commissioner at the end of the game. It is the responsibility of the auditor to bring their form to the Game Field Commissioner at the end of each quarter.
 - C) The Game Field Commissioner will send the forms to the CCYFL each week.
- 2) If a coach wishes to chart the players of his opponent, he may do so. For any protests to be heard regarding the number of plays that players are getting, the coach must:
 - A) State the intention to chart prior to the start of the game.
 1. Opposing auditor must be part of the 8 allowable coaches on staff.
 - B) S/he must inform the opposing coach as well as the game field commissioner.
 - C) Each auditor must sign the approved CCYFL charting form, along with the Game Field commissioner. Team that is being audited will supply charting forms that matches each other.
 - D) Chart from the opposing team's sideline.
 - E) The completed form must be turned into the game field commissioner at the conclusion of the game.
 - F) The auditor must be with the opposing team auditor.
 - G) Opposing auditor must have no contact verbally or with gestures with the sidelines of either team.
 - H) The coach being charted may ask to see the chart at the time to check status of plays remaining for players.
 - I) Once all the charted team's players reach the maximum number of plays required, the charting coach MUST return to his team's sidelines.

SECTION K – PLAYER AND COACHES EJECTED FROM A GAME

- 1) Any player or coach ejected from a game shall be ineligible for the following game.
- 2) If any player or coach is ejected for a second time during the season, they shall be suspended for the rest of the season.
- 3) Any player or coach suspended by the CCYFL shall be notified in writing by the CCYFL.

ARTICLE VIII

RULES AND VIOLATIONS

SECTION A – CHAPTER AUTHORITY

- 1) Any violation of rules contained within this rulebook, shall be handled first by the individual chapter. **Any violation will be reported to the CCYFL** in the form provided by the CCYFL within seventy-two (72) hours of the violation.
- 2) The CCYFL Executive Council has the right to increase or decrease any penalty imposed by the Chapter.
- 3) Any action taken by a Chapter which could result in the Act of Disbarment must be presented in writing to the Executive Council at the next regular meeting
- 4) CCYFL will fine any chapter \$250.00 for each coach or fan that has been ejected from the game by an official or game field commissioner. **NO APPEALS ARE ACCEPTED.** Exception: In the event of fines totaling more than \$500.00 in one day.

SECTION B – APPEALS

- 1) A team or individual may appeal a Chapter decision to the CCYFL by submitting a letter to the Protest/Infractions committee. The matter may be heard pending review and recommendation of the Protest committee.
- 2) An appeal must specify the articles and sections of the CCYFL Rule Book that apply.

SECTION C – CCYFL AUTHORITY

- 1) Nothing herein contained prohibits the CCYFL from taking action on a violation within any Chapter formally presenting it, if the CCYFL Executive Council decides this action to be in the best interest of the players and the conference.
- 2) All decisions of the CCYFL are final and binding on all Chapters, teams, and individuals. **NO APPEALS ARE ACCEPTED.**
- 3) The CCYFL Executive Board is empowered to deviate from these rules if it is in the best interest of the league .

SECTION D – PENALTIES

- 1) A violation of any rule or rules contained herein may subject a Chapter, team, or individuals to any one or all of the following penalties. These penalties will be levied by the CCYFL Executive Council.
 - A) Forfeiture of game or games.

- B) Disqualification from competing for, or taking part in championships.
 - C) Disqualification from participating in bowl or post season games.
 - D) Suspension, expulsion, ineligibility, disbarment, or probation.
 - E) Loss of Franchise.
 - F) A Chapter may be subject to a fine of not less than \$25.00 and no more than \$250.00.
 - G) Any team found practicing before the first Monday, after the second Friday in August will have the Head Coach suspended immediately and the chapter fined \$250.00. The coach's suspension will be for one year.
 - H) A game may be forfeited for the following reasons
 - 1) Coaches exhibiting unsportsmanlike conduct toward any official, player, coach, director, or opposing coach or player.
 - 2) Parents and/or followers of a team using unsportsmanlike conduct toward any official, player, coach, director, or opposing coach or player
- 2) The chapter shall take the necessary action to discipline violators. All disciplinary actions shall be in writing and submitted to CCYFL.
- A) Upon review by the CCYFL Council for the failure of the Chapter to take disciplinary action the CCYFL has the authority to impose the TWO game suspension of the violator and/or to fine the Chapter up to \$500.00
 - B) If the second offense that a Chapter fails to take action on the same person, the CCYFL has the authority to suspend that person a minimum of 3 weeks and/or fine the Chapter up to another \$250.00. If the violator is a different person, the one game suspension and/or Chapter fine of up to \$250.00 applies.
 - C) On the third offense of any person for the same Chapter committing an offense of the laws of the land, CCYFL Rules and Regulation, and CCYFL Policies, the CCYFL Executive Council shall determine the necessary disciplinary action. This would include but is not limited to banning the violator forever from CCYFL activities, fines, and placement of the Chapter on probation.
 - D) The CCYFL will not tolerate the misconduct of any person or Chapter and shall take the necessary action to correct the violation.

ARTICLE IX

GAME OFFICIALS

SECTION A – GAMES

- 1) There shall be a minimum of one (1) CIF certified officials at each game as the head official.
- 2) There shall be a minimum of two (2) certified officials at each Bantam division game.
- 3) Any official finding it necessary to eject a coach or team official shall make a full and detailed report, in writing, to their Official Association and the CCYFL Executive Council President within 48 hours of the incident.
- 4) CIF Game Official will do their best to inform the appropriate team coach of the number of the player who commits the infraction.
- 5) Head official must explain interpretation of rules to head coach for deducting points.
- 6) The official must have an extensive knowledge of and have the authority to enforce all CCYFL Rules.

ARTICLE X

PROTESTS

SECTION A – PROTESTS

- 1) Protest on matters involving judgment as rendered by an official **will not be considered.**
- 2) Protests of pre-game violations must be registered with the game officials and opponent's Chapter President or his designated official **prior to kick-off.**
- 3) Protests must specify the affected articles and sections.
- 4) Protests shall be acted upon in accordance with the CCYFL By-Laws.
- 5) Any grievance must be presented in writing to the President of CCYFL for review. He will give it to the Protest/Infraction committee that will investigate and make recommendations to the Executive Council on any further action.
- 6) Persons or Chapters protesting must be in attendance at the protest hearing or the protest will not be heard.
- 7) Videotapes may be accepted.
- 8) Email protests will be considered as long as a hard copy of the protest and a \$50.00 check follow them.
- 9) Protests must be submitted/approved by the Chapter President.

ARTICLE XI

CCYFL CHAMPIONSHIPS

SECTION A – LOCATION

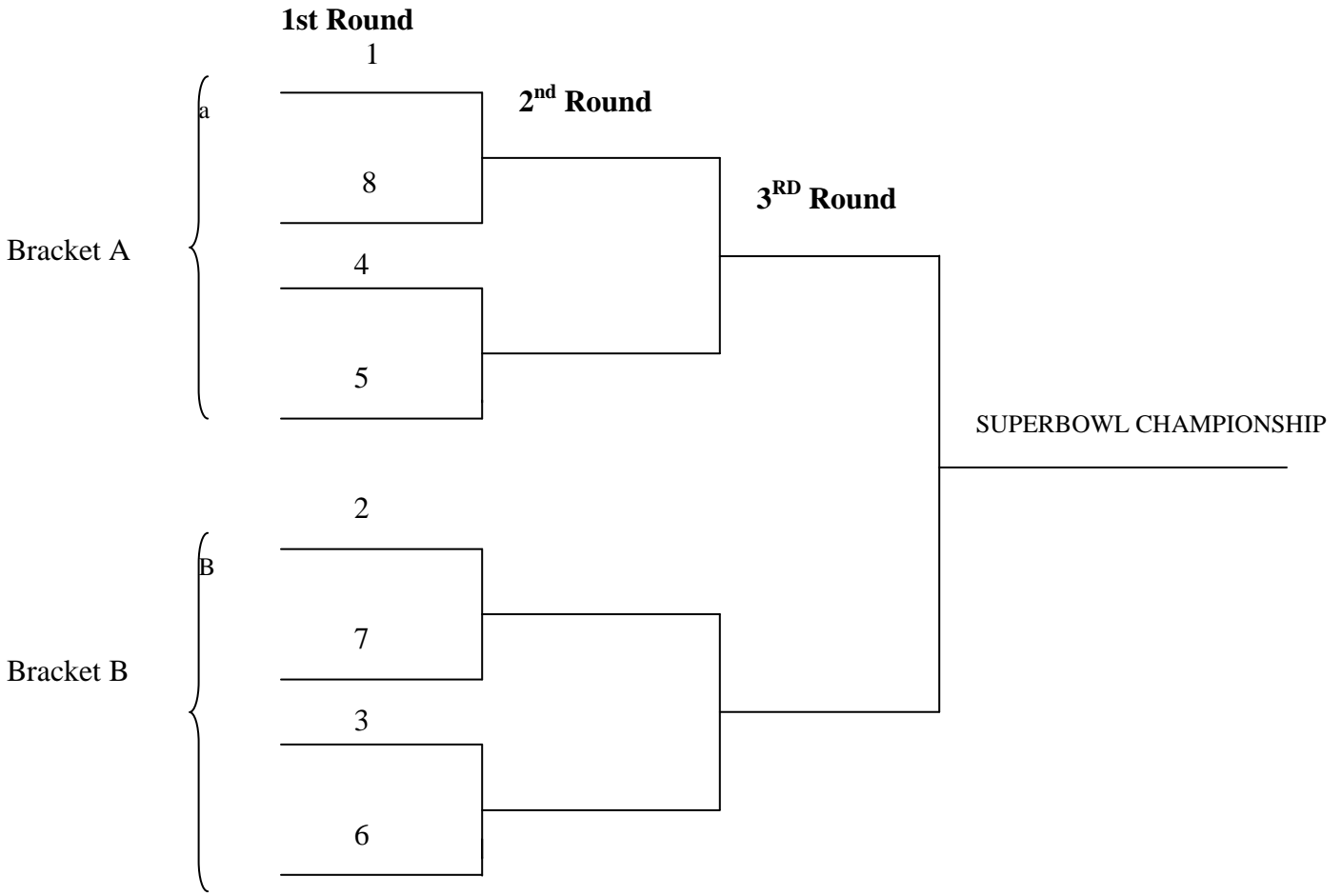
- 1) All Simi final and Superbowl games must be played in a regulation High School, College, Municipal Stadium, or other approved facility.

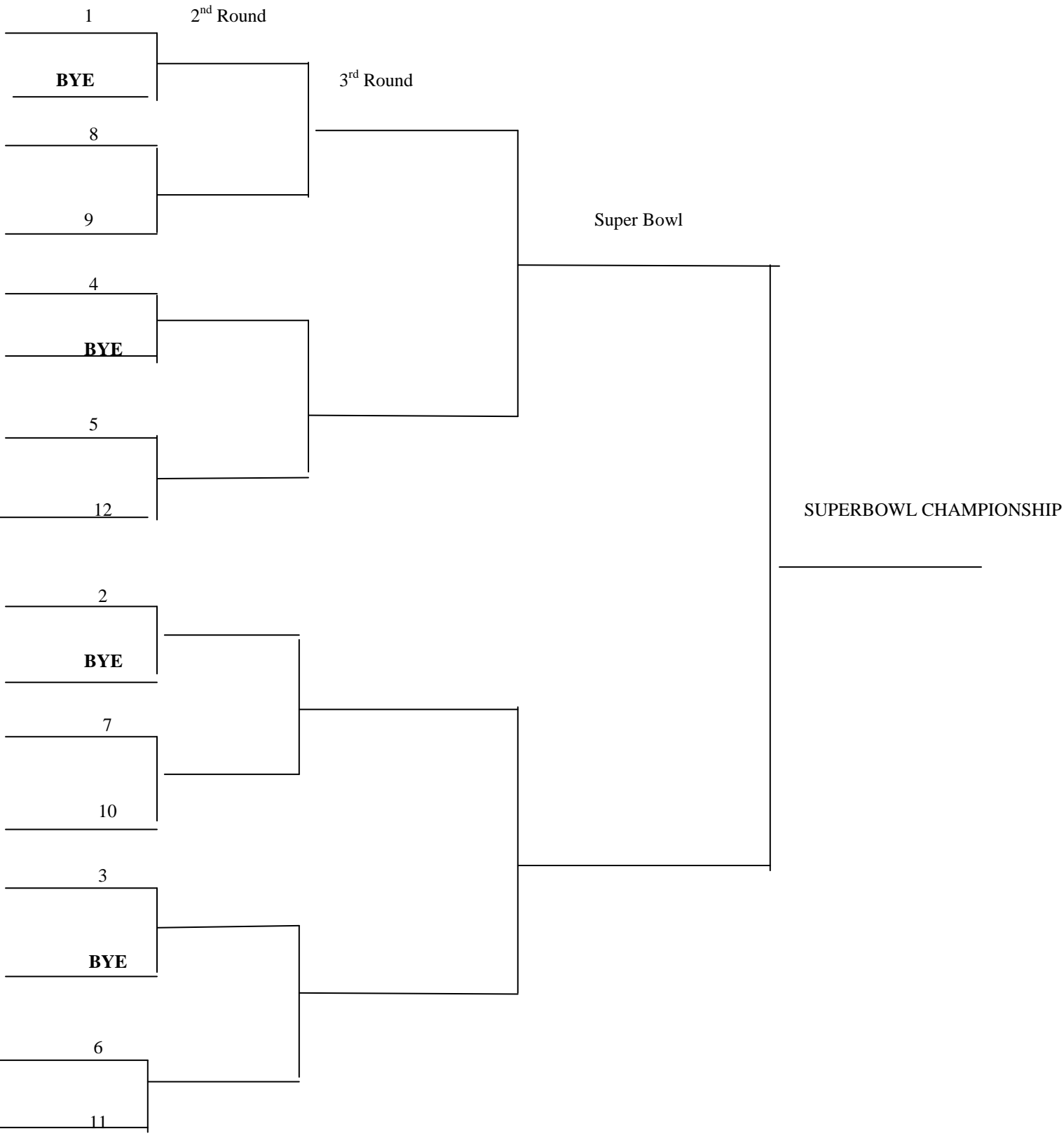
SECTION B – OFFICIALS

- 1) There shall be a minimum of four (4) certified officials at each championship game.
- 2) The Head CCYFL Official shall approve these officials.

SECTION C – CHAMPIONSHIPS

- 1) There shall be a Super bowl Championship game for each division of the CCYFL:
 - A) Bantam
 - B) Junior
 - C) Intermediate
 - D) Senior
- 2) Division representatives will be determined by the scheduling process. Please refer to Article VI, Section A-Scheduling for the criteria.
- 3) Highest seeded team will be the Home Team.
- 4) Championship shall not end in a tie. The CIF Tie Breaker Rule shall be used until a winner is determined. The Referee, Game Field Commissioner, and CCYFL Executive Council members can meet and declare a game a tie due to time constraints.
- 5) A minimum of one neutral CCYFL Executive shall be appointed as Game Field Commissioner for each Superbowl Game.
- 6) Conference champions are automatically seeded as 1,2,3,4 etc. based on the league standings (See Article VII, Section G). Remaining seeds to a maximum of eight teams per division will be seeded by best overall league record based on the league standings.
- 7) Playoff bracket to be played as shown (see next page):
- 8) If there are 20 teams or more in 1 division there will be a 12-team playoff and if not there will be a 8 team playoff before the Super Bowl.
 - a. Teams 1 – 4 have a BYE
 - b. Starting in Ninth week
 - c. Ad's to determine placement of each team as close as it is possible.





AGE	D.O.B.	EXP.	WEIGHT	EXP.	HEIGHT	EXP	Grade level.	EXP
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8	1/02 to 12/02	<i>1</i>	45 to 64 lb.	<i>1</i>	46" to 49"	<i>1</i>	none	<i>0</i>
9	7/01 to 12/01	<i>2</i>	65 to 73 lb.	<i>2</i>	50" to 51"	<i>2</i>	third	<i>0</i>
9	1/01 to 6/01	<i>3</i>	74 to 78 lb.	<i>3</i>	52" to 53"	<i>3</i>	fourth	<i>1</i>
10	7/00 to 12/00	<i>4</i>	79 to 83 lb.	<i>4</i>	54" to 55"	<i>4</i>	fifth	<i>2</i>
10	1/00 to 6/00	<i>5</i>	84 to 88 lb.	<i>5</i>	56" to 57"	<i>5</i>	sixth	<i>3</i>
11	7/99 to 12/99	<i>6</i>	89 to 93 lb.	<i>6</i>	58" to 59"	<i>6</i>	seventh	<i>5</i>
11	1/99 to 6/99	<i>7</i>	94 to 98 lb.	<i>7</i>	60" to 61"	<i>7</i>	eighth	<i>6</i>
12	7/98 to 12/98	<i>8</i>	99 to 103 lb.	<i>8</i>	62" to 63"	<i>8</i>		
12	1/98 to 6/98	<i>9</i>	104 to 108 lb.	<i>9</i>	64" to 65"	<i>9</i>		
13	7/97 to 12/97	<i>10</i>	109 to 113 lb.	<i>10</i>	66" to 67"	<i>10</i>		
13	1/97 to 6/97	<i>11</i>	114 to 118 lb.	<i>11</i>	68" to 69"	<i>11</i>		
14	7/96 to 12/96	<i>12</i>	119 to 123 lb.	<i>12</i>	70" to 71"	<i>12</i>		
14	1/96 to 6/96	<i>13</i>	124 to 128 lb.	<i>13</i>	72" & up	<i>13</i>		

129 to 133 lb. 14

134 to 137 lb. 15

1/2" or under=lower #

138 to 143 lb. 16

over 1/2"=higher #

144 to 148 lb. 17

1/2lb. or under=lower lb.

149 to 153 lb. 18

over 1/2 lb =higher lb.

154 to 158 lb. 19

159 to 163 lb. 20

164 to 168 lb. 21

169 to 173 lb. 22

174 to 178 lb. 23

179 to 200 lb. 24

201 & up lb. 25

Exponent Placement

Divisions

0 to 12 Bantams

13 to 24 Juniors

25 to 36 Intermediates

37 and up Seniors

Minimum Weight to play 45lbs starting with Bantams and **No Maximum Weight** to play for Seniors.

Use of exponents is for the best interest of all (CCYFL) players involved. Any abuse of this system will be reviewed by the CCYFL Executive Council and player placements made according to the program's best interest. If a chapter is found intentionally misplacing players in this format, that chapter will forfeit all privileges and voting rights for **one entire season**. Fines may also be enforced if found to be intentional. All participants must weigh in at designated times. The CCYFL Exec will place those who miss weigh-ins. Council weigh-ins will be conducted prior to draft. Senior division weight restrictions for players over 166 lbs are classified as "Restricted Players", no changes after certification weigh-ins. (see "Restricted Player" definition in Art I, Sec. E – Terminology)

Attachment: 1)

**CCYFL APPROVED GAME BALLS 2008
By Division**

Table one (1)

Table Two (2)

BANTAM and JUNIORS		INTERMEADIATE, SENIOR	
Wilson	F1360 (TDJ)	Wilson	F1300 (TDY)
Wilson	F1360POP (TDJ)	Wilson	F1300 POP (TDY)
Nike	1000 Junior	Wilson	F1553
Nike	1500 Junior	Wilson	F1704
Nike	1505 Junior	Wilson	1714b
Nike	1505 Tactician (143)	Nike	1000 Youth
Nike	2000 Junior	Nike	1500 Youth
Nike	2500 Junior	Nike	1505 Youth
		Nike	1505 Tactician (145)
		Nike	2000 Youth
		Nike	2500 Youth

Clarification:

1. Tackle to Tackle – on defense if the player is not covered by a defensive end he/she must line up, head up or inside of the offensive tackle.
2. If a player wants to move up to a division he/she does not certify in then that player loses his signup number, and is put at the bottom of any waiting list in that division. If after he/she is in an upper division and wants to move back down to a lower Division then that player is placed at the bottom of any waiting list in that division. He/she will be placed on a team by a CCYFL board member after the CCYFL Board member talks to all coaches and the chapter President.

3. **Clinic Week**

A. **You can do;**

1. Warm the boys up good
2. Showing them how to stretch Very **important**
3. Do drills like:
 1. Get off drills
 2. High knee drills (stepping over bags)
 3. DB drills
4. Stances
5. Throw catch
6. Kids can throw the ball
7. They can hit bags with their hands

B. **What you cannot do**

1. Run wind sprints
2. Run more than one lap
3. Hit bags with shoulders
4. Run plays
5. Be in teams