

American  
Youth Football and  
Cheerleading  
League  
(AYFCL)  
Rule Book

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## **AYFCL - The Program**

We welcome all participants to the AYFCL Program. Our hope is that participation in the program will be a positive and rewarding experience. The intent of our program is to teach the fundamentals of football and cheerleading and is open to all boys and girls who meet age, weight, and registration requirements.

Our goal is not only to teach, but to provide an opportunity for children to enjoy all aspects of football and cheerleading. Very often as parents, coaches, and administrators, we forget the primary focus of youth sports is to learn and have fun. "The win at all cost" philosophy has always produced unsatisfactory results. A child's success should not be gauged by their win-loss record, but from what the child learns from the experience.

The main emphasis of our program continues to be participation. Every eligible participant will play in every game.

We hope that you will take the time to review the rules of our program and keep them available for future reference. The words "he", "she", "boy", "girl", etc. are interchangeable and no gender discrimination is intended, nor should be implied.

## **AYFCL - Objectives**

The American Youth Football and Cheerleading League was founded to give children an opportunity to play tackle football and cheerlead with adult supervision, in a safe environment, and with adequate equipment.

AYFCL strives to teach the ideals of good sportsmanship, honesty, and loyalty to help promote positive development of the participants in our program.

The AYFCL will set up only those rules that are required to achieve its goals. The AYFCL will not interfere with the internal operations of

any member organization, unless, the internal operations of a member organization conflict with the principles of the AYFCL, endanger participants of the AYFCL, or are in violation of the law.

The AYFCL will offer assistance to new and existing organizations with setting up their rules for internal operations; however these are to be considered only recommendations and in no case are mandatory. However, it is highly recommended to structure an organization as indicated on page seven (7).

### **Rule Changes**

There will not be any changes to the League rules during a playing season, August 1 through November 30. Rule changes will be made during the off-season, December 1 through July 1.

### **League Organization**

The AYFCL consist of an Executive Board and a Board of Directors. The Executive Board members are: the League president, vice presidents (up to three), treasurer, secretary, and the marketing, insurance, certification and cheerleading coordinators. The Executive Board will offer their counsel on all business of the League, but does not have voting privileges.

The Board of Directors consists of the president of each member organization. Each member organization, in good standing, will have one vote on any business put forth at League meetings. A quorum of 2/3 of the member organizations is required for a valid vote. If the required quorum is not present, the item will be tabled until the next meeting.

#### ***Election of Executive Board***

The Executive Board members will be elected by the Board of Directors. All Executive Board position terms are for two years.

The League president, cheerleading coordinator, certification coordinator, and insurance coordinator will be elected in even years

beginning in 2004. The League vice president(s), secretary, marketing coordinator, and treasurer will be elected in odd years beginning in 2005.

The League president and treasurer can not be the same person.

It is preferred, that the League president not currently be serving as a member organization president or vice president.

### ***Role of the League President***

The League president will facilitate all League meetings and oversee the general business of the League. In the event of a tie vote, the League president will vote.

### ***Conference alignment***

Organizations will be placed in two different conferences, the American or National.

All new organizations will be placed in the American conference.

Organizations joining the AYFCL from another League will be reviewed by the AYFCL Board of Directors and Executive Board to determine conference placement.

At the end of each season the AYFCL Board of Directors and Executive Board will review the standings from the last three years. Two (2) points will be given for each win, one (1) point for each tie, and zero (0) points for each loss the combined total of all three squads will be used as a guide line for conference placement.

### ***League Meetings***

The League will have monthly meetings, traditionally, on the third Wednesday of every month.

The League cheerleading coordinator will facilitate a meeting of the member organization cheerleading coordinators (directors) every other

month. Their business will be presented at monthly League meetings for consideration.

## **Membership**

### ***Interested and New Organizations***

Any organization interested in joining the AYFCL may contact the League president or any one of the League Board of Directors.

When possible, the AYFCL will provide assistance to all new organizations.

Interested and new organizations will be admitted to the League, after a vote of the League member organizations.

### ***Current Organizations***

Each member organization will electronically submit to the League, by March 31 of the current year, an Organization Information Sheet.

## **Member Organization Structure**

Each member organization is responsible for its own structure and business affairs. The principles of the AYFCL must be the primary objective of each member organization. Any member organization that is not in accordance with those principles cannot maintain its affiliation with the AYFCL.

### ***Recommended Organization Structure***

The officers, consisting of the following, will run the business affairs of the organization:

- A. **President** - The executive head, should not hold any other position within the organization. It is the duty of the presidents to enforce AYFCL rules for their organization. They must ensure that their organization is properly represented at all AYFCL functions.
- B. **Vice President** - They will be kept informed of organization and League affairs; so that they may act in the place of the president due

to illness or absence. If the president becomes unable to carry out duties or resigns the vice president will assume the president's responsibilities for the remainder of the president's term.

- C. **Secretary** - They will keep all of the records for the organization, except the financial records.
- D. **Treasurer** - They will keep the financial records of the organization, be responsible for the safekeeping of any money in the organization's possession, and its proper disbursements.
- E. **Cheerleading Coordinator** - They will be responsible for all cheerleading affairs of the organization, including supervision of all cheerleading squads, coaches, and helpers.

### **Awards & Honors**

Organizations may give a participation patch, certificate, or trophy to all participants in their program.

Organizations can not give out awards to recognize individual achievement for any reason, with the exception of longevity.

### **Organization Colors**

All organizations must register their colors with the League on the Organization Information Sheet.

New organizations must present their color choices to the League for approval. In the event of a color conflict, member organizations will retain their current colors.

### ***Color Changes for Current Organization***

To prevent duplication, all color choices must be presented to the League in writing. The League must approve all color changes.

## **Accident and Liability Insurance**

Accident and liability insurance premiums are included in the League charter fee.

An AYFCL accident and liability insurance policy must cover all active AYFCL participants. The policy insures AYFCL participants against loss sustained while participating in AYFCL events and while traveling, as a group, directly to or from any of AYFCL events.

Accident and liability insurance is obtained through the AYFCL chosen insurance provider. The AYFCL will carry an accident and liability insurance policy with a limit of \$2,000,000 to protect each organization and its participants against suit arising from organization operations. This policy must include coverage for suits involving injuries to players and cheerleaders.

### ***Role of the League Insurance Coordinator***

Act as a liaison between the League and the League chosen insurance provider.

Act as a liaison between each organization and the League chosen insurance provider.

Maintain a record of all accident reports and insurance claims submitted by member organizations.

Accident report forms must be filled out, within five days of all injuries and the original submitted to the League Office, AYFCL, 2117 Buffalo Road #185, Rochester, NY 14624.

### ***Process to file an insurance claim***

Fill out League accident form, top part of insurance claim form, and have all paid receipts collected and mail to the League mailbox. Please keep copies of all forms mailed.

All paperwork will be sent to insurance company.

Please do not have insured call the insurance company. All questions must be referred to the League insurance coordinator.

Claims must be filed within one year of the accident.

Claims will be paid only if injury occurs at an organization sponsored event, for example a practice or game, and claimant is on a current AYFCL certified roster.

## **Equipment Insurance**

Equipment insurance IS NOT covered by a League policy. However, the League will arrange for an equipment insurance policy to be available for purchase by member organizations.

## **AYFCL Guidelines for Organization Presidents**

Uphold the principles, philosophies, and rules of the AYFCL and your organization at all times.

It is ultimately your responsibility to maintain control of members of your organization at all times.

Ensure that your organization is sufficiently represented at all League functions including, but not limited to, League meetings, cheerleading meetings and competitions, and League championship games.

## **AYFCL Guidelines for Coaches and Helpers**

Adult organization members are expected to be role models for the players and cheerleaders, particularly when dealing with matters pertaining to sportsmanship and the handling of differences among themselves.

Set the best possible example for the members of your squad in your relationship with officials, opposing players, coaches, and parents.

Criticism must be constructive and given in private for the benefit of the participant and not for degrading him or her.

Coaching will be conducted from the bench area only, except for "C" squad games as stated in "Coaches and Helpers (page eleven (11))."

Ensure that all players and cheerleaders are of equal importance in your organization.

Coaching should focus on teaching and developing the fundamentals of football and cheerleading.

## **Coaches and Helpers**

### ***Coaches Certification***

It is highly recommended that all individuals accepting an organization's invitation to serve as a coach or a helper obtain NYSCA or Section V coaching certification.

### ***Head Coaches***

Each squad will have a head coach, who is responsible to the organization president or any other organization official whom the president delegates that responsibility.

They have the responsibility of coaching their designated squad and supervising the assistant coaches and helpers.

Football head coaches must be at least 21 years of age. Cheerleading head coaches must be at least 18 years of age. Both will serve without compensation.

They may be appointed or removed by the organization president or their delegate at their discretion with the advice and consent of the organization board of directors.

Coaching during “A” and “B” squad games will be done from the sidelines, as directed in the National Federation of State High School Associations Rules Book.

Only the head coach may request an interpretation of an official’s ruling during or after a game.

### ***C-Squad Game***

The head coach or their designated alternate may be present on the game field during the game. However, they must in no way influence or interfere with the progress of the play. The on field coach must be at least 15 yards back from the line of scrimmage once the line is set. Any violation of this rule will be reported to the League and action will be taken.

### ***Assistant Coaches***

Each squad may have no more than five (5) assistant coaches who will be responsible to the head coach and work under their direction without compensation.

They may be appointed or removed by the president or his delegate at their discretion with or without the recommendation of the head coach and with the advice and consent of the board of directors of the organization.

### ***Helpers***

Each squad may carry as many helpers for assisting at practice sessions as they deem necessary, as long as these helpers are registered with AYFCL.

Only four (4) helpers may be on the side line during a game.

They may be appointed or removed by the president or his delegate at their discretion with or without the recommendation of the head coach and with the advice and consent of the board of directors of the organization.

## **Side Lines**

### ***Coaches and Helpers***

Each squad may have no more than ten (10) coaches and helpers on the sideline during a game: one (1) head coach, five (5) assistant coaches, and four (4) helpers.

### ***Other Game Day Personnel***

Other personnel that may be on the sideline during a game: first aid, videographer, photographer, organization board members, and AYFCL executive board members.

## **Participant Eligibility**

Each participant must meet the following requirements to be eligible.

**Residency** - in general, they must live in the area allocated to the organization, which is determined by school district boundaries. A participant may participate with an AYFCL organization outside his area only if one or more of the following requirements are met:

1. They have previously played with that specific organization in the past.
2. They have siblings who are members of that specific organization.
3. They attend school in the district of that specific organization. Any organization may register participants from outside their allocated area, in which no other AYFCL organization is currently located.

**Weight and Age** - Meet age and weight requirements for the squad which he is listed. Participant's age and weight will be verified at the official League certification. There is no weight requirement for cheerleading.

Parental consent - An official AYFCL consent form signed by parent or legal guardian. The statement must indicate that the prospective participant is doing satisfactory schoolwork.

**Medical Certificate** - A written statement signed by a qualified physician, physician assistant, registered nurse, or nurse practitioner. That states the participant is physically fit to play tackle football or participate in cheerleading. This form must be dated and have the physician's address and telephone number. This medical certificate must be obtained within one year prior to the first day of practice. Under NO circumstances may a participant participate in a practice or game without the necessary medical certificate.

**Photograph** - A photograph showing head and shoulders only (passport type 2" by 2") must be attached to the registration form and must be updated at least every two (2) years.

**Birth Certificate** - A legible photocopy of the participant's birth certificate must be provided as proof of age. Original copies can not be accepted.

**Fees** - Each participant must pay all required fees at the time of registration.

## **Registration**

Each organization is responsible for scheduling their participant registration(s).

Participant cuts are not permitted.

Registration of participants will end on September 15.

A parent or guardian must be present for the registration of each participant.

At the time of registration, If a participant is ten (10) pounds over the weight limit for their age group, they will be moved up to the next squad.

If a light-weight is not at the light-weight weight, at the time of certification, they will be moved up to the next squad. With the exception of A-squad light weights.

The participant's age as of August 1 of the current year, will determine the squad that they are eligible for.

## Squad Assignment

All participants will be weighed at the time of registration and assigned to the appropriate squad based on their age and weight.

### AYFCL football player

#### Age and weight requirements

2008 - 2009

Squad	Age							Maximum Weight <small>(At game certification)</small>
<b>C</b>	<b>7</b>	<b>8</b>	<b>9</b>					105 lbs.
<b>B</b>			<b>9</b>	<b>10</b>	<b>11</b>			125
<b>A</b>				<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	155
<b>A - Lightweight</b>							<b>14</b>	120

NO PARTICIPANT WILL BE ENCOURAGED TO  
LOSE WEIGHT UNDER ANY CIRCUMSTANCES

## **Scale**

Each organization must have a certified scale present at all games.

The scale must be recertified every year.

## **Game Day Weigh-ins**

A scale is to be provided by the home organization.

The president or another officer from each organization, excluding coaches and helpers, must be present at the official game day weigh-in.

All players will be weighed-in no later than thirty minutes before each scheduled game.

No player will be allowed to participate in a game, unless he meets the weight requirement.

Once a player has been weighed in he may not be weighed in again that day.

Players failing to meet weight requirements will be allowed to practice the following week and may play in the next game, providing he meets the weight requirement.

## **League Participant Certification**

An official League participant certification will be conducted.

No player or cheerleader may participate in a game until they are League certified.

The League certification coordinator will schedule the League certification.

The League certification coordinator will provide a certified scale.

Each organization will provide two copies of each squad roster on an official AYFCL roster, all needed participant paperwork, and a table and two chairs.

## **Player Rosters**

All football squads may have a maximum roster of forty-five (45) players.

Each organization may limit membership of their squads, as they deem necessary.

Cuts are not permitted.

## **Equipment**

Each football player is required to wear all of the following equipment at each practice session, game and scrimmages.

- A. Helmet with facemask and chinstrap (helmets should be certified every two years).
- B. Shoulder pads
- C. Pants
- D. Hip pads
- E. Tail bone pad
- F. Thigh pads
- G. Knee pads
- H. Rib pads
- I. Mouth guard
  - 1. must be attached to the face mask
  - 2. cannot be clear, unless prescribed by an orthodontist.
- J. Athletic supporter
- K. Molded cleats

All equipment must meet the requirements of N.O.C.S.AE. and New York State Section V.

The use of any kind of stickers on helmets is prohibited, excluding the team logo, player number, American flag, or other League approved memorial.

Sticky or tacky gloves are prohibited.

## **Practice Sessions**

Practice sessions are any meeting of the participants for either physical or mental training in football or cheerleading.

Practice sessions may begin the first weekday, of the first week of August, of the playing year.

Football players must have a minimum of ten (10) hours of conditioning before participation in physical contact. Only Helmets may be worn for the ten (10) hours of conditioning. No other equipment may be worn.

A physician or person holding a current Red Cross first aid card must be present for all sessions.

All players must wear adequate protective equipment whenever physical contact is involved.

Practice sessions will be limited to ten (10) hours per week before the start of school and six (6) hours per week once school begins.

No double sessions are permitted.

If a player is cut from a modified, freshman, or junior varsity program they may join AYFCL, if the participant has registered and been certified with AYFCL before September 15.

Bull in the Ring and locked knee leg lifts are not permitted.

## **Exhibition Games**

Exhibition games are permitted after all conditioning requirements have been met. If games are with member organizations the League insurance coordinator is to be notified. If the game is with a non-affiliated AYFCL team, the League must have written information regarding the game in advance.

## Regular Game Schedules

The League will arrange all schedules.

The following restrictions will apply to the schedules:

1. All schedules must conform to any local or other legal regulations in effect at the time and place of the game.
2. No team will play more than eight (8) regular games in a season.

Sunday game times:

Game	Start Time
"C" Team	11:30AM
"A" Team	Immediately following the finish of the "C" game
"B" Team	Immediately following the finish of the "A" game

Night games may be scheduled. Night games will begin with the "C" squad at 4:00 PM followed immediately by the "B" squad followed immediately by the "A" squad.

A forfeited game will be considered to have been played, when counting the number of scheduled games.

### ***Inclement weather and uncontrollable situations***

In the event that inclement weather conditions or other uncontrollable situations force the cancellation of a game already in progress, if possible the remainder of the game will be rescheduled from the point it was cancelled. If it is not possible to reschedule the game, the game will be considered completed at the point of cancellation.

In the event that inclement weather conditions or other uncontrollable situations force the cancellation of a game, if possible the game will be rescheduled. If it is not possible the game will not be played and will not count in the standings for either team.

Every organization is encouraged to have an alternate home field site for use in the event the primary site is not available due to weather conditions or other unforeseeable events.

## **Tie Breaker**

In the event a regular season, playoff, or championship game ends in a tie the following rule will be applied, in an effort to break the tie.

During the overtime period, there is no mandatory number of plays for each participant.

To determine which team will have possession of the ball first, the team captains will be called to the center of the field for a coin toss.

The ball will be placed on the 10 yard line. Each team will have 4 downs to score.

Extra point conversion scoring remains in effect. If both teams score, and the game remains tied, then a second set of 4 downs will be given to each team. If both teams score again, maintaining the tie, then a third set of 4 downs will be given to each team. If only one of the teams scores during a set of downs, then that team will be given the win.

If at the end of the 3 possessions, for each team, the game is still tied, the game will be recorded as a tie.

During the overtime period, if the ball is turned over, the team that recovers the ball will be given possession at the 10 yard line. Neither a fumble nor an interception may be advanced by either team.

The referees will maintain the play clock; there will be no “game time”. Each team will receive one additional time-out for this overtime period, plus any time-outs remaining from the 2nd half of the game may be used.

This tie breaker rule will not be applied to cross-over games or non-league games.

## **Championship Games**

The top two teams in each conference, at each level, will play each other in a League championship game.

If two teams are tied at the end of the season, whoever won the head to head game during the season, will participate in the championship game.

## **Playing Rules**

All games will be played under the rules contained in the current edition of the National Federation of State High School Associations Rules Book, Section V Policies and AYFCL rules.

## **Home Organization Responsibilities**

Preparation of a playing field and all accessories required for a game.

The perimeter of the field must be roped off ten yards back.

The presence of a qualified physician, holder of a current Red Cross first aid card, or an ambulance is required.

Must provide a new AYFCL approved football for each scheduled home game.

1. "A" and "B" squads will use a junior size ball and "C" squad a peewee size ball.
2. The head official has final authority in any decision regarding the suitability of a specific game ball.

Chain crew - Consisting of four people.

1. All members of the chain crew should be at least 18 years of age.
2. Under no circumstance should any member of the chain crew offer any assistance to the players, coaches, and helpers on the field, during half-time, or on the bench. Nor should they make any remarks to the officials.

Provide sufficient field marshals to ensure crowd control.

Only the personnel listed below will be permitted in the areas described. It is the duty of the home organization to enforce these regulations.

1. Coaches Box - players, coaches, helpers, physician, and Red Cross first aid attendant.
2. Sidelines - cheerleaders, chain crew, and official team photographer, and official team videographer.
3. Immediate area adjacent to the field - access must be available and marked to the field for an ambulance.
4. No spectators can be near either end zone or within 10 yards of the sidelines during a game.

## **Playing Field**

The playing field is 100 yards by 53-1/3 yards. (see appendix A)

Any issues with the field must be pointed out to the officiating team and the representatives of the visiting team before beginning a game.

## **Officials**

The League will be responsible for furnishing at least three (3) qualified officials for each game.

The League will provide the official's association with a current copy of the AYFCL rulebook and game schedule.

It is the responsibility of the organization president to notify the League president of any problems with the officials within 48 hours of the game.

## **Playing Time**

Each quarter will be ten (10) minutes long.

No running clock will be permitted.

## **Mandatory Plays & Monitoring**

It is mandatory that all players, that are physically able to play, play at least five (5) plays in the first half and at least five (5) plays in the second half from the line of scrimmage. This does not include kickoffs, kickoff returns, or dead ball fouls.

A panel consisting of an adult from each organization will keep a written record of the number of plays each player participates in. Monitors will use the League approved monitor sheet. An explanation of fewer than five (5) plays per half must be indicated on the monitor sheet. Each team will monitor the opposing team. It is the responsibility of the monitor to notify the head coach, or their designee, of the playing status of all participants.

Monitors must be at least eighteen (18) years of age. The opposing team's monitor marks off the number of plays for each player on the monitor sheet. The monitor sheets are to be turned in to their organization president at the end of each game. The president is responsible for turning the monitor sheets from all three (3) games into the League office within three (3) days after the game. Monitor sheets may be sent to AYFCL, 2117 Buffalo Road, #185 Rochester, New York 14624 or scanned and emailed to the League president.

## **Proof of Player Eligibility**

The eligibility of any participant is subject to challenge before each game, by the organization president. Each participating team must have, at each game, adequate copies of League certified rosters and any other papers required to prove eligibility.

Any organization found to be carrying an ineligible participant will be placed on probation for the rest of the playing season and the participant will be dismissed.

## Scoring

Method	Points
Touchdown	Six (6)
Extra point:	
Kicking	Two (2)
Running/Passing	One (1)
Field Goal	Three (3)
Safety (points credited to opponent)	Two (2)

Organizations must make a good faith effort not to run up the score.

## Standings

Organization presidents are responsible for notifying the League of scores of all games by email or phone by Sunday night.

## Grievance Procedure

Grievances concerning interpretation of rules or eligibility of a player before a game may be made in an orderly manner.

The judgment of an official's call cannot be grieved. All complaints and concerns are to be directed to the League president in writing, within 48 hours.

The League will establish a Grievance Committee each year that consists of the League president, League certification coordinator and three other organization presidents.

All organizations involved will have an opportunity to state their case before the committee.

If an organization is involved in a grievance and its president is on the committee they will be recused and the League president will appoint a different president.

It is the responsibility of organization presidents to notify the League president of any rule violations within 48 hours of the infraction. If investigation by League officials verifies a willful violation of any rules, any of the following penalties may be imposed:

1. A written or verbal reprimand from the League.
2. Suspension of head coach and/or organization president for the remainder of the playing season.
3. Dismissal of head coach and/or president from AYFCL with prior approval of the League board of directors.
4. Probation of entire organization for the remainder of the playing season.
5. Dismissal of the organization from AYFCL with prior approval of League board of directors.
6. The League, in writing, will notify all persons involved in any disciplinary action.

The decision of the grievance committee is final and there is no appeal process.

## **Adult Conduct**

The following rules are not expected to be all-inclusive, but are listed as a basis for adult conduct. Each organization president is responsible for the conduct of all other adults representing their organization.

The adult team members are expected to set examples for the players and cheerleaders in sportsmanship and while settling any differences that may arise during a practice, game, scrimmage, or competition.

Profanity is not allowed at any time in the presence of participants. Violations may result in reprimands, probation, or dismissal of a team, organization, or an individual from the AYFCL.

Criticism must be constructive and for the benefit of the participant and not for the purpose of degrading him.

Scouting at practices, scrimmages, and games of a future opponent is not allowed. This does not prevent the use of the same field for practice by two or more organizations.

No alcoholic beverages or tobacco products are allowed at any AYFCL event.

## **Use of Electronic Devices**

Use of telecommunications devices to aid in the coaching of a game is prohibited. This includes walkie-talkies, field phones, palm pilots, lap tops, or any other type of signaling device to communicate information during the progress of any game.

During a game, members of the chain crew, monitors, and other volunteers on the sidelines may not use walkie-talkies, field phones, palm pilots, or lap tops.

Elevated booths, towers, platforms or similar structures may be used only for photographic purposes or announcing the games. It is recommended, but not mandatory, that the home team permits visitors to use their facilities for permissible activities.

## **PA systems and Announcing Games**

PA systems will be used for the purpose of player and cheerleader introductions, announcing games, and half-time events. Announcers must show sportsmanship and use discretion.

Play by play announcing is not permitted.

# CHEERLEADING

All organizations will provide cheerleading activities.

- 1) All organizations will have the opportunity to perform a half-time cheer or cheer dance at half-time.
- 2) Each organization will have equal time for cheers on the field at half time.
- 3) No two organizations will cheer at the same time on the field at half time.
- 4) Pyramids shall not exceed two persons.
- 5) Mounting is only allowed when the ball is not in play.
- 6) When cheering on the same side of the field, cheerleaders should alternate cheers.

## **General Rules:**

- 1. A child shall not be turned away from joining any organization if he/she cannot participate at competition.**
- 2. Team coordinator must approve all music and routines.**
- 3. Each team must have a cheer dance routine not exceeding 2.5 minutes but not shorter than 2 minutes. The cheer routine MUST include 45 seconds of cheer without music.**
- 4. After season ends teams may pull up girls from other squads to fill other teams in their organization. President or coordinator has the authority to move girls the first 2 weeks of practice to fill other teams.**
- 5. Organized camps are allowed. Teams should not be practicing with their team calling this a camp. Organized camps are camps that are held by recreation centers, sports arenas, or high schools as fundraisers are allowed.**

Teams must follow Section V rules.

**Ages:**

**Flag - 5, 6, 7**

**C team - \*7, 8, 9, \*10**

**B team - \*9,10,11, \*12**

**A team - \*10, 11, 12, 13, 14**

**\*Discretion of President & Coordinator**

**A cheerleader is placed on a team by age only, as of August 1, not grade level.**

## Director/Coordinator

- 1) Each organization will have a Cheerleading Coordinator who will be responsible to the President and Board of Directors of that organization.
- 2) The Cheerleading Coordinator must be at least twenty-one (21) years of age and shall serve without compensation.
- 3) The Cheerleading Coordinator can be appointed or removed by the President or their delegate with the advice and consent of the organization's Board of Directors.
- 4) The Cheerleading Coordinator is responsible for:
  - a) Supervision of all squads, coaches, and helpers.
  - b) Providing each head coach, assistant coach, and helper with a copy of AYFCL rules and the rules of that organization.
  - c) Making sure that all coaches and helpers are certified.
- 5) **Practice sessions are limited to not more than ten (10) hours per week before the start of school and not more than six (6) hours per week once school begins.**
- 6) No split practice sessions are permitted.

## Rules for Cheerleading

### League Cheerleading Coordinator

- 1) The League coordinator and each organization's cheerleading coordinator will meet the third Tuesday of every month, unless other arrangements have been made.
  - a) Coordinators will discuss different issues that affect the cheerleading program and the League cheer coordinator or their designee will present proposed changes to the AYFCL Board of Directors at the League meeting.
- 2) **The League Cheerleading Coordinator must be contacted within forty-eight (48) hours, in writing, if there are any problems that relate to cheerleading that cannot be answered within your organization.**

### Practices and Game Information

- 1) **Each squad must abide by the mounting rules that are set by the League.**
- 2) Each squad is invited to perform in the AYFCL competition at the end of the season. The rules for the competition will be given to the coordinators.
- 3) Before the start of a game a Hello Cheer will be performed on the field by each organization.
- 4) Each organization will be given the same amount of time to perform and only one organization will be on the floor at a time.
- 5) The Visiting team will perform first at half-time.

- 6) One coach from each squad must be certified in basic first aid.
- 7) Each year a safety program will be provided to the League and it is strongly recommended that each organization take part.

## **Competition Information**

- 1) The competition will be held in a place that is agreed upon by the Cheerleading Coordinators and approved by the AYFCL Board of Directors.
- 2) The judges will be picked and approved by the Cheerleading Coordinators.
- 3) The entire responsibility of the competition will be divided up among the different organizations.

## **Regulations for the Competition**

### **A squad**

- 1) Must follow League mounting rules. League rules are Section V rules.
- 2) Each team must have a cheer dance routine not exceeding 2.5 minutes but not shorter than 2 minutes. The cheer routine **MUST** include 45 seconds of cheer without music.
- 3) This routine must have three jumps and three mounts (the entire squad does not have to jump).
- 4) The music and the routine must be in good taste (must be approved by each Cheerleading Coordinator).

### **B Team**

#### ***B teams***

**Twist downs are allowed from extensions but not from single legged stunts. Single leg stunts are limited to a liberty. TIC TOCKS ARE PROHIBITED. All other single legged stunts must be connected.**

**Sponge tosses only – no basket tosses. Sponge tosses should limit to Russians and Pikes. You are permitted to arch your back not snap your head back**

**B team is allowed to do a dead man from prep and extension levels, but do not snap neck back, neck needs to be even with your body (ex. Touch chin to chest)**

- 1) Each team must have a cheer dance routine not exceeding 2.5 minutes but not shorter than 2 minutes. The cheer routine **MUST** include 45 seconds of cheer without music.
- 2) This routine must include two jumps and two mounts (the jumps do not have to be done by the entire squad).
- 3) The music and the routine must be in good taste (must be approved by each cheerleading coordinator).

## C Team

- 1) One legged stunts are allowed at prep level only.
- 2) A front spotter required for all extensions.
- 3) Dismounts are limited to basic pops, sweeps and russian outs.
- 4) Each team must have a cheer dance routine not exceeding 2.5 minutes but not shorter than 2 minutes. The cheer routine **MUST** include 45 seconds of cheer without music.
- 4) This routine must include one jump and one mount (The jump does not have to be done by the entire team).
- 5) The music and the routine must be in good taste (must be approved by each cheerleading coordinator).

## Rules for Flag Games

Games will start with a coin toss. We will play 25 minute halves with a 10 minute half time. Games will be played with a running clock and only be stopped for injury, clarification of penalty, or coach's timeout. Each team will have 2 timeouts per half.

### Key Rules:

1. No flag guarding
2. No tackling
3. No holding (to block hands lock on inside frame of the body and above the waist)
4. The QB can never run with the ball
5. **5 yds. from 1<sup>st</sup> or TD has to pitch or pass**
6. **Defense (3 inside lineman) listens to official 4 count unless ball is handed off. Only 3 can rush on the pass, everyone can rush in if the ball is handed off or pitched.**
7. If offense fails to get a 1<sup>st</sup> down inside of the 10, it automatically goes to the 10 yd. line on change of possession.
8. At the start of the game or half, and after a touchdown, the ball starts at the 10 yd line.
9. 8 players on the field. 1 center, 2 guards, 2 ends, 2 Backs, and 1 QB.
10. Only 2 coaches on the field (may not interfere with the play)
11. We will not enforce 40 sec. to get play off. Do your best to keep it moving.
12. **On a fumble the ball is dead (where it hits the ground) and remains with offensive possession**
13. Interceptions can be advanced until the flag is pulled
14. The ball is spotted where the feet of the runner are when a flag is pulled
15. Each team gets 2 one minute time outs per half

16. Scoring will be 6 pts. for a touchdown,  
1 point for an extra point from the 3 yd line, 2 points from the 8 yd line.  
2 points for a safety (Team will get possession at midfield after safety)

Offensive Penalties:

- Movement before snap – 5 yards from LOS, repeat down
- Holding/Illegal Block – 5 yards from LOS, loss of down
- Flag Guarding/Stiff Arm – 5 yards from LOS, loss of down

Defensive Penalties:

- Off sides, encroachment (crashing line before 4 count), 5 yards, repeat down
- Tackling – 5 yards from LOS or Point of Contact (best result), automatic First Down
- Pass Interference/holding – 5 yards from LOS or Point of Contact (best result), automatic first down

Note: Coaches do not have the option to decline penalty.

LOS = Line of Scrimmage