



2018 Rules & Regulations

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04-05-18 FINAL

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I. ELIGIBILITY OF PLAYERS

- a. **Right to Play:** No *participant* will be denied the right to participate because of ~~ethnicity, race or religion~~ *culture, language, gender, race, ethnicity, or disability*. No boy or girl will be denied the right to participate because of ethnicity, race or religion.
- b. **Permission to Play:** Each *participant* must furnish proof of parental or guardian permission to participate, and he or she must pay a registration fee. Each organization determines the amount of the registration fee.
- c. **Academic Standards:** It is the recommendation of the MVFL, that players and cheerleaders should maintain acceptable grades in order to participate in the football program. Players and cheerleaders should maintain a 2.0 or "C" average to be qualified. The various teams in the league shall adopt locally developed policies to ensure that the grades of players and cheerleaders are acceptable. The MVFL Board will support the decisions of the various teams on this matter. Organizations are encouraged to recognize the academic achievement of its players and cheerleaders in some fashion.
- d. **High School Students:** No high school student can participate in MVFL.
- e. **Non-Public School Students:** Boys or girls not enrolled in the public school system may participate in MVFL, but they must meet the appropriate age, weight and experience requirements.
- f. **Geographical Areas:** In determining participation, all participants must live within the school district boundary which defines that team's population of players. The MVFL Board can grant exceptions.
- g. **Proof of Residency:** Proof of residency may be required to show residence on any questioned participant.
- h. **MVFL District Transfers:**
 - i. Must live or attend school within the organization boundaries. Proof of residency is determined by "bill with address" or "school registrar paperwork" and must be attached to application.
 - ii. If a team drops below **(17)** players, organizations wishing to secure players from another MVFL organization's district or out of boundary, must complete an MVFL Transfer Application Form to be approved at the June Meeting. Transfers must be complete prior to practice.
 - 1. Both teams involved must agree to the transfer. Additionally, a majority vote of the MVFL Board must authorize the action. Organizations not complying with this regulation will be considered as using ineligible players and will forfeit all games in which the ineligible players participated. Once a player

receives a district transfer, they may continue to play for that organization annually until they no longer meet the age requirement or separate membership from the organization for one full season. If one full season of separation occurs, the player must again get approval from the other organizations and the MVFL Board. The MVFL Board must review all new and existing District Transfers each year regardless of the circumstance.

- i. **Physical Exam:** All participants must pass a physical examination in that calendar year to be eligible for participation.
- j. **Eligibility to Participate in Game:** Participants must complete 10 hours of physical conditioning and 6 hours in full gear to be eligible to participate in a game or jamboree/scrimmage
- k. **Level of Play:** As a general rule, players should play at the highest level at which they are capable. It is the intention of MVFL that players are encouraged to play in their own age division. At the discretion of their local board, players may move up a division. Under no circumstances, may a player move down a division.

II. AGE REQUIREMENTS:

- a. **Age Requirements:** Any individual who will be *6 on August 1st* and does not turn 15 by *August 1st* will be eligible to participate. No 9th graders are allowed. All MVFL teams are required to secure and make copies of each player's birth certificate and keep it as a permanent record.
- b. **Division Ages:**
 - i. Junior Novice Division 7 and 8 year olds
1. 6 year olds if they turn 6 by August 1st
 - ii. Novice Division 9 and 10 year olds
 - iii. Junior Varsity Division 11 and 12 year olds
 - iv. Varsity Division 13 and 14 year olds
1. All 8th grade players must play on Varsity regardless of age.
- c. **Proof of Age:** A certificate of live birth, issued by the county or state, must accompany the team when the team is participating in any MVFL game. All MVFL teams are required to secure and make copies of each player's birth certificate and keep it as a permanent record. If a certificate is unobtainable, the MVFL Board will have final say for a player's participation by a majority vote.

III. WEIGHT RULES

a. Maximum Weights for Divisions:

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|------------------------------|------------------|
| i. Junior Novice Division | <i>unlimited</i> |
| ii. Novice Division | <i>unlimited</i> |
| iii. Junior Varsity Division | <i>unlimited</i> |
| iv. Varsity Division | unlimited |

b. Maximum Skilled Player Weights for Divisions:

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|------------------------------|------------|
| i. Junior Novice Division | 90.0 lbs. |
| ii. Novice Division | 115.0 lbs. |
| iii. Junior Varsity Division | 140.0 lbs. |
| iv. Varsity Division | 175.0 lbs. |

c. X-Man Designations for Divisions:

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|------------------------------|-----------------------------|
| i. Junior Novice Division | Weight exceeding 90.1 lbs. |
| ii. Novice Division | Weight exceeding 115.1 lbs. |
| iii. Junior Varsity Division | Weight exceeding 140.1 lbs. |
| iv. Varsity Division | Weight exceeding 175.1 lbs. |

- v. **X-Man:** Any player who exceeds the above weights will be a designated an X-Man. An X-Man is defined as a non-skill player. They are allowed to play line on both offense and defense and must be lined up between or straight up on the tackles. An X-Man must start plays in a 3 or 4 point stance. An X-Man is required to wear an agreed upon mark on the back of the helmet to be determined by MVFL. All teams must use the same mark. An X-Man may not handle the football on offense or defense. If an X-Man gains possession of the football for any reason, the play is dead. A tackle is defined as a player on the line of scrimmage that is covered by an eligible receiver.
- vi. **Special Teams:** An X-Man is not eligible to participate in kick-off or kick-return. A team must field a kick off and kick return team if 11 skilled players are present. If a team cannot field a kick off team without using an X-Man, the ball will be automatically placed on the opposing team's 40 yard line and the opposing team will start possession there. If a team cannot field a kick return team without using an X-Man, the ball will be placed on the returning team's 20 yard line and possession will start there. An X-Man will be eligible to play on the punt and punt return, field goal and PAT teams. An X-Man will be eligible to kick on PAT and Field Goals. If an X-Man Player touches the ball other than kicking it, it is a dead ball at that spot. They may not participate in any fake PAT or Field Goal attempts.

- d. **Over-Weight Players:** During the regular season, teams may carry over-weight players on their squad. An over-weight player is defined as 10 lbs. over the maximum division weight. These players are ineligible for participation of full contact drills during practices, pre-season, regular season and post-season games until they meet the appropriate weight.
- e. **Game Day Weigh-in Times:** All participants will weigh-in no earlier than one hour prior to game time.
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|------------------------------|----------------------------------|
| i. Junior Novice Division | One hour prior to game time |
| ii. Novice Division | Half time of Junior Novice game |
| iii. Junior Varsity Division | Half time of Novice game |
| iv. Varsity Division | Half time of Junior Varsity game |
- f. **Game Day Weigh-in Rules:**
- i. All players must be weighed in and meet the required weight before being allowed to participate in the game.
 - ii. Any player weighing in at more than 3 lbs. of the maximum weight is not eligible for additional weigh-ins that day.
 - iii. All teams are required to give participants the chance to weigh 3 times.
 - iv. All players are not allowed to leave the weigh-in area once weigh-ins has started or until they are deemed eligible or ineligible to play.
 - v. No “deals” between teams on weight issue will be permitted. If it is determined that a “deal” has be struck, one or both teams will be called before the MVFL Board for disciplinary actions.
 - vi. All players, at all division levels, must weigh-in wearing game jerseys. Top weights will be allowed to weigh in wearing gym shorts and no jersey, but must present jersey to weighing official.
 - vii. Each participant must have an official certified weight recorded on a weight card prior to participating in any MVFL sanctioned event.
 - viii. There will be no “mid-season” weight adjustment.
 - ix. If a player is going to play a different position that requires changing of their jersey, or a jersey is changed for any reason, the team must notify the game official and opposing team of the reason for change.
 - x. Skilled Player or X-Man will be determined at this time. ***The coach’s agreement to the code of ethics applies to enforce this rule.**
- g. **Weigh-In Procedure:**
- i. Weigh-ins will be conducted in the presence of a weigh master or a representative for each team.
 - ii. Weigh-in officials will check all forms and documents pertaining to each participant to ensure compliance with all MVFL Board Regulations.
 - iii. Weight book must be in numerical order by team with a picture.
 - iv. Jersey number is required to be written on the card. If numbers change or a player has multiple numbers, those numbers must also be noted on the card.
 - v. Complete information is recorded on weight card.

- vi. X-men must bring helmet and jersey and may weigh in first.
 - vii. Visiting team will weigh-in first unless they concede. Teams will have their representatives available immediately for weigh-ins (1) hour before game time or as soon as the 2nd Quarter ends in the previous game.
- h. **Weight Card:** MVFL weight card forms must be carried and presented at every game.
- i. **Certification of Weigh-In Books:** All books will be certified prior to Jamboree and an actual weight must be recorded at Jamboree. If for any reason a player or players will not be present at the Jamboree, the players card can be certified at the first game that player attends by the opposing team. Teams will bring books with all documentation paper clipped to the outside of the plastic sheeting. Teams must supply a temporary roster at the time of the book signing.
- j. **Certification Requirements:** In order to certify a player each team must have a copy of the player's weight card, a valid physical and a certified copy of the player's birth certificate. A photo and game jersey number are required on the weigh in card. The team books must also have a completed copy of their league roster.
- k. **Certification Procedure:**
- i. Book Signing: Board Members will sign off on all player books in lieu of coach's book signing meeting.
 - ii. Each MVFL Board Member or head coach must sign off player card prior to any MVFL functions.
 - iii. Each team is required to have a representative of your team present at weigh-ins for each team.
 - iv. Two representatives from opposing teams will review all of the forms for compliance. They will certify the compliant forms and insure they are in proper order. When compliance is met, they each will sign the individual player weight card. If there is missing or non-compliant paperwork, team has until the next game to correct it and get it signed off by the opposing team.
 - v. Any discrepancies found at a later date must be corrected immediately or player may be deemed ineligible.
- l. **Scales:** A certified counter weight type or digital scale must be used for weigh-ins at all pre-season, regular season and post season games. Scales must be certified yearly displaying current certification sticker. Organizations without a proper scale will not be allowed to play their players whose weight is questionable (plus or minus three pounds) on the non-certified scale. However, the visiting team's questionable players will all be declared eligible and legal participants.

IV. ROSTERS

a. Roster Submissions and Terms:

i. Pre-Season Rosters

1. Must be presented at the book signing to MVFL Executive Secretary.
2. Each team is required to bring **13** copies of each team roster separated by level of play.

ii. Regular Season Rosters

1. Must be submitted to the MVFL Executive Secretary before the first regular season game.
2. Rosters may be mailed, faxed or emailed.
3. After the 1st regular season game, players cannot be placed on a lower level team.
4. Players can move up to a higher level, but once a game is played at the higher level, the player cannot return to the lower level.

iii. Post Season Rosters

1. Must be submitted to the MVFL Secretary before the fourth week of the regular season.

iv. Special Roster Changes

1. Players may be added to a team, subject to the MVFL Board approval, during the last two weeks of the season if that team's size falls to 20 or fewer players.

b. Roster Requirements: Rosters must be complete, signed as requested and in compliance with all MVFL Rules and Regulations. They will include name, age, weight, birth date and address of participant.

c. Roster Size: Organizations should strive to meet the following criteria of team divisions. The total number of players you are allowed to roster for the Jr. Novice, Novice, Jr. Varsity and Varsity Divisions shall not exceed 160.

- | | |
|------------------------------|---------------------------------|
| i. Junior Novice Division | Maximum amount of players is 40 |
| ii. Novice Division | Maximum amount of players is 40 |
| iii. Junior Varsity Division | Maximum amount of players is 40 |
| iv. Varsity Division | Maximum amount of players is 40 |

- d. **New Player:**
 - i. **New Player:** A new player is one that has not participated in any organized youth tackle football program at this age, weight or grade level.
 - ii. **Procedure for Adding New Players:** Players being added must comply with all pre-season eligibility requirements and send all appropriate information to the MVFL Board. For teams with waiting lists, new players must come from the waiting list.
 - iii. **Final Day to Add to Roster:** The final day a participant is eligible to be added to the roster is on or before the first game of regular season play.
 - iv. **Eligibility Date:** Once the MVFL Board has received the eligibility information, the new player may start practicing to meet eligibility.
- e. **Elevating Players:** Elevated players must practice at least three times with the higher level team before they can participate in a league game at the higher level.
- f. **Post Season Games:** Post season games must be played with the roster that was in effect on the fourth week of the regular season. No players may be added or elevated for post season games after the post season roster has been submitted. Teams may petition the MVFL Board for exceptions. Post season games are not considered as regular season games. The post season roster must include football players and cheerleaders at each level.

V. EQUIPMENT AND UNIFORMS

- a. **Protective Equipment:** All players must wear full football protective equipment at all games and contact practice sessions. Each team will furnish protective equipment for its players. It will be each team's responsibility to repair and certify helmets annually. All teams must send helmet certifications to MVFL Executive Secretary prior to the start of practice.
- b. **10-Hour Practice Requirement:** Players must have 10 hours of practice before contact can be made in practice.
- c. **Mouth Pieces:** Mouth pieces will be worn at all times during games and contact practice sessions and must cover the entire upper jaw. Any color other than white or clear.
- d. **Footballs:** *Under Armour 495 Gripskin Composite is the designated football for all scrimmages and games approved by MVFL. Chart size is as follows:*
 - i. *Youth (Size 8) for Varsity and/or Jr. Varsity*
 - ii. *Junior (Size 7) for Jr. Varsity and/or Novice*
 - iii. *Pee Wee (Size 6) for Novice and/or Jr. Novice*
- e. **Team Uniform:** Teams wishing to enter MVFL, or teams planning to change team colors, must get the approval of the MVFL Board.

- f. **Equipment:** Teams should purchase, and have available, only top grade protective equipment for its players. In addition, all equipment should be checked and repaired regularly. This should be done at least yearly.
- g. **Game Uniform:** Players must have numbers on their jerseys at all sanctioned MVFL games and scrimmages.
- h. **Headsets:** MVFL rules state that if you want to use a headset you may bring your own. It is not a requirement that both teams use them. Players are not allowed to talk on the headsets. No headsets allowed on the playing field for Novice games, but are allowed on the sideline.

VI. GAME PROCEDURES

- a. **MVFL Rules:** National Federation of State High School Associations (NFHS), the national leadership in high school sports, with the exception of the MVFL Rules and Regulations discussed below, will govern all MVFL games.
- b. **Ice Chests/Outside Food or Drink:**
 - i. All teams must post these signs at their admission gates:
 1. No ice chests will be allowed into any game, except one per team, for team use and brought in by a coach.
 2. No outside food or drinks.
- c. **Game Facilities:** All MVFL teams must furnish the necessary facilities and spectator seating for all MVFL games. The facilities shall include a lined playing field; certified scales; an EMT, an ambulance service or a doctor, all **competent** personnel must be 16 years old or older to man the chains; timing; etc.; a first aid kit on the field and any other equipment necessary to coordinate a scheduled game. Each team is responsible for bringing their-own game balls.
 - i. Host teams shall supply visiting team with 20 lbs. of ice per level.
 - ii. Gates shall open 1-1/2 hours prior to game time.
- d. **Football Field:** All MVFL games will be played on a regulation football field.
- e. **Game Officials:** All MVFL games will be officiated by MVFL approved officials, preferably those who are members of the MVFL Official's Association or officials who have been approved by the MVFL Board. Four officials will be assigned to all MVFL games, but games may be played with only two officials present. No official can officiate a family member's game. No official or coach can be a member of any organization's board and officiate in that year.

- f. Game Officials Pay:** MVFL officials are paid a \$240.00 per day flat fee by the hosting team. Teams that cannot field all three teams will be responsible for the payment of the forfeited game regardless of whether they are home or away. The MVFL Board reserves the right to review this section any time necessary.
- i. Scrimmages, \$100 per official
 - ii. Play-offs 1st Round, 5 man mechanics, \$240 per official, no supervisor
 - iii. Play-offs 2nd Round, 5 man mechanics, \$225 per official, \$75 supervisor
 - iv. Superbowl, 5 man mechanics, \$225 per official, \$75 supervisor
 - v. All-Stars (3) games, \$240 per official, no supervisor
 - vi. Head Officials, \$150 per team for scheduling
 - vii. Travel pay is \$20 per day per (1) official*
- g. Head MVFL Game Official:** The MVFL Board shall employ a MVFL head official to recruit, train, assign, and evaluate MVFL game officials. He or she shall be paid by the MVFL at a rate agreeable to member teams and hold a seat on the MVFL Board.
- h. Medical Presence at Games:** It is mandatory that the home team at all MVFL games provide adequate medical protection for both teams. NO GAME shall commence without a first aid certified individual (i.e., an EMT, ambulance service, or a doctor) present at the field and identified to each head coach by the game official. The medical personnel will be introduced by the game official to both teams at to the beginning of each game. Medical personal "MUST" be available during each game in designated area on the sidelines. It would be wise to have phone available for emergencies.
- i. Field Conditions/Postponement of Game:** The game officials and a MVFL Board Member (when present), shall be the sole judges of whether or not the field conditions will permit the start of a game. Once a game has begun, the game officials and a MVFL Board Member will determine whether or not field conditions will permit the continuance of play. Postponed games will be rescheduled by the MVFL Board if facilities are available and it is reasonable to do so.
- j. Mercy Rule:** Mercy Rule is in effect per the National Federation of High School Rules. (NFHS) or if both coaches agree.
- k. Novice, Junior Varsity and Varsity Games:** Novice, Junior Varsity and Varsity games will be comprised of four 10 minute quarters and a 15 minute half. Each team will be allowed 3 time-outs per half.

- l. Scrimmage/Jamboree Format:** Each team will get 15 minutes on offense and 15 minutes on defense with a running clock. The ball will be placed on the 35 yard line. The offense will drive 35 yards for a touchdown. The offense will have 4 plays to make 10 yards for a first down. They will continue their offensive drive until they score a touchdown, turn the ball over via interception or fumble recovered by the defense, or fail to go 10 yards in 4 plays. If a team does not make a first down or turns the ball over the ball will return to the 35 yard line and the process will start over again until the 15 minute time limit expires. No score will be kept.
- m. Game Time:** Game times will be listed on the MVFL schedule at suggested times below. They shall be determined prior to each season.

DAY		NIGHT	
9:30 am	Junior Novice	12:30 pm	Junior Novice
11:00 am	Novice	2:00 pm	Novice
1:00 pm	Junior Varsity	4:00 pm	Junior Varsity
3:00 pm	Varsity	6:00 pm	Varsity

n. Scoring:

i. Junior Novice Division

- 1. Scores are kept by 1 point per touchdown***

ii. Novice & Junior Varsity Divisions

- | | | | |
|---------------|----------|---------------------------|----------|
| 1. Touchdown | 6 points | Extra Point – Run or Pass | 1 point |
| 2. Safety | 2 points | Extra Point – Kick | 2 points |
| 3. Field goal | 3 points | | |

iii. Varsity Division

- | | | | |
|---------------|----------|----------------------------------|-----------------|
| 1. Touchdown | 6 points | <i>Extra Point – Run or Pass</i> | <i>2 points</i> |
| 2. Safety | 2 points | <i>Extra Point – Kick</i> | <i>1 point</i> |
| 3. Field goal | 3 points | | |

- o. Forfeiture Due to Number of Players:** A game will be declared a forfeit if a team is unable to field 11 players 15 minutes after the scheduled game time. The decision regarding the number of players present and the time will be left up to the game officials and/or the MVFL Board Member, should he or she be present. In the event of a forfeit, the forfeiting team will be responsible for all of the official's fees for that game. If a team knows it is going to be short of players, it is the responsibility of the head coach of that team to notify the MVFL President by Wednesday of that game week.
- p. Official's Termination of Game:** Game officials may terminate a game at any time in order to protect the well-being of either team's players, coaches or spectators. In this situation, the MVFL Board will determine the outcome of the game.
- q. 25-Yard Line:** While coaching, coaches must stay within the 25 yard lines of the playing field while the game is in progress.

- r. **Player/Coach Lack of Cooperation:** Any player or coach who refuses to cooperate with game officials during the game may be removed from the field, may be disciplined by the MVFL Board and may not participate the next week. There may be fines for coaches who are reprimanded by the officials; subject to Board review.

- s. **Mandatory Play Rules:** Every eligible player suited up for a game must play in that game according to these guidelines:
 - i. Jr. Novice minimum of 10 plays
 - ii. Novice Division minimum of 8 plays
 - iii. Junior Varsity minimum of 6 plays
 - iv. Varsity minimum of 4 plays
 - v. No requirement to play everyone during playoffs

 - vi. Each organization should decide the eligibility of each player within their organization. MVFL will stand behind each organizations rule. The player will be subject to the minimum play rule. MVFL has the authority to enforce local rules. If practices are missed, minimum play rule goes down by one. If no practices are attended player will not be allowed to suit up. Each team will regulate themselves on this rule during games, but may be subject to league actions if found to be in violation. The coach's agreement to the code of ethics applies to enforce this rule. The coach will deal with team members reluctant to play at the coach's discretion. Players not participating for medical or disciplinary reasons will not suit up for the game. Players declared ineligible for weight, must wear their jersey with no pads. Once a team reaches 25 active players on a roster, the Mandatory Play Rule is reduced by half with the exception of Jr. Novice.

- t. **Free Blocking Zone:** The free blocking zone is in effect per the NFHS Rules except in the Junior Novice Division.

- u. **Special Rules:**
 - i. **Novice:** At the Novice level, no coaches are allowed on the field. There will be rushing of the punter, but the receiving team must use a normal punt receiving formation.

 - ii. **Junior Novice :**
 - 1. **League Participation:**
 - a. The objective of the MVFL Board is to have all organizations participate in the Junior Novice Division by fielding a team. AMA Jr. Bullfrogs are grandfathered into a non-participation status for this division of play.
 - b. The Junior Novice Division may participate in all MVFL sanctioned events.

2. **Officials:** Officiating will be the responsibility of the home team. Each home team will be required to field a minimum of 2 officials from their program.
3. **Mandatory Play Rules:** The mandatory play rule is established at 10 plays per player, per game.
4. **Game Play and Format Procedures:**
 - a. The game will be opened in accordance with MVFL Rules with a coin toss. The visiting team will call the toss and the winner of the toss will have their choice of offense or defense to start the scrimmage.
 - b. Games will be played in a full field format.
 - c. The ball will be placed on your 35 yard line and a team will have to drive 35 yards to score a touchdown. Teams will have 4 plays to make 10 yards for a first down. If a first down is not achieved on 3 downs, on the 4th down team has the option to punt. If you elect to punt, the ball will be moved 20 yards and the opposing team will take possession.
 - d. There will be a stoppage of the clock for any injuries that take place.
 - e. Officials will blow the whistle and stop play on any offside infraction as well as penalties such as clips, chop blocking and head tacking. There will be no loss of down or penalties for infractions.
 - f. Blitzing is not allowed from any defensive position.
 - g. A maximum of 5 linemen will be allowed on the defensive line of scrimmage. Linemen are defined as any defensive player within 1 yard of the line of scrimmage. Defensive ends and corners may be in an upright position if they are outside of the tight end or tackles outside shoulder and are not allowed to crash/pinch down the line of scrimmage towards the quarterback or running back. All defensive positions can read and react to the ball as the play takes place. No hitting the center or quarterback before the quarterback receives the ball from the center.
 - h. Only 2 coaches per team are allowed on the field and any one time. They must stay 10 yards from the line of scrimmage at the snap of the ball.

5. Clock:

- a. Games will be played as a modified scrimmage format. There will be 4 quarter with a 12 minute running clock. The teams will have two time outs per half.
- b. Halftime will be a 10 minute running clock.

6. Scoring and Score Keeping: Utilizing the modified game format, teams will drive the football in an attempt to score touchdowns. Upon scoring the touchdown, *possession will be turned over to the other team for a first down on their 35 yard line.* There will be no extra point attempts. *Score will be kept at 1 point for each touchdown and scores will be recorded with the league.*

7. Special Team Play: There will be no special team play.

8. Standings: *Standings will be kept by MVFL.*

9. Post Season Play: *There will be post season play as similar to other levels while continuing to abide by the Jr. Novice rules.*

VII. PRACTICE PROCEDURES

- a. **Practice Schedule:** All teams must file their practice schedule, location, times and dates with the MVFL Executive Secretary prior to any practice beginning for that season. Any change in practice schedules also requires approval of the MVFL Board. Approval may be given by phone, in person or with written correspondence. Jamboree is considered a practice.
- b. **Discipline for Breaking Practice Schedule:** Any team breaking any approved practice procedure will be brought before the MVFL Board for action as the Board deems necessary.
- c. **To Start Practice:** To begin practice, all players must officially sign up with a team and meet all of the requirements stated in these Rules & Regulations.
- d. **Pre-Season Practices:** Practices will normally be scheduled as (5) drills per week prior to the Jamboree and (4) drills per week after the Jamboree before the first pre-season game. After the first pre-season game, teams cannot schedule more than (3) drills per week.
 - i. **Camps/Clinics:** Teams may have the option of one clinic prior to regular practices. A clinic consists of 1 day 6 hour team operated instructional and/or play running clinic with no pads. Clinic must be held in the month of July. High School or “open to all” clinics are not considered team operated clinics. No pads or contact will be allowed during these Camps/Clinics. Footballs are allowed.

- e. **Practice Time Limits:** Practices will run no longer than 2 hours at any session. Time spent in team meetings is not counted as part of the 2 hour practice sessions.
- f. **Duel Practices:** Teams are allowed 2 duel practices during the year as long as they stay within the normal practice schedule. Teams can have duel practices with teams outside of MVFL as long as weight is comparable.
- g. **Equipment Check:** Equipment is monitored by the coach and/or equipment manager to ensure proper fit and good condition. This should be checked regularly.
- h. **Practice and Game Equipment:** It is recommended that coaches see that each player bring the following items to practices and games: T-shirt, sweatshirt, socks, athletic supporter, tennis shoes or cleats, mouth piece, towel and necessary football equipment.
- i. **Acceptable Shoes:** The following shoes are sanctioned for wear in games or practices: Little League rubber/plastic solid soled cleats, approved youth football cleats or soccer shoes. Screw-in cleats are allowed if they utilize non-metal cleats.

VIII. GAME SCHEDULES, RESULTS, STANDINGS AND DIVISION TIE

- a. **Game Schedule:** Schedules will be drawn up and issued through the MVFL Board.
- b. **Game Days:** Games will be played on Saturdays. Sunday games are considered as a last resort. One game will be played in a week.
- c. **Results:** Results of the games will be recorded at the end of the fourth quarter or enactment of the mercy rule. No game shall end in a tie. It is the responsibility of the home team representative to call in game results to the MVFL Board.
- d. **MVFL Standings:** The MVFL Board, which will periodically send out the standings to the MVFL member teams, will keep league standings. The MVFL Board standings will be the official league standings. Game results will be the responsibility of the home team and "MUST" be *texted through the GroupMe "Scores" app.* by no later than Monday night following those weekend games.
- e. **Tie Breaker Rules:** NFHS will be in effect for all tie breakers.
- f. **Seeding for Play-Off's Only**
 - i. Overall (conference or regular season)
 - ii. Head to Head (wins/losses)
 - iii. Same Opponents Overall (non-conference or pre-season)
 - iv. Coin Flip

IX. EJECTION

- a. **Player Ejection:** Any player shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next game. **NOTE** Any athlete who plays in the next game following his/her ejection will be treated as an ineligible player for that game.
- b. **Coach Ejection:** Any coach shall be disqualified from participating in the remainder of the game and will be ineligible for the next game.
 - i. **Violations:** If a coach is ejected or a rule is violated a fine will be imposed to the organization as in the 3 strike rule. 1st offence \$100, 2nd offence \$150, 3rd offence is expulsion of the coach.
- c. **Appellate Procedures:** Any player or coach may appeal his/her one game suspension to his/her local board who shall establish appellate procedures to determine the eligibility of each player that is ejected from a game. Any head or assistant coach ejected from a contest will be disqualified from participating in the remainder of that game and will be prohibited from coaching or attending the next game for that organization. **NOTE** Any coach who coaches his/her team or attends the next game following his/her ejection will be referred to the MVFL Board for disciplinary action.

X. CHEERLEADERS

- a. **Rules:** *All MVFL Rules and Regulations, Section 1: Eligibility of Players will apply to all cheerleaders and cheer coaches, except section (g) and section (h). Other rules are defined below in regard to MVFL Cheerleaders.*
- b. **Purpose:** The MVFL Cheerleading Program is an integral part of our total youth football program and contributes highly to an individual's overall education and growth as a young person. The MVFL cheerleading program is in place to promote spirit, develop teamwork, sportsmanship and provide a safe environment in which cheerleading participants can learn and have fun. It is the intention of this organization to allow any child who wants to cheer the opportunity to participate. Depending on the number of cheerleaders, availability of uniforms, the number of coaches available, etc., it may be necessary to limit squad sizes.
- c. **Safety:** No issue is of greater importance than the safety of our young cheerleaders and mascots. None is more worthy of the attention of coaches, officials, players and administrators. The young cheerleaders and mascots who enjoy the sport of cheerleading deserve our wholehearted commitment to their safety.
 - i. *No jewelry on any part of the body or piercings allowed during practices and games. Medical/religious jewelry may be worn if taped down.*
 - ii. *No false fingernails.*
 - iii. *No metal hair accessories (i.e. bobby pins, clips, etc.).*

iv. Casts/braces.

1. *Participants with a hard cast may not tumble, stunt, or be considered as spotters and are not required to be wrap/pad the cast.*
2. *Participants wearing hard braces with exposed metal material, such as knee, wrist and elbow braces, are required to wrap/cover the brace with a padded material so that it protects both them and their fellow participants from injury.*

d. Liability and Responsibility:

- i. Guidelines are set due to age, mainly because of liability reasons and the risks involved in cheerleading. Younger cheerleaders are less likely to recognize and respect those risks, and are more likely to attempt something inherently dangerous or dangerous due to current skill levels. Restrictions exist for the protection of those under the age of legal liability, coaches, parents and responsible organizations such as the MVFL. Therefore, no intermixing of stunt groups will be allowed. This applies to performing with a High School as well.
- ii. Only current badged coaches may be allowed on track/field SPOTTING stunts ONLY. No hands on/in placement in the stunt except to catch if the stunt fails. NO above/below level cheerleaders are allowed on track/field spotting stunts or filling in for an absent cheerleader.

e. Cheerleading Divisions:

- i. Ages, not grades, will be used to place participants in their appropriate divisions. The ages of all cheer participants shall correspond to the overall ages of the team with which they are associated. The MVFL Board has accepted the cheer divisions as follows:
 1. *Age cutoff will be August 1st. Leveling-up will be permitted per current guidelines.*
 2. Division Ages
 - a. Varsity *12, 13, 14 year olds
 - b. Junior Varsity *10, 11, 12 year olds
 - c. Novice *8, 9, 10 year olds
 - d. Jr. Novice *6, 7, 8 year olds
 - e. Mascots 5, 6 year olds (optional)
 - f. *can move up one level having one year prior experience at advisor's discretion/*organization's by-laws.*
 - i. Jr. Novice Division can be Mascots if there is not a Jr. Novice Squad.
 3. If a team does not have a Jr. Novice squad, their 7 & 8 year olds may move up to Novice as a cheerleader.

4. Season Ages – Determined by the age on *August 1st* of current year.
 5. Cheerleaders must be 6 years old on or before *August 1st* and not turn 15 before *August 1st* of the current year. *Mascots must be 5 years old on or before August 1st of the current year.*
 6. Mascots may only cheer at a Jr. Novice or Novice Level only.
 - a. Any character mascots must be a registered participant in the books with all forms completed.
 - b. Mascots must have two uniform differences.
 7. Participants may not change squads ~~*or be added after book signing.*~~ *After the participant has been certified from two representatives from opposing teams unless an exception form has been approved by the MVFL board.*
 8. *After book signing, participants may be added to the team if all certification procedures are followed.*
 9. **Level-Up Certification:** *Level-Ups are used to move the participant up one level with having one year prior experience prior to certification at the advisor's discretion or as outlined in the organization's by-laws. This does not need approval from the MVFL board.*
 10. **Exception Request Application:** *Exceptions are used for any reason outside the current MVFL Rules and Regulations. All Exceptions need to have approval from the local board and presented to the MVFL board for approval.*
- f. Certification Requirements:** *In order to certify a participant, each team must have a copy of the player's card, a valid physical, photo, and a certified copy of the player's birth certificate. The team books must also have a completed copy of their league roster.*
- i. **Valid Physical:** *Must be on the MVFL Physical Form or doctor's letterhead signed by a doctor in the calendar year to be eligible to participate. Any restrictions must be noted on form.*
 - ii. **Proof of Age:** *A certificate of live birth, issued by the county or state, must accompany the team when the team is participating in any MVFL game. All MVFL teams are required to secure and make copies of each player's birth certificate and keep it as a permanent record. If a certificate is unobtainable, the MVFL Board will have final approval for a player's participation by a majority vote.*

iii. Player's Card: All participant's information must be included on MVFL Player Cards on white cardstock paper. Any participants that have approved Level-Up Certification or Exception Request Applications must be on blue card stock paper. All Mascots must be on pink card stock paper.

iv. Proof of Residency: Proof of residency is not required for cheerleaders.

v. Certification Procedure:

1. Two cheer advisor representatives from opposing teams will review all of the forms for compliance. They will certify the compliant forms and insure they are in proper order. When compliance is met, they each will sign the individual player card. If there is missing or non-compliant paperwork, team will have until the next game to make corrections and get it signed off by the opposing team.
2. Any discrepancies found at a later date must be corrected immediately or player may be deemed ineligible.

g. Stunting:

i. Mascots Stunting:

1. Mascots are permitted to do stunts within waist level on two feet with feet never going above the waist level. Stepping out of stunts ONLY; NO cradling permitted. Mascots can be stunted by Mascots ONLY. Jumping and tumbling will be allowed per Advisor's discretion.

ii. Cheerleader Stunting: MVFL will follow the JAMZ Youth Cheer Level Grid up to YCADA Level 4. Levels to be determined by cheer advisor based on ability of each squad. *Current JAMZ Level Grid will be provided.*

1. No sideline stunting on dirt tracks for Mascots.
2. Level 1 – Sideline stunting allowed for Jr. Novice and Novice.
3. Level 2 – Sideline stunting allowed for Jr. Varsity *and Varsity.*

h. Participation:

i. Smaller Programs: Smaller groups may participate as one squad, but stunting must be based on appropriate age divisions.

ii. MVFL Participation: Cheerleaders are to participate in sanctioned MVFL pre-season, regular season and post-season games or activities that their organization's football team is participating in. **Non-MVFL sanctioned events must have written approval by the local board and this written approval must be sent on to the MVFL Board for approval. Prior to participating in any event appropriate insurance coverage must be submitted to MVFL Board.**

1. Competition squads and their performances, practices and activities do not fall under the MVFL guidelines as they are a considered a separate entity and is not MVFL sanctioned.
- iii. **Cheer Coaches Cards and Clinics:** All cheer Advisors, Head Coaches, and Coaches must attend a MVFL sanctioned coach's clinic each year to receive their coach's card. Coaches *that do* not attending a sanctioned clinic will not be allowed on the sidelines during games and cannot conduct practice sessions. The MVFL Board and each organization's advisors will work to contract a qualified (certified) cheer instructor to help organize this clinic. If a coach is added during the season, *they are said-coach-is* REQUIRED to complete an online coach's certification *through YCADA Online Pop Warner Course, Y101PW* followed by a hands on instruction completed by that organization's Advisor. *Returning coaches are allowed to complete the YCADA Online Pop Warner Course, Y101PW at the organizations expense.*
- iv. **Jamboree:** Cheer will not stunt for Jamboree. Squads must be uniformed per Advisor's discretion.

i. Violations:

- i. **Violations:** If a rule is violated a fine will be imposed to the organization as in the 3 strike rule. 1st offence \$100, 2nd offence \$150, 3rd offence is expulsion of the coach.

XI. ALL-STARS

- a. **All-Star Committee:** A sub-committee of a minimum of three organizations each will be formed to organize the general operations and oversee rules and guidelines prior to June 1st. Committee changes will be subject to MVFL Board approval.
- b. **Team Alignment & Sponsorship:** The MVFL Board will sponsor the All-Star game and will determine the alignment of the All-Stars between the Mother Lode & Valley. Current alignments are as follows:
 - i. Mother Lode: TBD
 - ii. Valley: TBD
- c. **Colors:**
 - i. Mother Lode: Black
 - ii. Valley: White
- d. **Date, Practice & Game Locations:**
 - i. Games will be played the following Saturday after Superbowl
 1. Novice – 12pm
 2. Jr. Varsity - 2:00pm
 3. Varsity - 4:00pm

- ii. Practices will be held Monday through Thursday, following Superbowl
 - 1. Mother Lode – TBD
 - 2. Valley – TBD
- e. **Game Rules:** The game will follow all MVFL Rules & Regulations and played as any other game in the MVFL.
 - i. **Football**
 - 1. Players are allowed to weigh +5 lbs. of the maximum weight.
 - ii. **Cheer**
 - 1. *Ages will be used to place participants in their appropriate level during All-Stars. The age of all cheer participants shall correspond to the overall ages as defined in Section X(e)(i).*
 - 2. *No Junior Novice aged participants leveled-up to Novice are allowed to participate at All-Stars*
- f. **Fees:**
 - i. Football – MVFL will split cost with each organization for player jerseys and coach’s hats.
 - ii. Cheer – MVFL will split cost with each organization for cheerleader and coach sweatshirts and bows.
 - iii. Officials – MVFL will pay regular season rates
 - iv. Medics – MVFL will pay regular season rates
 - v. Facilities – MVFL will pay facility fees
- g. **Gate Admissions:**
 - i. Adults – \$7.00
 - ii. Seniors – \$5.00
 - iii. Children 6-12 – \$5.00
 - iv. Children Under 6 – Free
 - v. *Military/Veterans – Free w/ Military ID*
 - vi. *Current Players in Uniform/Jersey - Free*
- h. **Snack Shack:**
 - i. Who – TBD
 - ii. Proceeds – 25% Proceeds back to MVFL
- i. **Player Selections:** Each organization will be responsible for selecting their players to the All-Stars based on position availability and necessity of desired team.
 - i. **Coaches:**
 - 1. **Head Coach** - Shall be determined by the team that advances to the Superbowl.
 - 2. **Additional Coaches** – (2) additional coaches from Superbowl Champions and (1) coach from all other organizations

ii. Players:

1. #1 8 picks
2. #2 6 picks
3. #3 4 picks
4. #4 4 picks
5. #5 2 picks
6. #6 2 picks
7. *Player picks shall be ½ skilled and ½ lineman.*

iii. Cheerleaders

1. #1 8 picks
2. #2 6 picks
3. #3 4 picks
4. #4 4 picks
5. #5 2 picks
6. #6 2 picks
7. *If all but one cheerleader is not selected to cheer, we will allow remainder one cheerleader will be allowed to cheer.*

iv. Rosters

1. *All-Star Roster form required and to be turned in at time TBD. No other form will be accepted.*

v. Player Cards

1. *All player cards of participants will be given to head coach at the beginning of the 1st All-Star practice and returned at the end of the All-Star game.*

j. Photos: TBD.

- i. Times on MVFL work schedule

k. Coaches Game: TBD

l. Miscellaneous:

- i. All MVFL Board are required to help or send a representative at All-Star Game*
- ii. Screen Printing, TBD, 25% Proceeds to MVFL
- iii. Jersey Orders, TBD
- iv. Cheer Sweatshirt/Bow Orders, TBD
- v. Coach Hat Orders, TBD