



Official Conference Rules, Regulations, Constitution, and Bylaws

Amended: July 2026

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Mountaineer Youth Football & Cheer Conference

Also known as “MYF” or “MYFC,” it is organized to operate as an independent football/cheer conference league for youth competition.

Our Mission Statement

It is the mission of the Mountaineer Youth Football Conference to teach youth character, integrity, and other life lessons and values using the sports of football and cheerleading as the vehicle to accomplish that, while providing a safe and positive environment for the youth of North Central West Virginia.

Mandatory Acknowledgement / Disclaimer

Every head coach and all assistant coaches must read this entire Constitution, Rules, Regulations, and Bylaws booklet. All coaches must sign and return the “CODE OF CONDUCT FOR COACHES AND ACKNOWLEDGEMENT” form to the Mountaineer Youth Football and Cheer Conference executive branch for recordkeeping. By signing said document, you acknowledge that you have read the Code of Conduct and the rules of MYF, and that you agree to comply with the Code of Conduct and all MYF rules stated therein.

Current Conference Officers

President: Tyke Foster
Vice President: Josh Scheuvront
Treasurer: Terra Edwards
Secretary: Cody Glaspell
Cheer Coordinator: Lisa Foster
Cheer Coordinator: Letitia Welling

Constitution

ARTICLE I

The name of this conference shall be the Mountaineer Youth Football Conference, also known as the Mountaineer Youth Football and Cheerleading Conference.

ARTICLE II

The purpose of this conference is to develop and operate a competitive youth football and cheer league that seeks to implant in the youth of the community the ideals of good sportsmanship and reverence so that they may become finer, stronger, and happier youth who grow to be good, healthy adults.

ARTICLE III

This conference shall be independent and shall be governed by and comply with the principles, rules, and regulations enunciated and decreed by the Mountaineer Youth Football Conference.

ARTICLE IV

The principal operation of this conference shall be in the State of West Virginia. The geographical footprint includes, but is not limited to, the following counties: Barbour, Braxton, Doddridge, Gilmer, Harrison, Lewis, Marion, Monongalia, Nicholas, Preston, Randolph, Taylor, Tucker, Tyler, Upshur, Webster, and Wetzel. This geographical footprint may change through the addition or subtraction of member organizations.

ARTICLE V

This conference shall have the following powers in addition to the powers expressly or implicitly conferred to it by law.

- A. To make and enforce rules and regulations to govern itself on a local basis.
- B. To include in its constitution, such powers as to solicit contributions and raise funds, enter contracts, and hold and own property.

ARTICLE VI

Requirements for membership in the conference and the privileges of membership in the conference include:

A. MEMBERSHIP

- 1. Any resident of the area within the geographical footprint of the conference shall be eligible for membership on the board of the conference.
- 2. Any board member or coach of this conference may be expelled by the board for conduct that is prejudicial to the aims and welfare of this conference by a majority vote of the board upon an investigation and recommendation of removal by the ethics committee.

B. TEAM/ORGANIZATION MEMBERSHIP

- 1. Any Member Team/Organization that is a participating member as of the date of the adoption of these revised By-Laws and Constitution; or
- 2. A Team/Organization for youth football and cheer operating on a not-for-profit basis; and
- 3. A Team/Organization that has completed the following application and approval process.
- 4. Any member Team/Organization may be expelled for conduct that is prejudicial to the aims and welfare of this conference. Removal from the board shall be accomplished by a two-thirds vote of the Member Team presidents.

ARTICLE VII

MYF leadership will be the officers of the organization. The following officers will be elected for a two-year term:

President

Treasurer

Vice President

Cheerleading Coordinator

Secretary

The elections of officers will be held during the first yearly meeting of every second year. Any vacancies that occur will be filled at the next regular scheduled meeting of this conference following the date of vacancy.

Special meetings may be called by the President at any time after giving members at least 48 hours' notice. Also, the President shall call special meetings when requested to do so by written petition of at least 25% of the membership. A majority of the board may also call a special meeting at any time after giving at least 24 hours' notice to the members.

ARTICLE VIII

The board of directors will consist of one representative-elected President from each Member Organization. Each President shall possess the voting power for his/her Member Organization at each and every meeting. A vote by the Board of Directors is required for the admission of a new member organization, removal of an existing member organizations, or modification of the existing Constitution, By-Laws, and/or rules or regulations.

ARTICLE IX

This Conference shall have the power to create committees upon demand. All committees shall be named and appointed by the officers of the league and shall include no less than 2 officers and 1 team president. Said committees may contain more than the minimum number prescribed herein.

ARTICLE X

The following rules shall apply to meetings and quorums:

- A. Regular meetings will be held the first Sunday of every month except December and January unless otherwise agreed by the Board of Directors.
- B. Cheerleading meetings will be held the first Sunday of every month except December and January unless otherwise agreed by the Board of Directors.
- C. A quorum is 50% of the membership present at the meeting. A quorum must be present to constitute a vote. A majority of committee members shall constitute a quorum at any committee meeting.
- D. The President or Vice President shall serve as Ex-Officio members of all committees.

ARTICLE XI

The method for approval of an amendment to the Constitution or Bylaws shall upon a vote by more than 50% of a quorum at a regular meeting or previously noticed special meeting.

BYLAWS

ARTICLE I - Officer duties, nominations and election procedures, installation and Removal proceedings are detailed in this article.

A. PRESIDENT:

1. It shall be the duty of the President to preside at all meetings of this conference and perform all duties usually pertaining to that office. It shall also be the responsibility of the President to make decisions related to player eligibility as is requested.
2. Conduct the affairs of the MYF and execute the policies established by the Board of Directors.
3. Communicate to the Board of Directors, such matters as deemed appropriate and make such suggestions as may tend to promote the welfare of the MYF.
4. Investigate complaints, irregularities, and conditions detrimental to the MYF and report to the Board of Directors or Executive Board as circumstances warrant.
5. Appoint committee members and refer ethical complaints and alleged member violations of the By-Laws and Rules and Regulations to said committee for investigation and recommendation.

B. VICE PRESIDENT:

1. In the absence or disability of the President, the Vice- President shall perform the duties of the President.

C. SECRETARY:

1. The secretary shall keep the minutes of all proceedings and record same, presenting the same to the President within seven (7) days of the meeting.
2. This person shall give notice of all meetings, notify all officers of their election, and provide the names of newly elected members of the board and perform other such duties as this office may require.

D. TREASURER:

1. The treasurer shall receive and safely keep all funds of the conference and pay out the same only on the order of the President.

2. Keep records for receipt and disbursement of all monies and securities of the Local League including the Auxiliary, approve all payments from allotted funds, and draw checks therefor in agreement with policies established in advance of such actions by the Board of Directors.
3. Prepare an annual budget report under the direction of the President for submission to the Board of Directors

E. CHEERLEADING COORDINATOR:

1. This person shall chair all cheerleading activities.

F. Any vacancies that occur will be filled at the next regularly scheduled meeting.

ARTICLE II - Procedures for admission to membership, including rights, duties, resignation provisions and expulsion provisions.

INDIVIDUAL MEMBERSHIP:

1. Any adult resident of the area within the geographical footprint of the conference shall be eligible for membership on the board of the conference.
 - a. Membership will be decided by elections according to the procedures in Article XI of the Constitution.
2. Any board member of this conference may be expelled by the board for conduct that is prejudicial to the aims and welfare of this conference.
 - a. Any individual member who is in violation of the By-Laws and/or Rules and Regulations will be referred to the Ethics Committee as is prescribed in Article VI of the By-Laws.

TEAM MEMBERSHIP / ORGANIZATION MEMBERSHIP

1. Any Member Team/Organization that is a participating member as of the date of the adoption of these revised By-Laws and Constitution; or
2. A Team/Organization for youth football and cheer operating on a not-for-profit basis; and
3. A Team/Organization that has completed the following application and approval process:

- a. Completion and submission to the board of a New Team/Organization Application.
 - b. Acknowledgement and confirmation of a commitment to the mission statement, By-Laws, Constitution, and all Rules and Regulations of the Conference.
 - c. Submission of all requested Team/Organization documentation; and
 - d. Discussions, debate, and approval of the existing Member Team/Organization Presidents upon a previously noticed vote.
- 4. Any member Team/Organization of this conference may be expelled upon a two-thirds vote by the remaining teams within the first three years of admission to the Conference for any reason whatsoever.
 - 5. Any member Team/Organization may be expelled for a failure to comply with the aims set forth herein. Removal from the board shall be accomplished by a two-thirds vote of the Member Team presidents.

ARTICLE III - Mountaineer Youth Football Rules and regulations, and those additional rules and regulations approved by Mountaineer Youth Football are to be considered binding in this conference.

ARTICLE IV - Robert's Rules of Order shall be the parliamentary authority on all matters not covered by the Constitution and Bylaws of this conference.

ARTICLE V – Board Meetings, Notice, and Quorum

A. Meeting Order- The usual order of business is as follows:

- 1. Call to order by the presiding officer.
- 2. Roll call by the Secretary.
- 3. Reading of the minutes of the previous meeting by the Secretary as well as discussion, corrections, and a vote to approve the minutes.
- 4. Treasurer's Report.
- 5. Committee Report, if any.
- 6. Unfinished or old business.
- 7. New Business.
- 8. Adjournment.

- B. Mountaineer Youth Football meetings will be held the first Sunday of each month from March through December.
- C. One representative from each Association must attend the monthly MYF meeting. Failure to attend 80% of the monthly meetings for the calendar year, unless excused by the MYFC board, will result in that organization being removed from the MYFC. (Adopted 12/2015).
- D. Association meetings will begin at 6 pm, Cheer Meeting will begin at 7:00 PM. Each Association must pay MYFC a yearly fee of \$75 at the June monthly meeting. Each Association must pay 75% of insurance fees at the June monthly meeting.

ARTICLE VI – Violations of the Bylaws and/or Rules and Regulations:

Pursuant to Article IX of the Constitution, the President shall appoint a committee consisting of two officers and one team president to hear any allegations of the Rules and Regulations and/or By-Laws. The Committee shall perform the following:

- a. The committee shall investigate the claim, requesting any documentation or other evidence as the committee deems necessary.
- b. The committee shall interview the individual accused of the violation; and
- c. The committee shall make a recommendation as to any punishment.

All recommendations made by the committee shall be final with no right to appeal. If the ethics committee recommends the removal of an individual or organization, then the Board of Directors shall vote to adopt said recommendation to effectuate the removal. There shall be no right of appeal.

In addition to the above, the falsifying of birth certificates or any other documents to make a participant eligible is grounds for forfeiture of all games in which they have participated and permanent suspension of the player, adults, and/or organization (if they participate in the act) responsible for the act. All evidence will be turned over to the local authorities for any criminal prosecution that may be relevant.

RULES AND REGULATIONS

CONFERENCE TERRITORIAL BOUNDARIES

Include: Harrison, Lewis, Marion, Monongalia, Nicholas, Randolph, Taylor, and Upshur Counties.

Obligations to assigned Boundaries and Territories: Any participant in MYF programs shall play football or cheer in the assigned club boundaries in which they live and where they would normally attend **public high school** in relationship to where they live. These boundaries are listed below.

CLUB BOUNDARIES

Bridgeport: Any student that would naturally attend Bridgeport High School.

Buckhannon: Any student that would naturally attend Buckhannon Upshur High School.

Clarksburg Little Eagles: Any student that would naturally attend Robert C. Byrd High School.

Clay-Battelle: Any student that would naturally attend Clay Battelle High School.

East Fairmont: Any Student that would naturally attend East Fairmont High School.

Elkins: Any student that would naturally attend Elkins High School.

Grafton: Any student that would naturally attend Grafton High School.

Lewis County: Any student that would naturally attend Lewis County High School.

Morgantown: Any Student that would naturally attend Morgantown High School.

North Marion: Any student that would naturally attend North Marion High School.

Preston County: Any student that would naturally attend Preston County High School.

Summersville: Any student that would naturally attend Nicholas County High School.

West Fairmont: Any Student that would naturally attend West Fairmont High School.

Any participant wishing to participate in play for a MYF member organization that lives outside of the geographical boundary of all other member organizations may be permitted to play for an organization of their choice. Only upon an approved waiver may a team be granted permission to utilize out of area players. Each waiver will be decided on a case-by-case basis.

SECTION I: AGE AND WEIGHT STANDARDS

- A. PeeWee Division: Participants 6, 7, and 8 years of age are eligible with unlimited weight matrix in place, although the maximum ball carrier weight is 90 lbs. at preseason weight (95 lbs. championship game weight). Participants that are above 90lbs must be designated as "Striper". These players will be considered "Stripers," and, as such, shall be restricted to playing on the line of scrimmage from tackle to tackle on offense or end to end on defense.

Individual club organizations can opt in to allow for 5-year-old athletes to participate in the PeeWee Division at their own discretion. 5-year-old athletes will not have to meet the divisions minimum play count rules. They should also be listed in a separation section on the league play counter sheets and if able, a distinction should be made on their helmets (i.e., a sticker or emblem on helmet that is distinguishable from the other players on the same team).

- B. Midget Division: Participants 9, 10, and 11 years of age are eligible for an unlimited weight matrix in place, although the maximum ball carrier weight is 120 lbs. at preseason weight (125 lbs. championship game weight). Participants that are above 120lbs must be designated as "Striper". These players will be considered "stripers," and, as such, shall be restricted to playing on the line of scrimmage from tackle to tackle on offense and end to end on defense.
- C. "In season" weight gain: Players must meet the posted weight restrictions at regularly scheduled August weigh in / registration day event, which is considered the "preseason weight" and in November, on the morning of the championship game, which is considered "championship game weight". Ball carrier weights can increase up to 5 lbs. during the regular season, while striper weights are unaffected during season play. At no part during the season may coaches, players, or parents challenge the weight of any player and / or request a random weigh-in.
- D. Each participants playing age shall be determined by the participants age as of July 1st preceding the season start in August of each year.
- E. Age Certification: MYFC requires that all participants present an original record of their birth or a certified copy of the original.
- F. Consent to Play: Parents or legal guardians are required to sign a statement declaring their child has permission to participate in MYFC activities.
- G. Medical Certification: All MYFC athletes must have physical examinations before participating in MYFC programs. To be valid, the physical examination must be on or after May 1st of the current season year.

SECTION II: WEIGH-IN / REGISTRATION DAY

Final registration days will be the third Saturday & Sunday of August each year.

- A. The following information is required on final registration day for all levels of football and cheerleaders:
1. Three copies of a typed roster. Handwritten rosters will NOT be accepted. Names on roster must be listed identical to the listing on the participants birth certificate. The typed roster must be listed in order of the participants' ages, with the oldest appearing first.
 2. Jersey numbers must be on the official roster on weigh-in day. These are necessary for future reference on game day.
 3. Roster Requirements: Minimum size to form a football team is 15 players. Teams must have 15 rostered players on official registration day. The minimum number of players present to play a game is 11 players. If a team does not have 11 players suited for play for two consecutive games, they will forfeit the rest of the season.
 4. There will be no adding of players after the official registration day.
- B. The following is to be stapled together in sets. Each set shall be in this order. One set of each player/cheerleader for MYF, and one set for each Association's President or Coach.

These sets are to be in the same order as listed on roster.

1. Registration form- All associations will use same form as provided prior to registration for any given season.
 2. Physical form completed by a medical doctor (either WVSSAC Physical Form or MYF Medical Clearance Form).
 3. Copy of Certified Birth Certificate- Must be a copy from the County or State Government. NO hospital birth certificates will be accepted.
- *DO NOT turn in a copy of the medical treatment permission form or the insurance release form to MYF. These are to be kept by the member organizations for whom the player/cheerleader is participating. Said documents shall be maintained for the entirety of the season.*
- C. Medical treatment permission forms must be carried by the coach at an and all Team-related activities. All associations will use the same form.
- D. If a player/cheerleader does not have all the information required on official registration day, said player/cheerleader will be dropped from the roster, resulting in the player/cheerleader being ineligible to compete during the season. The roster will then have to be retyped and handed into MYF.

- E. It is mandatory that all participants be present to be weighed in at the established location, date, and time for PeeWee teams, Midget teams, and cheer teams. If a PeeWee, Midget, or cheerleader participant is unable to be present at the established location, date, and time of the weigh in, such participant may be weighed in early by President of MYF or another member of the MYF Board of Directors appointed by the President. No participant will be weighed in after the final weigh-in/registration day and, therefore, said participant will not be eligible to participate. Athletes can conduct weigh-in wearing only shorts if facilities permit.
 - 1. The MYF President will be the weight master and appoint people he/she needs to help. One coach from the team that is being weighed will be allowed in the room during weigh-ins.
 - 2. Each Scrimmage at the weigh-ins will last no longer than 1 hour & 45 minutes.
- F. Player Cuts: Players must be taken on a first-come, first serve basis for sign-ups until you reach maximum roster size. You may NOT tryout players and/or cut by ability.

SECTION III: ALL PLAY RULE / PLAY COUNTER

- A. Each football player shall play a minimum number of plays per game. The minimum number of plays shall be according to the following:

PeeWee and Midget Divisions

20 Players and Under – 8 Plays Per Game

21-30 Players – 6 Plays Per Game

31-36 Players – 4 Plays Per Game

Registered 5-Year-Olds have no minimum play requirements.

- B. All players must have completed their minimum required number of plays on or before the five (5) minute mark of the last quarter or period of the game. If any player has not received his/her required number of plays by the five (5) minute mark of the last quarter or period of the game, that player must be put in the game and shall remain there for successive plays until he or she receives their minimum number of plays.
- C. Enforcement: It is mandatory that both teams have play counters on both sides of the field. If you do not have a play counter on the opposition's sideline working with their play counter, you are in violation of this rule, and you cannot protest the game. There will be a 48-hour deadline (Tue. 6pm following Sunday games) for filing a written protest to the

Ethics committee. You must present the play count sheet signed by the coaches at that time. A decision will be made by the ethics committee before the next game.

D. The following regulations apply to the minimum play rules set forth herein:

1. ALL play count forms must be turned in at the MYF monthly meeting.
2. Penalties for violating minimum play rule.
 - a. 1st Offense- Suspension of head coach for one (1) game.
 - b. 2nd Offense- Coach will be dismissed and banned from MYF for life. (the two (2) offenses must be within the same season).
 - c. If the minimum play rule is broken during a playoff game, the offending coach/team will forfeit that game.
 - d. Players who do not receive the minimum number of plays in any given game will start the next scheduled game and play double the maximum number of minimum plays (16 plays).
 - e. Accepted penalties do not count as a minimum mandatory play.
 - f. Plays that result in the quarterback dropping to his knee or spiking the ball with the sole purpose of "playing it safe" while subs are in the game will not count as a minimum mandatory play.
 - g. Kickoff, Kickoff return, and extra points count as a play.

SECTION IV: COACHING

- A. Head coaches must be at least 21 years of age and have graduated from high school or have a GED certificate. The coaching staff will be under his/her direction and supervision.
- B. Head coaches and at least one (1) assistant coach must have a valid CPR/First Aid card and provide proof of that certification prior to the official registration day.
- C. Assistant coaches must be at least 18 years of age and have graduated from high school or have a GED certificate.
- D. All coaches must fill out a volunteer application form and have at least a sex offender background check performed by MYFC. Volunteer forms must be turned in at the July meeting or before. A more thorough background check may be performed by individual club organizations at their discretion.

- E. All coaches must complete the CDC “Heads Up” concussion training program or equivalent “Concussions in Sports” training from the National Federation of State High School Associations (NFHS) and provide a certificate of completion to their organization. This must be completed each year prior to the first practice.
- F. All coaches must read and complete the acceptance rules form attached in the back of this rule book prior to the first practice.
- G. If a player or coach is ejected from a game by an official, that player/coach will not be allowed to participate in the next game. There are no appeals of an ejection.
- H. Sideline Limitation: Each peewee/midget football team will be allowed a maximum of 9 adults on their sideline during games. This number will include the play counters from both teams. This rule effectively limits each team to a maximum of 1 head coach and 6 assistant coaches. A licensed medical professional is allowed on the sideline in addition to the 9 coaches. A licensed photographer is allowed in the addition of the 9 coaches and must stay in the designated media lines. No team can have a coach/photographer. The person is either a coach or a photographer for that game, not both. Coaches must wear a team shirt and/or hat on the sidelines during the game.
- I. Coaches and play counters must wear MYF badges on the sidelines during the championship game. These will be distributed to the ROSTERED coaches and play counters by MYF before the start of the game. (Only 9 allowed, this will include 7 coaches and 2 play counters)
- J. Water boy/Managers are limited to 3 per team on the sidelines.
- K. If a player is injured and not able to play, that player must wear their game jersey to be able to stand on the sideline with the team.
- L. No one person can be the head coach of more than one team in their organization. One person can, however, be the head coach of one team, and an assistant coach or play counter for another team or teams within their organization.
- M. Middle School coaches must maintain the level of separation from youth football which eliminates the possibility of coaching Midget teams. This is in concurrence with WVSSAC regulations.
- N. Teams may practice 10 hours a week (2 hours per day) until first game for PeeWee and Midget football teams. After the first game, teams may practice 8 hours per week (2 hours per day).
- O. Conditioning with equipment will be left to the discretion of the coach. Players have at least 10 hours of conditioning prior to “live contact”.
- P. The definition of “live contact” is “player to player.” Coaches are allowed to hold pads for players to hit during the first week of practice.

SECTION V: UNLIMITED WEIGHT / STRIPER RULES

- A. All unlimited weight players will be called “Stripers”. A stripe will be placed on the helmets of all players over the ball carrier weight. The stripe will be of a contrasting color to that of the helmet.
- B. Stripers will be allowed to play only on the line of scrimmage and from tackle to tackle on offense. Defensively, Stripers will be allowed to cover the line of scrimmage end to end, but they cannot split out with an end or receiver, they must stay within the core box at the line of scrimmage. There will be a maximum of 5 stripers on offense, and 5 on defense.
- C. Kickoffs- Stripers will NOT be allowed to participate on the kickoff or kickoff return teams. If either team cannot field 11 non-stripers for the kickoffs, the receiving team will get the ball on their own 35-yard line, and no kickoff will be held.
- D. The penalty for playing a striper in an incorrect position will be an “unsportsmanlike conduct penalty,” which is a 15-yard penalty. This will be enforced by the referee.
- E. Stripers and non-stripers must be declared on official weigh-in day. Anybody declared as a Striper on official weigh-in day must stay a striper throughout the whole season.
- F. Stripers ARE allowed to advance a fumble and an interception.
- G. Stripers ARE NOT required to start a play in a 3- or 4-point stance.
- H. A striper is allowed to kick on a “Point After Touchdown” attempt. The striper must line up in a position to kick the P.A.T. and is only allowed to kick the ball. If the P.A.T. attempt turns into a run or a passing situation, the striper is not allowed to participate (athlete is not allowed to block or run the football). If an attempt to block or run the ball by the striper occurs, the play will be blown dead, and the attempt has failed. No penalty will be assessed as a result.

SECTION VI: GAME OFFICIALS

- A. It will be the responsibility of the hosting member organization to pay for certified officials for each game.
- B. While it is recommended that each member organization have at least (4) officials at each game, it is only mandatory that each member organization have a minimum of three (3) officials at each football game. A game may be delayed up to one (1) hour to get three (3) officials to the game site. After one (1) hour, if there are not three (3) officials present, the game will be postponed and will be rescheduled by the coaches. Any league and/or head coach who plays a game with fewer than three (3) officials will be subject to discipline which may include forfeiture of the game, suspension and/or expulsion.

SECTION VII: PLAYERS OUTSIDE ACTIVE AREA / PLAYER TRANSFERS

- A. Players from outside our active area may play for any team associated with MYFC. However, once a player from outside our active area plays for a team, the player will not be allowed to transfer to another MYFC team unless the transfer receives unanimous consent of the MYFC Board. Each team will be limited to no more than three (3) players from outside the active area without approval from the MYFC President and/or registration committee.
- B. Players within our active area are allowed to transfer from team to team within MYFC. Presidents of both organizations must agree on the player transfer and sign-off on the out-of-territory reciprocal agreement. This agreement then MUST be approved by the MYFC President. Absent written approval by the MYFC President, the requested transfer will not be allowed. There must be a valid reason before a transfer will be allowed. Each transfer will be decided on a case-by-case basis.
- C. When an organization cannot form a team, those players may go to any other organization that they chose for that season. However, those players must return to their "home" organization the following season. The home organization must have 20 players by the first week of practice before that player will be allowed to file a waiver to request a return to previous years outside area team. This wavier will be considered on a case-by-case basis.
- D. Before a player can play for another team because his/her organization does not field a team, that player MUST first sign up with their home organization. This is the only way an organization will know if they have enough players for a team.

SECTION VIII: VIDEOTAPING / ELECTRONICS

- A. Videotaping of any team during any game will be allowed by any individual. However, videotaping from the field level and/or end zone is strictly prohibited. This includes but is not limited to any device capable of capturing video or photographs, including video cameras, photography cameras, cell phones, go pros, I- pads, and/or any other device not listed that is capable of capturing video and/or photographs. Violation of this rule will result in the immediately suspension of the person involved and the head coach of the offending team.
- B. The use of drones is prohibited from ANY field level at any time.
- C. No one is allowed to scout, video, or photograph an opponent's practice. Any violation of this rule will result in immediate suspension of the person involved and the head coach of the offending team.

- D. If you are scrimmaging a team and both teams' head coaches agree, then video from field level is permitted. Your team must be taking part in the scrimmage, and this is for scrimmages ONLY.
- E. The use of earpieces, headsets, radios, direct to helmet or direct to wrist devices, or any other electronic communication devices is strictly prohibited on the sidelines during games.

SECTION IX: GAME PLAY CONSIDERATIONS

- A. Team Sizes: a maximum of 36 players per team, minimum 15 players.
- B. Football Size Regulations: The following footballs shall be the official football and sizes for MYF contests:
 - "Junior" Ball Size for Midget Division,
 - "PeeWee" Ball Size for PeeWee Division

We recommend using either: Wilson TDJ style footballs (synthetic or all leather) and/or Nike "All-Field" (synthetic) or Nike "Vapor 24/7" (synthetic) footballs.

- C. The Field:

- 1) Zone Markings — The field shall be marked in 10-yard zones from goal line to goal line.
 - 2) Down Marker — A down marker shall be used to indicate the number of the down and where the ball is placed on the field.
 - 3) Size of Fields — MYF fields shall be either 80 yards or 100 yards. The referee must inform both teams of the field length before the start of the game. Size of field must be agreed upon by both coaches.
 - 4) Zone Markers — 10-yard zone marker will be used to determine first downs.

- D. Game Structure: All games will consist of four quarters, each 10 minutes in length, with a running game clock.
- E. Game Clock Stoppages: The game clock will stop for the following reasons: timeouts (team or officials), injuries, penalties being assessed, scores (touchdowns, safeties), change of possession, at the end of each quarter, for incomplete passes, for players going out of bounds with the football in hand, and for administrative/safety purposes. The game clock shall stop temporarily to all the chains to be reset following a first down, at the referee's discretion, and will restart once the ball is set and ready for play.

- F. Coin Toss: At the beginning of the game, a coin is tossed by the referee and the winner gets their choice of possession of the ball or to defer to the second half. The loser has the option of which goal to defend.
- G. Halftime: Halftime shall be a maximum of ten minutes in duration unless otherwise approved by the league officials.
- H. Play Clock: Teams are expected to run plays in a timely manner. A delay of game penalty will be addressed at the official's discretion if a team fails to snap the ball within the 45 second game clock period.
- I. Timeouts: Each team shall be allotted three timeouts per half. Timeouts shall not carry over between halves.
- J. Mercy Rule: MYFC has adopted a "Mercy Rule". When Team A has a 36 or more-point lead over Team B at the end of the first half or takes this lead at any point in the second half, the game clock will continue to run and can only be stopped for an injury or an official's time out.
- K. Breaking Tied Ball Games: If a game ends in a tie, the following will take place:
- 1) There will be a coin toss. The team winning the toss will choose to take the ball or defend. The team losing the toss will choose the goal they wish to defend.
 - 2) The referee places the ball on the defending team's 10-yard line.
 - 3) The offensive team is given 4 downs to score.
 - 4) The defensive team takes over on offense and has the same opportunity.
 - 5) If the game is tied after each has scored, or if neither has scored, the same procedure takes place until a winner is declared.
- L. Player Ejections: If a player is ejected from a game by an official, that player will not be allowed to play in the next game. This ruling can be challenged on a case-by-case basis. Challenges must be brought to the MYFC President who will then assemble an independent ethics committee made up of Club Presidents not associated with the game or play in question to come to a determination of possible overruling of ejection.
- M. Roughing the snapper: A defensive player shall not charge directly into the snapper when the offensive team is in a scrimmage-kick formation, shotgun snap, or any time that the player receiving the snap from center is not under center. The snap receiver, i.e. QB, punter, placeholder is not required to be 7 yards from the neutral zone. (NFHS 9-4-6) The penalty shall be 15 yards.
- N. Taking a Knee to End A Game or Half: If a coach informs the referee that his team is taking a knee to run the clock out, the referee will inform the opposing coach and the defense is not allowed to blitz or attack. The offense MUST take a knee. The clock will run. It is essentially a dead ball with the clock running. Coaches encouraging the

defense to attack may be suspended. Just like taking a knee does not count in the play sheet, this play does not count towards the minimum.

- O. Numerical Eligibility: A player's jersey number is not considered a factor in determining their eligibility to receive a handoff, forward pass, or toss during gameplay. A player may line up in any position in the backfield or on the line of scrimmage (including offensive end), regardless of their jersey number, as permitted by their weight (i.e., striper rules apply). Only a player's weight determines where the player is permitted to line up in an offensive or defensive formation and whether they are permitted to receive a handoff, receive a pass, or otherwise advance the football during gameplay (i.e., striper rules apply).
- P. Locker Room Requirements: The home team must provide dressing room facilities for the visiting team.
- Q. Prohibition of All-Star Teams: NO ALL-STAR TEAMS of any kind are permitted.
- R. Playoffs: If the division consists of 10 teams or less, then 4 teams make the playoffs. If the division has more than 10 teams, then 8 teams make the playoffs. If there is an open week in the playoffs, it is the 2nd round.
- S. Playoff Tie breaker procedure: A tie-breaking system will be in effect to determine playoff teams. Regular season records and head-to-head results will determine the order if possible. A computer ranking system will be used if the teams are still tied.
- T. Tailgating Rule: No team or group may organize a "tailgate party" at the hosting team's facility. This kind of activity cuts into the concession stand income of the hosting organization. Repercussions for such an activity will be decided by the Board of Directors. Fines will be levied against the offending organization.
- U. Mouthpieces must be attached to helmet and cannot be clear (must be a visible color).

SECTION XI: PEEWEE DIVISION ONLY RULES

- A. Special Teams: There will not be any kickoff/kickoff returns, punts/punt returns in the PeeWee Division, point after touchdowns are an option.
- 1) "Starting Field Position or Kickoff" Ball Placement: The ball is placed on the 35-yard line.
 - 2) Punts are a 20-yard mark off. If punting from an opponent's 30-yard line or closer, then the punt will be $\frac{1}{2}$ the distance to the goal line.
 - 3) Points After Touchdown (P.A.T.): The offensive team can score one (1) point after a touchdown if they successfully advance the ball from the three-yard line into the endzone. The offensive team can score two (2) points after a touchdown if they successfully advance the ball from the 5-yard line into the endzone or elect to kick the P.A.T., and if successful, will score two (2) points. P.A.T. attempts will be untimed and will count towards a player's minimum play count.
- B. No defensive player can line heads-up on the center at the line of scrimmage.
- C. Two coaches are permitted on the field per team for instruction / coaching purposes.

SECTION XII: CHEER RULES

- A. Cheer coordinators (at the cheer meeting) will vote on cheer rules.
- B. A total of six (6) coaches can be rostered. All six coaches will be allowed to accompany the team to competitions and games. Only three (3) coaches are allowed on the competition floor during performance.
 - 1. Head coaches must be at least 21 years of age and have graduated from high school or hold a GED certificate. They must have general knowledge of cheerleading and cheer safety rules. The coaching staff will be under his/her discretion and supervision during all practices, games, and competitions.
 - 2. Assistant coaches must be at least 18 years of age and have graduated from high school or hold a GED certificate. They must have general knowledge of cheerleading and cheer safety rules.
 - 3. Coach trainees or junior coaches must be a minimum of 16 years old and may only carry out instructions of the Head or Assistant coaches. Coach trainees are not permitted to conduct a practice or game.
 - 4. All coaches and volunteers must submit and pass a background check annually before being allowed to coach.
 - 5. Each team's Head coach and one Assistant coach must have a current CPR/First Aid Certification. One coach with such valid cards must be present at all practices, games, and competitions.
 - 6. All Head coaches and Assistant coaches must complete the CDC online course on concussions annually.
- C. Medical treatment permission forms must be carried by the coach at all related activities. All club organizations will use the same form.
- D. All cheerleaders, regardless of when they joined the team, must have at least a week of conditioning (at least 10 hours) before they are permitted to engage in regular season practice sessions and games. Even if a cheerleader joins the team after the start of the regular season schedule this requirement must be met. Conditioning is defined as basic warm-up exercises, conditioning for jumps and tumbling (not tumbling), arm motion drills, and learning of basic cheers and chants.
- E. Before the first game, PeeWee and Midget cheer practices are limited to 10 hours or 5 days a week. After the first game practices are limited to 8 hours a week with a maximum of 2 hours per day. There is a MANDATORY BREAK of 10 minutes after each hour of practice.

- F. Age will determine at what level cheerleaders participate.
1. 6-, 7- and 8-year-olds will cheer at a PeeWee level.
 2. 9-, 10-, and 11-year-olds will cheer at a Midget level.
- a. Individual club organizations can opt in to allow for 5-year-old athletes to participate in the PeeWee Division Cheer at their own discretion. It will not be mandatory for these 5-year-old athletes to participate in the cheer competition, but they must participate in weekly sideline activities.
- G. No mascots will be permitted at any level.
- H. Cheer squads are required to cheer anytime their respective football team is on the field, this includes inclement weather. The penalty for not cheering the entire game will be a one game suspension of the head coach and coordinator for the first offense, second offense is a suspension of the head coach and coordinator for the remainder of the season.
- I. Each cheer squad, at both levels, must perform a “HELLO” cheer at every game the squad attends. The “HELLO” cheer shall be comprised of welcoming words and may encompass wishes of good luck and generally show sportsmanship. Any degrading or taunting words are prohibited.
- J. Individual cheerleaders are permitted to attend cheer camps during the regular MYF season. This does NOT allow for an entire squad to attend camps. League fees can NOT pay for the camp. Cheerleaders may attend gymnastics classes individually or as a group (not league funded). Cheerleaders may participate on an All-Star cheer team but can NOT compete during MYF season. Also, the cheerleader may NOT miss MYF practices to attend All Star cheer practices.
- K. Only poms, megaphones, and laminated signs are permitted during games and competition performances. The following are strictly prohibited: tear-away uniforms, any removal of clothing, props of any kind (during games or competition performances), glitter in any form, and all special effects.
- L. Cheerleaders with a hard cast or protective “boot” cannot tumble or be involved in a stunt in anyway.
- M. MYF cheerleading meetings are held the first Sunday of every month from April to December. The meetings begin at 7pm and the Association meetings are at 6pm. Meetings are open.
- N. Competition: Cheer squads from every organization are expected to perform at cheer competition.
1. There will be a coaches meeting to review competition procedures approximately 6 weeks prior to competition every year.
 2. The meeting shall be scheduled by the MYF Cheer Coordinator.

3. Attendance by at least one representative from each organization planning to compete is MANDATORY. Practice for competition can start after the first game.
4. Simple formal entrances are allowed while the squad members are being introduced.
5. Poms may be placed on the performance mat prior to the squad's performance by squad members and shall be done quickly while being introduced. Coaches may place the poms on the performance mat for PeeWee squads only, if needed.
6. PeeWee and Midget competition performances may not exceed a 3-minute time limit (max of 2 minutes of music and 1 minute cheer).
7. No paid or compensated choreography. No compensated instruction of cheer skills as a squad. Squad gymnastics are permitted, but only for the purpose of learning gymnastics not any cheer skills.
8. The use of poms is prohibited during the cheer as well as during tumbling, partner stunt/pyramid building, dismounts and all stunt transitions which require the use of hands. The flyer may obtain and use poms when secure in a stunt. Tumbling exceptions: a forward/back roll may be performed with poms in hand. The placement of poms should be a safe distance away from the performance area to eliminate a safety hazard. Tumbling, building, and/or dismounting stunts directly onto poms will result in a safety deduction per occurrence. Poms and signs may be thrown off the performance mat during a routine to eliminate a safety hazard. Hiding poms or signs anywhere on the body or uniform is a safety issue and therefore, is prohibited.
9. No metal hair accessories such as barrettes except for flexible snap clips and/or bobby pins. No bare torso showing with arms to the side. There is no specification on the length of the hair/ponytail if the bangs and hair bow are not longer than the eyebrows.
10. Coaches are to sit in the designated "coach's seats" no more than two coaches, when their squads are about to compete. Coaches may assist their squad members with motions and direction until the first organized motion of their performance. After the performance has started coaches must refrain from any motions, pointing, head nodding or signaling of any kind. There will be a deduction for this action.
11. Cheers must be started using a trigger phrase or count in sequence, such as, "Hit It" or "5...6...7...8", "Ready? Ok!" Etc...
12. Combining of squads will NOT be permitted for any reason. A minimum of 5 cheerleaders is required to make a squad.
13. If a cheerleading squad does not show up for their championship football game at the end of the season NO squad from that organization will be permitted to compete in the cheer competition the following year.

14. Cheerleading coaches are required to wear MYF badges at competition.
15. The host organization of cheer competition has the right to video the competition.
The host organization will also be allowed to sell said video.
- O. If your organization has two football teams at any level and only enough cheerleaders to form one team, then the games must be split up evenly so that each football team will have cheerleaders at both home and away games. Coaches must make a schedule and that schedule must be approved by the MYF Cheer Coordinator. **YOU CAN NOT ONLY CHEER HOME GAMES.**
- P. **ALL CHEERLEADERS MUST GO TO WEIGH-INS.** They are to be at the weigh-ins of their appropriate age class (i.e., Midget, PeeWee). They must take a picture for identification purposes, go to the scrimmage, and cheer.
- Q. Host team must provide a designated safety check area for stunt checks with at least 2 mats. Host team must have 9 securely connected mats that are fastened down on all sides for the competition performance area.
- R. MYF must have contact information for all pre-order vendors, including points of contact (i.e., vendor name, phone number, email, associated addresses, and business info) for the host location.
- S. Host organization must have a clear contract with the photographer outlining services, payment details, and firm deadlines for when photo packages/links are to be distributed or posted.