

MLYAC By-Laws for 2009

I. NAME

Organization name: This organization shall be known as the Mother Lode Youth Athletic Conference (**MLYAC**), hereafter called the Conference, or **MLYAC**.

II. STATEMENT OF PRINCIPLES

Objective: The objective of this program is to inspire youth to practice the ideals of good health and to teach them sportsmanship and fair play. At all times and in all situations, the welfare of the participants is first and foremost.

Purpose: The specific purpose of this program is to teach the fundamentals of football, sportsmanship, love of the game, while always promoting safe play.

Football Divisions: All teams will fall into one the following classifications, which are defined by age, weight, and experience: Mighty Mite, Bantam, Junior Varsity, or Varsity.

Cheerleading Divisions: All teams will fall into one the following classifications, which are defined by age and experience: Bantam, Junior Varsity, or Varsity.

III. CONFERENCE AUTHORITY

Conference rules: It shall be the responsibility of the Conference to establish the necessary procedures to assure compliance with the rules contained in these by-laws.

- 1) Only the MLYAC Board can make rule changes. It shall be each team's responsibility to submit their rule change recommendations to the Board for its approval.
- 2) Rule & By-law change recommendations will be presented in writing to the MLYAC Board at the first Board meeting in January. Voting on these recommendations will be no later than the March meeting.
- 3) A quorum (a majority of the board) is required for any vote to be taken by the board. A **2/3 majority** of the quorum is required for any by-law change.
- 4) Minutes must be kept at all times during any MLYAC meeting.

MLYAC Authority: Any violation of these by-laws shall be handled by the MLYAC Board at a hearing for this specific purpose.

Penalties: A violation of any rule may subject a team or individual to any one or all of the following penalties. Penalties are decided by a majority vote of the Board.

- 1) Forfeiture of a game or games.
- 2) Monetary Fines
- 3) Disqualification from competing for, or taking part in, championships.

- 4) Disqualification from participating in regular season, bowl or post season games.
- 5) Suspension, expulsion, ineligibility or Disbarment of individuals or team members.
- 6) Loss of franchise.

IV. BOARD AND COACHES CODE OF ETHICS

Preamble

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when the competition reflects these "six pillars of character."

Board Members Code of Ethics:

(Elected & Appointed)

Each elected and appointed Board Member shall pledge to follow and uphold all Mother Lode Youth Athletic Conference Bylaws; and to report any violation regardless of the violation or the person or persons involved in the violation.

All Board Members will conduct themselves in a professional manner, and treat all other Board Members, athletes, cheerleaders, coaches, league officials, and parents with respect, honesty, integrity, and openness.

Devote time, thought, and study to the duties and responsibilities of a Board Member so they may render effective and credible service to the conference.

Work with their fellow Board Members in a spirit of harmony and cooperation in spite of the many differences of opinion that may arise. Base their personal decisions upon all available facts in each situation; to vote their honest conviction in every case, unswayed by partisan bias of any kind; thereafter, to abide by and uphold the majority decision of the board. Board Members will act in the best interest of the conference rather than in furtherance of personal interests or the interests of third parties, such as friends and family. Decisions about the conference and the use or disposition of its assets are made solely in terms of the benefits to the conference and are neither influenced nor appear to be influenced, by any private profit, personal gain, or outside benefit for staff, board members, and volunteers; their friends and family members; or the organizations with which they are affiliated.

Coaches Code of Ethics:

(All team volunteers/team mothers/chain and field crews, etc.)

Lead by example in demonstrating the six pillars of character, written in the preamble above, to all my players and cheerleaders.

Treat each athlete, cheerleader, opposing coach, league official, and parent with respect and dignity.

Place the emotional and physical well being of all players and cheerleaders ahead of the personal desire to win.

Treat each player as an individual, always remembering the large range of emotional and physical development for each age group.

League will not tolerate the use or influence of drugs and alcohol, including all tobacco products during any team function and in the presence of any minor child as a representative of the Mother Lode Youth Athletic Conference.

Be or become knowledgeable in all the rules of the sport, and will teach these rules to all players and cheerleaders.

Do their best to make sure that all practices are well organized, safe, fun and challenging for all players and cheerleaders

Use only those coaching techniques that are appropriate and safe for the skill level of the team that I will be coaching.

Young Athletes are to be protected from unsafe and possibly illegal weight loss programs or techniques. Examples: working out in plastic garbage bags, working out under extreme heat conditions, advising parents to have their child fast or use extreme diets, etc.

Will not tolerate any form of abuse of children, be it physical, verbal, emotional, ethical or sexual and will immediately report any such abuse to the proper authorities.

Always remember that they are a youth sports coach, and that the game is for the young players and cheerleaders and not for vicarious interests of adults.

Ethics Pledge: *As volunteer Board Members, Football and Cheerleading Coaches, we all acknowledge and agree to honor all ethical obligations to all players, cheerleaders, colleagues, and to the public at large. We will pledge to comply with all MLYAC Bylaws and its Code of Ethics, and agree that the MLYAC Board in its sole discretion may hold us accountable for so doing. We will further agree that our accountability to the MLYAC Board for any breach may include suspension, expulsion, ineligibility, or disbarment of the individual or team.*

V. INCIDENTS

Filing procedure: Any significant incident involving a league issue should first be referred to the local board for resolution. Failing resolution at the local level, the president of the local board, or his or her representative, will refer the incident, accompanied by a written account of the incident and the local actions taken, to the Conference Board for resolution.

Who may petition Board: Any player, parent, guardian, coach, advisor, or board member may petition the Conference Board to meet regarding an incident for a resolution.

Examples of negative incidents: The following is a partial list of improper incidents, which could require Conference Board action: (Including but not limited to)

- 1) Any violation of a player's, cheerleaders, coaches, advisors, board member's, parents, or guardian's civil rights.
- 2) Comments or gestures intended to belittle or insult any player, cheerleader, coach, advisor, board member, parent, or guardian. This would include, but is not limited to, someone's ethnicity, religion, or economic status.
- 3) Physical or mental abuse of any player, Cheerleader, coach, advisor, board member, game day officials, parent, or guardian.

Game Incident: Any Incident accruing must be filed on a league incident report and filed with your area vice president within 72 hours.

Written Grievance: A Written Grievance must be filled with your local board which will then send it to the league board through your local league representative.

Board response time: When the situation requires an immediate response by the Board, the Board will meet within seven days of the incident to articulate a Board policy regarding the matter & return a written or verbal dissuasion.

VI. CONFERENCE ENTRANCE REQUIREMENTS

Application for entry into league: In order for a new team to enter the Mother Lode Youth Athletic conference, it first must make an official application to the Conference Directors, in writing, by January 31 of the current year.

Application must contain:

- A) A statement delineating local backing for the team, a board of directors, and the required boosters support necessary to finance the community's team and program
- B) A statement of the ability to meet financial means for a two year period
- C) The name of the high school district which the team would represent, a geographical map of the district, and a list of the grade and middle schools from which the team would draw members. Deviation from this policy is permitted by Conference board approval.
- D) A listing of the arrangements for hosting and playing home games, i.e., clearance of field for home games, dressing facilities, showers, et

Procedure for submitting application: The application shall be submitted to the Conference Board of Directors for disposition by January 31st.

Requirement for entry: With the approval of a majority of Conference Board members, new teams may enter the league. New teams must agree to abide by the following league rules and regulations.

Note: A 2/3 vote of the conference board is required for new teams to be admitted

VII. GOVERNING BODY

Board of directors: Each team will select one representative to serve on the Conference Board. Executive positions on the Board will be selected by a majority vote of board members at a winter meeting. No individual will serve more than two consecutive years in an executive board position. In emergency situations where no policy exists, a majority vote of the MLYAC board will resolve the issue.

Makeup of board: Each team will have one representative on the Board of Directors. Additionally, there are four appointed positions on the board. There will be one head official position, two cheerleading coordinator positions, and one at large member (open to the public) who is not a team representative or the league head official. The Cheerleading coordinator positions will represent their perspective teams, one from the north and one from the south.

Elected Positions on the board: The Board will elect officers to the board of directors. Positions include President, Vice-President, Secretary & a Treasurer.

Appointed members on the Board: The league head official, the member at large, and the two cheerleading coordinator positions, will be appointed and voted on by the members of the league board at a regularly scheduled winter meeting. The cheerleading positions are non-voting advisor positions.

Abstentions: In those instances when a particular team or teams is the focus of board action, each team's representative must abstain from voting but may participate in the discussions. League head official must abstain from voting on all issues dealing with officials.

Voting: Each team has one vote on the Board of Directors. The at-large member will vote only in cases of a tie vote. If a board member cannot be present at a meeting, he/she can send a representative, with written authorization by the local Board of Directors, who will vote in his or her place. A Corium must be present to take any action. **When voting where a 2/3 majority vote is required the President (if acting as his/her representative) will vote as a majority member. In any majority of the quorum vote situation the President will only vote in case of a tie.**

Non-participation in conference affairs and rule violation: Members of the Board are expected to attend, and play an active roll in, conference meetings. They may send a representative if necessary.

VIII. FINANCE AND FEES

Financial obligations: Each conference member will handle the financial matters of its team.

Registration fees for players: Participant registration fees will be determined and collected by each individual conference member.

Other financial sources: Additional funds to assist in financing individual conference teams and the MLYAC will come from gate admissions, game concessions, and various fund-raising projects, which the conference members will coordinate individually.

Game admission fees: Gate fees will be established by a majority vote of the Board of Directors. Currently, the rate is \$4.00 for adults and \$3.00 for children under 12 and seniors. Home team retains gate fees. Rates will be the same for Jamboree, Pre-season, regular season and play-off games, Super bowl, and all star games.

Jamboree/Scrimmage: Host teams will be responsible to pay MLYAC a set fee for hosting the Jamboree. Currently the fee is \$1500.00 per host team. The host team will retain all other revenues.

Conference fees: An annual Conference Fee will be charged to all teams to assist with the cost of operating the **MLYAC**. This fee will be determined **annually** by the MLYAC Board and must be paid prior June 1st. The fee is currently 200.00. MLYAC will be responsible for setting up a budget every year.

MLYAC Financing: The **MLYAC** board elected officers will be signers on the **MLYAC checking** account. This checking account will require two signatures and a majority vote of the **MLYAC** board to process a check. MLYAC will be responsible for: The head officials pay, Referees for the Super bowl & Play offs. Trophies for the super bowl and awards for the cheerleaders for the super bowl. The Monthly Bank Statement will be sent to the president who will review it and then give it to the treasurer at the next board meeting.

Reports: A monthly treasure report will be sent to each board member and all team representatives for conference review.

IX. INSURANCE (ACCIDENT--LIABILITY)

Insurance requirement: All Mother Load Youth Athletic Conference football teams will be required to carry accident and liability insurance.

Proof of coverage: Proof of insurance coverage must be given to the Conference Directors prior to the beginning of the season. No team will be allowed to begin practice without proof of coverage.

Conference recommendations: The Conference Directors will purchase a policy with all teams covered by the same policy.

Insurance fees: Conference teams will be required to pay all insurance fees by June 1 which is prior to the beginning of workouts.

X. ELIGIBILITY OF PLAYERS

Right to play: No boy or girl will be denied the right to participate because of ethnicity, race or religion.

Permission to play: Each boy or girl must furnish proof of parental or guardian permission to participate, and he or she must pay a registration fee. Each team determines the amount of the registration fee.

Academic standards: It is the recommendation of the Mother Lode Youth Athletic Conference 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 conference board will support the decisions of the various teams on this matter.

******Teams are encouraged to recognize the academic achievement of its players and cheerleaders in some fashion.******

Physical exam: All participants must pass a physical examination in that calendar year to be eligible for participation.

High school students: No high school student can participate in **MLYAC**.

Non public school students: Boys or girls not enrolled in the public school system may participate in **MLYAC**, but they must meet the appropriate age, weight, and experience requirements.

Age requirements: Any individual who will be 8 by December 1st and does not turn 15 by December 1st will be eligible to participate. **No 9th graders allowed.** All **MLYAC** teams are required to secure and make copies of each player's birth certificate and keep it as a permanent record. A certificate of live birth, issued by the county or state, must accompany the team when the team is participating in any conference game.

Geographical areas for determining participation: All participants must live within the school district boundary, which define that team's population of players. The League Board can grant exceptions.

Proof of Residency: Proof of residency may be required to show residence on any questioned participant.

Acquiring players from other MLYAC districts: (MLYAC district transfers) Teams wishing to secure players from another **MLYAC** team's district must receive permission in writing from the local board from that district. Both teams involved must agree to the transfer. Additionally, a majority of the Conference Board must authorize the action. Teams 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 MLYAC board.

Age, weight: Participants must meet age and weight requirements listed below in weight rules.

Waivers: No waivers are allowed for any reason.

Weight Rules

Bantam: 70 –105.9 lbs

Any **10 or 11** year old as of December 1st cannot weigh more than **105.9** lbs. Any **12** year old as of December 1st cannot weigh more than **90.9** lbs. **No 13** year old is allowed at the Bantam Level regardless of weight. In addition, a Bantam player can only participate at this level for two years (including participating in the same weight class and level in other leagues), no third year players will be allowed regardless of weight or athletic ability.

Junior Varsity: 70-135.9 lbs

Any **10, 11, or 12** year old as of December 1st cannot weigh more than **135.9** lbs. Any **13** year old as of Dec 1st can weigh no more than **110.9 lbs**. No 14 year olds allowed on the JV level regardless of weight or athletic ability.

Varsity: Varsity Weight 70 to 180.9

Any **10 –14** year old as of December 1st can weight no more than **180.9** lbs. **No** weight gain on the 180.9 lbs weight

Top weight rule cannot be adjusted for five years (2011) per board vote on 3-16-06

Veterans Clause: Under weight players may utilize the veteran's clause to be eligible to participate/play in games. Veteran's clause is defined as a player who met the age/weight requirements in the prior year of MLYAC football and possesses a certified MLYAC weight card from that previous year as proof. This only applies to players from MLYAC. Other league weight cards will not be recognized by MLYAC.

Example: A player made weight and played as a 9 year old in a mighty mite game and that player had a certified MLYAC weight card signed. The same player comes back to play the following season and does not meet the minimum 70 lb weight to play in a bantam game. This player can use the veteran clause and will be allowed to play due to their previous years(s) experience.

Weight Gain for Bantam and JV only: After the conclusion of the third regular season game a player who has already certified (made weight) for the current season is allowed an extra 2 lbs. at weigh-ins for the remainder of that season. Bantam= 107.9 and 92.9 lbs. JV= 137.9 and 112.9 lbs.

*****Varsity level does not get the 2 lb weight gain*****

Eligibility to participate in a Game: Participant must complete 10 hours of physical conditioning and 6 practices in full gear to be eligible to participate in a game or jamboree/scrimmage.

Level of play: As a general rule, players should play at the highest level at which they are capable.

Over weight players: During the regular season, teams may carry over-weight players on the squad, but these players cannot participate in the jamboree or league games until they make the appropriate weight. Over weight players, up to 195 lbs., may participate in drills that require contact with other players in a practice environment provided they are being closely supervised by a certified MLYAC football coach. Any player over 195 lbs. cannot participate in full contact drills in a practice environment.

Game Day weigh-ins: Bantam weigh-ins will take place no more than one hour before game time. Junior varsity weigh-in will take place at half time of the bantam game, and varsity weigh-ins will take place at half time of the junior varsity game. All players must be weighed in and make the required weight before being allowed to participate in the game. All players, at all levels, must weigh in only in game jerseys and game pants. They will not be allowed to weigh in with their shoulder pads, helmets, or shoes. Top weight will be allowed to weigh in wearing gym shorts and no jersey, but must present jersey to weighing official. **Each participant must have an official certified weight recorded on a weight card prior to participating in any MLYAC sanctioned event.**

Game jersey at weigh-in: Team game jerseys must be worn by all players at weigh-ins, except in top weight situation. If a player is going to play a different position that requires changing of the jersey, or a jersey is changed for any reason, the team must notify the game official of the reason for changing jersey so that official can notify opposing team of jersey change.

Weigh in rule: Participants will weigh in no earlier than 1 hour prior to game time and will only be permitted three chances to make weight. All teams are required to give participants the chance to weigh three times. Any player not given the opportunity to weigh three times will be deemed eligible to participate in that days game. Players are not allowed to leave the weigh in area (the locker room) once weigh in has started and until they are deemed eligible to play or not to play. No deals between teams on weight issues will be permitted. If it is determined that a "deal" has been struck between any two teams during weigh in, one or both teams will be called before the board for disciplinary action.

Weigh-in procedure: Weigh-ins will be conducted in the presence of a weigh master or other representative for each team. Weigh-in officials will check all forms and documents pertaining to each participant to ensure compliance with all Board regulations. Weight book must be in Numerical order by team with a picture. **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.** Complete information on roster form. See example attached weigh in card.

Weight form card: Conference weight form cards must be carried and presented at every game.

Certification of the 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 and must supply a temporary roster at the time of the book signing.

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.

Certification Procedure: each team is required to have a representative of your team present at weigh-ins for each team. Two representatives from opposing teams will look for all the proper forms and certify that all forms are in proper order and then each sign each player weight card. If a player needs to fix any part of their paperwork they have till the next game to correct it and get it signed of by the opposing team.

Scales: A certified, counter weight type or Digital Scale must be used for weigh-ins at all games and the Jamboree. Scales must be certified yearly. Teams without a proper scale will not be allowed to play their players whose weight is questionable (plus or minus 3 pounds) on the non-certified scale. Visiting team's questionable players will all be declared eligible and legal participants.

XI. ROSTERS

Temporary and final rosters: **Temporary rosters must be presented at book signing and each team is required to bring 10 copies. Final rosters must be submitted to the MLYAC secretary before the first regular season game.** Rosters may be mailed, faxed, or emailed. After the 1st league game players cannot be placed on a lower level team. 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. **Post season rosters must be turned into the MLYAC secretary before the fourth week of the regular season.**

Roster requirements: Rosters must be complete, signed as requested, and in compliance with all conference rules and regulations. They will include name, age, weight, birth date, and address of participant.

Roster size: The minimum number of players that an organization can carry is 33 and the maximum is 132 (combined total of all three teams). Rosters are flexible for each team as long as the minimum and maximum limits are not exceeded. Organizations should strive to have approximately 30 players on each team.

Lotteries: Teams where there are more applicants than team positions will conduct lotteries to achieve appropriate team size. Affected teams will conduct their own lotteries with one observer from the nearest team in attendance. Each potential player will receive a number. Team officials will select numbers at random. When the appropriate number of players is selected, the remaining numbers will be drawn and a waiting list created. These lists will then be submitted to the Conference Board.

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

New player defined: A new player is one that has not participated in any organized youth tackle football program at this age weight or grade level.

Procedure for adding new players: Players being added must meet all pre-season eligibility requirements and must participate in six organized practice sessions prior to being activated. Teams adding new players must send to the Board all eligibility information regarding those new players. For teams with lottery-generated waiting lists, new players must come from the waiting list in the appropriate order.

Final day to add to roster: The final day a participant is eligible to be added to the roster is on or before the week 3 regular season game.

Eligibility date: Once the Board has received the eligibility information, the new players may start practicing to meet the six-practice session's rule.

Elevating players: Players may be elevated to the next level team if they meet the age and weight requirements of that level. Elevated players must practice at least 3 times with the higher level team before they can participate in a league game at the higher level.

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 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.

XII. EQUIPMENT AND UNIFORMS

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 certification to the league prior to the start of practice.

10-hour practice requirement: Players must have 10 hours of practices before contact can be made in practice.

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.

Intermediate Football: An approved intermediate football will be the official MLYAC ball. If teams want to use another type of intermediate ball they must have Conference approval. Teams using a different, approved football may use that ball on offense, but they may not require the opponent to use the same ball. Bantam will use a size 6, varsity will use a size 7 and JV can use either size. (See high school rule book for more information) Mighty Mites will use size 5.

Team uniform: Teams wishing to enter MLYAC, or teams planning to change team colors, must get the approval of the Conference.

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.

Game Uniform: Players must have numbers on their jerseys at all sanctioned MLYAC games and scrimmages.

Headsets: MLYAC 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 bantam games but are allowed on the sideline.**

XIII. GAME PROCEDURES

Conference rules: National Alliance High School Football game rules with the exception of the local rules discussed below will govern all MLYAC games.

Ice chests: No ice chests will be allowed into any game fields except for those used for participants.

Game facilities: All conference teams must furnish the necessary facilities for MLYAC games. The facilities shall include a lined playing field; dressing and shower facilities; certified scales; an EMT, an ambulance service, or a doctor. 2 game balls; all personnel to man the chains; timing; etc.; a first aid kit on the field; and any other equipment necessary to coordinate a scheduled game.

Football field: All **MLYAC** games will be played on a regulation-size football field.

Game officials: All conference games will be officiated by conference approved officials, preferably those who are members of the **MLYAC** Official's Association or officials who have been approved by the Conference Board. It is recommended that all MLYAC officials be members of the High School Official's Association or of comparable ability. Four officials will be assigned to all **MLYAC** games, but games may be played with only 2 officials present. No official can officiate a family member's game. No Official can be a member of any franchise board and officiate in that year. No Coach for any league franchise can officiate.

Game Officials Pay: All **MLYAC** officials are paid \$58.33 per game or \$175 per day 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. **MLYAC board reserves the right to review this section any time necessary.**

Head conference game official: The MLYAC shall employ a Conference Head Official to recruit, train, assign, and evaluate Conference Game Officials. He or she shall be paid by the Conference at a rate agreeable to member teams and hold a seat on the League Board of Directors.

Medical presence at games: It is mandatory that the home team at all **MLYAC** 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 pointed out to the game official. **The medical personnel will be introduced to the visiting team prior to the beginning of each game. Medical personal "MUST" be available on the sidelines. It would be wise to have phone available for emergencies.**

Field conditions/postponement of game: The game officials and Conference 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 Conference Board Member will determine whether or not field conditions will permit the continuance of play. Postponed games will be

rescheduled by the MLYAC Board if facilities are available and it is reasonable to do so.

Mercy Rule: At any point that a team is losing by 25 points or more the losing head coach may notify the head official he would like to enact the mercy rule. When the mercy rule is enacted the score at that time will be the final score for the standings, the game is officially over, but will be played out. No further score will be recorded. The head official will bring the head coaches together to discuss the format for the remainder of the game. It is expected that the majority of the starting players will be removed from play for the remainder of the game from both teams.

Varsity, Junior Varsity, and Bantam games: Varsity, Junior Varsity, and Bantam games will be comprised of four ten-minute quarters and a fifteen minute half. Each team will be allowed three time-outs per half. No blocking below the waist. Hitting high and sliding down is ok as long as it's continuous.

Jamboree/Scrimmage Format: Each team will get 15 min on offense and 15 min 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 min time limit expires. No score will be kept.

Special bantam rules: At the bantam level, one coach per team is allowed on the field. Also, there will be no rushing of the punter, but the receiving team must use a normal punt receiving formation. **No headsets allowed on the field.**

Coach on the field: In bantam games no more than one coach will be allowed on the field, at one time, per team. They are allowed to assist their team in coordinating their respective, offenses and defenses but are urged to allow the players as much responsibility as possible. Thirty seconds will be allowed between plays. When a team drives within the opponent's 20 yard line, the defensive coaches, after consulting with players, must vacate the field behind the end zone lines.

Coaches on the field: Placement on field of play is 20 yard behind your line of scrimmage. No coach on the field can protest or have conversation with the officials a designated head coach must handle this from the sideline.

Continual talk after huddle breaks: Coaches will be flagged by the officials if they continue to talk after the huddle has broken. Penalty for this infraction will be: 1st offence coach will be sent to the sidelines for that series of downs. Meaning until the offensive team gets a first down, scores or turns over the ball. 2nd offence the coach will be sent to the sidelines for the remainder of the game and the offence or defense will have to be directed from the sidelines for the remainder of the game. ***This rule will be heavily enforced.***

Scoring for Bantam, JV, and Varsity:

Touchdown	6 points
Safety	2 points
Field goal	3 points

<u>Extra points</u>	
Run or pass	1 point
Kick	2 points

Forfeiture due to number of players: A game will be declared a forfeit if a team is unable to field eleven players fifteen 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 Conference Board member should he or she is 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 league president by Wednesday of the game week.

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 or coaches or of the spectators. In this situation, the Conference Board will determine the outcome of the game.

25-yard line: When coaching, coaches must stay within the 25 yard lines of the playing field when the game is in progress.

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 and may be disciplined by the Conference Board.

Mandatory play rules: Every eligible player suited up for a game must play in that game. The coach's honor system 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.

**** 2002 Crack-back blocking:** no crack-back blocks will be allowed in this league. If a player is caught using a crack-back block their will be a 15-yard unsportsmanlike conduct penalty assessed against the team. For the second offense their will be a fifteen yard unsportsman like penalty and the player and head coach will be ejected See Ejection rules.
This rule will be heavily enforced

**** 2004 Taking a knee to run out the clock:** if a player tells the referee he is going to take a knee at the end of the first half or the end of the game, the player must do so immediately after the snap of the ball. The player cannot take more then one step.

Penalty for infraction:

If the player does not take a knee immediately, the play will be blown dead, the game clock will stop, the down will count, and the team will be assessed a 15-yard unsportsmanlike penalty. The clock will not restart until the snap of the ball on the next play.

Tripping: No tripping, including the runner, is allowed in this league.

XIV. PRACTICE PROCEDURES

Requirement to file practice schedule: All teams must file their practice schedule, location, times, and dates with the Conference Board before any practice may begin for that season. Any change in practice schedules also requires approval of the Conference Board. Approval may be gotten by phone, in person, or with written correspondence.

Discipline for breaking practice schedule: Any team breaking any approved practice procedure will be brought before the Conference for action, as that group deems necessary.

To start practice: To begin practice, all players must officially sign up with a team and meet all of the requirements stated in these by-laws.

Pre-season practices: Practices will normally be scheduled as follows: 5 drills per week prior to the Jamboree, and 3 drills per week after the Jamboree.

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. Team meetings are limited to thirty minutes per week.

Duel Practices: Teams are allowed two duel practices during the year as long as they stay within normal practice schedule. Teams can have duel practices with teams outside of our league as long as weight is comparable.

Equipment check: the coach and/or equipment manager to ensure proper fit and good condition should check Equipment regularly.

Practice and game equipment: It is recommended that coaches see that each player bring the following items to practices and games:

Practice

Sweatshirt

T-shirt

Socks (white)

Athletic supporter Tennis shoes or cleats Towel

Mouth piece

Football equipment

T-shirt

Socks

Athletic supporter Shoes

Towel

Mouth piece

Game uniform Football equipment

Game

Acceptable shoes: The following shoes are sanctioned for wear in games or practices:

- 1) Little league rubber/plastic solid sole cleats.
- 2) Approved youth football cleats or soccer shoes. Screw-in cleats are allowed if they utilize non-metal cleats.

XV. GAME SCHEDULES, RESULTS, STANDINGS, AND DIVISION TIE

Game schedule: Schedules will be drawn up and issued through the Conference Board.

Game days: Games will be played on Saturdays or Sundays. One game will be played in a week. Only in special circumstances under CIF Rules, may an additional game be played in an eight-day period.

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 Conference Board.

League standings: the Conference Board, which will periodically send out the standings to the Conference member teams, will keep League standings. The Conference Board standing will be the official league standings. Game results will be the responsibility of the home team and **"MUST"** be called, faxed or e-mailed to the official league record keeper by no later than Monday night following those weekends' games.

Tie breaker rules: High school rules (CIF) will be in effect for all tiebreakers.

Scouting: Teams wishing to videotape another team's game must sign in at the front gate prior to entrance to the game. Violation to this rule will require conference board action.

XVI. EJECTION

Any player ejected, or any player who leaves the confines of the bench or team area during a fight that may break out or has broken out shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest.

NOTE: Any athlete who plays in the next game following his/her ejection will be treated as an ineligible player for that game.

Appellate Procedures: Any player or coach may appeal his/her one game suspension to his/her league. The Central Board 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 league game for that team.

NOTE: Any coach who coaches his/her team or attends the next game following his/her ejection will be referred to the MYLAC Board for disciplinary action.

XVII.CHEERLEADERS

CHEERLEADING AND CHEERLEADING COACHES

Cheerleading: all **MLYAC** league rules and regulations shall apply to all cheerleaders and cheer coaches, in addition to the following amendments:

Mother Lode Youth Athletic Conference
Cheerleading Rules and Regulations

Purpose:

The Mother Lode Youth Athletic Conference 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 Mother Lode Youth Athletic Conference cheerleading program is in place to promote spirit, develop teamwork and 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.

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.

Cheerleading divisions:

Ages, not grades, will be used to place participants in their appropriate division or levels. The ages of all cheer participants shall correspond to the overall ages of the team with which they are associated. The Mother Lode Youth Athletic Conference no longer uses grades for determining official's status of any player or cheerleader.

Liability and responsibility:

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 Mother Lode Youth Athletic Conference.

It should be noted that the guidelines set up by NFHS (National Federation of High School Associations) in the spirit section have been put in place to cover high school age cheerleaders, and are not meant to cover the liability and responsibility of protecting the safety of the cheerleading participants at our level. The cheerleading participants at our level are not of high school age or at the skill level of high school cheerleaders.

Cheerleaders must be 10 years old on or before December 1, and not turn 15 before December 1 of the current year.

Bantam:

All 10- and 11-year-old cheerleading participants will be placed on the Bantam Cheerleading Squad. No 10-year-old participants will be allowed on the Junior Varsity or Varsity squads. An 11-year-old participant with formal cheerleading experience may be placed on the Junior Varsity Squad with advisor approval.

Formal experience consists of one year experience at the bantam level within our program, or an equivalent of cheerleading in an accredited youth football and cheer program. Participating as a mascot, or in gymnastics or dance programs, will not be considered as formal experience for the purpose of placement in our program.

Junior Varsity:

All 12-year-old and experienced 11-year-old cheerleading participants with board approval will be placed on the Junior Varsity Squad. A 13-year-old may participate on the Junior Varsity level with advisor approval. No 14-year-old participants will be allowed on the Bantam or Junior Varsity squads (see Formal Experience above).

Varsity:

All 13- and 14-year-old cheerleading participants will be placed on the Varsity Squad. Participants 12 years old with previous formal experience may participate on the Varsity Squad with advisor approval.

Mascots:

Mascots by definition are NOT a cheerleader. Mascots are not allowed to participate in any stunting or tumbling and must be recognizably different from cheerleaders.

First-year Mascots must be 8 years old on or before December 1st of current year. Mascots will be limited to a maximum of four to any level or squad or a total of 12.

Smaller programs: Smaller groups may participate as one squad, but stunting must be based on appropriate age levels.

MLYAC Participation:

Cheerleaders are to participate in sanctioned MLYAC jamborees and games that their franchise football team is participating in. Non-MLYAC-sanctioned events must have written approval by their Franchise Board of Director, and this written approval must be sent on to MLYAC for approval, prior to participating in any event, and must have the appropriate insurance coverage.

Cheer Coaches Cards and Clinics:

All cheer coaches must attend a MLYAC-sanctioned coaches' clinic each year to receive their coach's card. Coaches not attending a sanctioned clinic will not be allowed on the sidelines during games, and cannot conduct practice sessions. The MLYAC board and each team's advisors will work to contract a qualified (certified) cheer instructor to help organize this clinic.

XVIII. ALLSTARS

Team Sponsorship The All-stars game will be sponsored by The North: The Jackson Rancheria Hotel & Casino and the South by Black Oak Casino. This sponsorship is a lifetime sponsorship.

Team Alignment: The MLYAC will determine the alignment of the all-stars between north and south. Current alignment is NORTH: Amador Nuggets, Argonaut Jr. Mustangs & Linden Lions. SOUTH: Calaveras Warriors, AMA Jr. Bullfrogs, Tuolumne Jr. Cats & Tuolumne Cowboys.

Roster Size: Each team roster will be 24 with five players representing each team. It is recommended that of the six players selected that 2 be line positions and 2 Back or receiver positions with the other two being the local team selection.

Selection of players: Each team will be responsible for selecting their players to the all-stars

Location of the All-stars: The All-stars games will be played the week following the Super bowl game. The team that hosted the Super bowl will host the All-star game.

Uniforms: The MLYAC will supply all of the game jerseys for the all-star game. Players will wear all of their equipment from their own team with the exception of the jersey. Jerseys may be purchased after the game for a fee set by the MLYAC. Names may be placed on the jerseys if they have been purchased.

Game Costs: The host teams will be responsible for the officials cost but will retain all gate & snack bar moneys. The host team will be responsible for an award for each player that participates in the all-star game.

Game Play: The game will follow all MLYAC rules and be played as any other game in the MLYAC

MLYAC Might Mites Division

Rules and Regulations:

Section 1: Age of Participants

The age of the Mighty Mite Division will be 8-9 years old using the MLYAC date of December 1st to establish playing age. **No 8-9 year old can play up any levels and no 10 year old, or older, can play down at the Mighty Mite level.**

Section 2: Weight of Participants

Those players who meet the eligibility requirement for age must be no more than **100.9** pounds in order to participate. Players weighing **91-100.9** pounds are not allowed to carry the ball offensively and will be limited to playing on the line of scrimmage at the snap of the ball. These players must wear a jersey number in the 50's, 60's, or 70's **and have a clearly visible marking on the back of the players helmet.**

Participants **will not** be allowed the 2-pound mid-season allowance in accordance with the MLYAC By-Laws.

Section 3: Roster Size

Teams participating in the Mighty Mite program will limit their roster size to 30 participants.

Section 4: League Participation

It is the desires of the MLYAC to have all programs participate in the Mighty Mite program by fielding a team, but participation is on a voluntary basis. Notification of a programs ability to field a team must occur prior to June 1.

The Mighty Mite level may participate in all MLYAC sanctioned events.

Section 5: Cheerleading

There will be no cheerleaders or mascots at the Mighty Mite level.

Section 6: Weigh-in Procedures

Weigh-ins will be required and will be in accordance with the MLYAC By-Laws.

Section 7: Practice Schedule

The practice schedule will be the same as other levels in accordance with the MLYAC By-Laws.

Section 8: Book Signing

Books will be signed in accordance with the standards set forth in the MLYAC By-Laws.

Section 9: Officials

Officiating will be the responsibility of the home team. Each home team will be required to field two officials from their program. These officials will not be certified through the league, as this will be non-competitive game play. The officials may come from adults within the program, but all parent code of conduct rules will be strictly enforced.

Section 10: Mandatory Play Rules

The Mandatory Play rule for Mighty Mites is established at 10 plays per player, per game.

GAME PLAY PROCEDURES

Section 11: Coin Toss

The game will be opened in accordance with MLYAC 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.

Section 12: Game Format

Games will be played as a modified scrimmage format. At the end of the each quarter teams will switch possessions so each team will get 2 offensive and 2 defensive possessions during the scrimmage.

The ball will be placed on the 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, or a turnover occurs, the ball will return to the 35 yard line and the process repeated.

There will be a stoppage of the clock for any injuries that take place.

Officials will blow the whistle and stop play on any offside infraction. No stoppage of play will occur for infractions during the play. If an official/coach sees an infraction during a play it is expected they point it out to the player and coach after the play ends in a positive manor. There will be no loss of down or penalties for infractions.

Blitzing and Special Defensive rules: Blitzing is not allowed from any defensive position. A maximum of five (5) linemen will be allowed on the defensive line of scrimmage. Linemen are defined as any defensive player within one yard of the line of scrimmage from sideline to sideline. Defensive Ends (DE) 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 QB or RB. 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.

Only 2 coaches per team are allowed on the field and anyone time. They must stay 10 yards from the line of scrimmage at the snap of the ball.

Section 13: Clock

Games will be played as a modified scrimmage format. There will be four (4) 12-minute running clock quarters. **The clock will stop for one (1) minute at six (6) minute mark in each quarter for rotation of players or water break.**

Halftime will be a ten-minute running clock.

Section 14: Scoring and Score keeping

Utilizing the modified game format teams will drive the football in an attempt to score touchdowns. Upon scoring the TD, the ball will be placed back on the 35-yard line and the process will be repeated in an attempt to score another touchdown. There will be no extra point attempts. Score for the games **will not** be kept nor will they be recorded with the league.

Section 15: Special Team Play

There will be no special team play

Section 16: Turnovers

Play will be whistled dead when the player is down by contact or when the defense advances a turnover past the 35-yard line in the continuation of the play. If a turnover occurs the ball will be returned to offense and marked on the 35-yard line.

Section 17: Standings, Post Season, All-Stars

There will be no league standing kept and post season will not apply to the Mighty Mite Program. No all-star selections will occur at the Mighty Mite level.

Section 18: Medical Services

It is the responsibility of the home team to provide medical services in accordance with the MLYAC By-Laws.

Section 19: Game Time

Game times will be listed on the MLYAC schedule. Generally they will be as follows.

Day games will be scheduled as follows to accommodate the Mighty Mite Program:

- 9:30 A.M. - Mighty Mite
- 11:00 A.M. - Bantam
- 1:00 P.M. - Jr. Varsity
- 3:00 P.M. - Varsity

Night Games will be scheduled as follows:

- 1:30 P.M. - Mighty Mite
- 3:00 P.M. - Bantam
- 5:00 P.M. - Jr. Varsity
- 7:00 P.M. - Varsity

Upon approval of the year's bylaws requires that a signed copy of the bylaws be submitted to the conference board prior to the start of practice to insure that all teams have received all bylaw changes for the upcoming season.

Team President Signature _____

Team League Representative Signature _____

Varsity Head Coach Signature _____

JV Head Coach Signature _____

Bantam Head Coach Signature _____

Mighty Mite Head Coach Signature _____

MLYAC President Signature _____

MLYAC Vice President Signature _____